

## For the Patient: **LYPRA**

Other Names: Treatment of relapsed or refractory peripheral T-cell lymphoma (PTCL) with Pralatrexate

**LY = Lymphoma** (tumour group)  
**PRA = Pralatrexate**

### **Uses:**

- Pralatrexate is a type of chemotherapy for peripheral T-cell lymphoma (PTCL)
- It is usually given after you have had at least one other type of chemotherapy.

### **How does it work?**

- Pralatrexate belongs to a group of drugs called antimetabolites. These drugs interfere with the production of DNA and RNA, and may stop cancer cells from multiplying.

### **Intended Benefits:**

- Pralatrexate may stop or slow the growth of cancer cells and improve your symptoms.

### **Treatment Plan:**

- Pralatrexate is a clear yellow liquid that is injected into a vein over 3 to 5 minutes.
- Your treatment consists of cycles. Each cycle is 28 days (day 1-28).
- You will see your doctor at least once before each chemotherapy cycle
- You will have a blood test before each pralatrexate injection and before each doctor's appointment. The dose and timing of your chemotherapy may be changed based on your blood counts and/or other side effects.
- Before you start this drug, you must take folic acid (a vitamin) by mouth and vitamin B12 injection to help protect your healthy cells from pralatrexate.
- You will also need to take a tablet (leucovorin) by mouth for a few days after each pralatrexate dose to reduce the chance of side effects

**Treatment Calendar**

You may photocopy this calendar as needed for each cycle.

Write in the correct dates, and be sure to add your doctor visits, blood tests, and vitamin B12 injections.

Cycle # \_\_\_\_\_

<b>Day 1</b>	<b>Day 2</b>	<b>Day3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
<b>Pralatrexate</b> Folic acid	Folic acid	Folic acid Leucovorin	Folic acid Leucovorin	Folic acid Leucovorin	Folic acid Leucovorin	Folic acid
<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>
<b>Pralatrexate</b> Folic acid	Folic acid	Folic acid Leucovorin	Folic acid Leucovorin	Folic acid Leucovorin	Folic acid Leucovorin	Folic acid
<b>Day 15</b>	<b>Day 16</b>	<b>Day17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>
<b>Pralatrexate</b> Folic acid	Folic acid	Folic acid Leucovorin	Folic acid Leucovorin	Folic acid Leucovorin	Folic acid Leucovorin	Folic acid
<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>	<b>Day 25</b>	<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>
Folic acid	Folic acid	Folic acid	Folic acid	Folic acid	Folic acid	Folic acid

Repeat every 28 days

MEDICATION	WHERE TO GET IT	HOW TO TAKE IT
<b>Folic acid</b> tablets	At your regular pharmacy 0.4mg tablets do not require a prescription but you will need a doctor's prescription for 5mg tablets	Start 10 days before your first treatment and take it every day until 30 days after your last treatment. If you have the 0.4mg tablets, take 2 ½ tablets (1 mg) once daily. If you have 5mg tablets, take ¼ tablet (1.25 mg) once daily.
<b>Vitamin B12</b> 1000 mcg (µg) injection	At your regular pharmacy behind the pharmacy counter, without a prescription	<b>Your doctor or nurse will inject this into your muscle once every 8-10 weeks.</b> Start <i>within 10 weeks</i> before your first treatment.
<b>Leucovorin</b> 5mg tablets	Pick up at the BC Cancer pharmacy before or after your chemotherapy appointment	<b>After each pralatrexate dose, take 3 tablets twice daily for 4 days</b> starting 2 days after your injection.

**Other information:**

- The drinking of alcohol (in small amounts) does not appear to affect the safety or usefulness of pralatrexate.
- Pralatrexate may affect fertility in men and women. If you plan to have children, discuss this with your doctor before being treated with pralatrexate.
- Pralatrexate may damage sperm and may harm the baby if used during pregnancy. For women of childbearing potential, it is best to use birth control throughout treatment with pralatrexate and for eight weeks after the last dose. Men being treated with pralatrexate should use a condom (even after vasectomy) during sexual contact with a woman of childbearing potential. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment
- Other drugs may interact with pralatrexate. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- **Tell** doctors or dentists that you are being treated with pralatrexate before you receive any treatment from them.

## Changes in blood counts

Pralatrexate may cause temporary changes in your blood counts. Your doctor will be following these changes carefully by performing blood tests. Adjustment of your treatment may be needed in certain circumstances.

BLOOD COUNTS	MANAGEMENT
<p>Normal white blood cells protect your body by fighting bacteria (germs) that cause infection. <b>When they are low, you are at greater risk of having an infection.</b></p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"><li>• Wash your hands often and always after using the bathroom.</li><li>• Avoid crowds and people who are sick.</li><li>• Call your doctor <b>immediately</b> at the first sign of an infection such as fever (over 100°F or 38°C by an oral thermometer), chills, cough, or burning when you pass urine.</li></ul>
<p>Your <b>platelets</b> may decrease after your treatment. They usually return to normal after your last treatment. Platelets help to make your blood clot when you hurt yourself. <b>When the platelet count is low, you may bruise or bleed more easily than usual.</b></p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"><li>• Try not to bruise, cut, or burn yourself.</li><li>• Clean your nose by blowing gently. Do not pick your nose.</li><li>• Avoid constipation.</li><li>• Brush your teeth gently with a soft toothbrush as your gums may bleed more easily.</li></ul> <p>Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"><li>• Do not stop taking any medication that has been prescribed by your doctor (e.g., <b>ASA for your heart</b>).</li><li>• For minor pain, try acetaminophen (e.g., TYLENOL®).</li></ul>

Side effects are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
<p><b>Pain or tenderness</b> may occur where the needle was placed</p>	<p>Apply cool compresses or soak in cool water for 15-20 minutes several times a day.</p>
<p><b>Skin rashes</b> may sometimes occur.</p>	<p>If itching is very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.</p>
<p><b>Nausea and vomiting</b> may sometimes occur after your treatment. Most people have little or no nausea.</p>	<p>You may be given a prescription for antinausea drug(s) to take before your chemotherapy treatment and/or at home. <b>It is easier to prevent nausea than treat it once it has occurred</b>, so follow directions closely.</p> <ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Eat and drink often in small amounts.</li> <li>• Try the ideas in <i>Practical Tips to Manage Nausea*</i></li> </ul>
<p><b>Fever</b> may sometimes occur shortly after treatment with pralatrexate. Fever should last no longer than 24 hours.</p>	<ul style="list-style-type: none"> <li>• Take acetaminophen (e.g., <b>TYLENOL®</b>) every 4-6 hours, to a maximum of 4 g (4000 mg) per day.</li> <li>• Fever (over 100°F or 38°C by an oral thermometer) which occurs more than a few days after treatment may be a sign of an infection. Report this to your doctor <b>immediately</b>.</li> </ul>
<p>Minor bleeding, such as <b>nosebleeds</b>, may sometimes occur</p>	<ul style="list-style-type: none"> <li>• Sit up straight and tip your head slightly forward. Tilting your head back may cause blood to run down your throat.</li> <li>• Pinch your nostrils shut between your thumb and forefinger or apply firm pressure against the bleeding nostril for 10 full minutes.</li> <li>• After 10 minutes, check to see if your nose is still bleeding. If it is, hold it for 10 more minutes.</li> <li>• Stay quiet for a few hours and do not blow your nose for at least 12 hours after the bleeding has stopped.</li> </ul> <p>Get emergency help if a nosebleed lasts longer than 20 minutes.</p>

SIDE EFFECTS	MANAGEMENT
<p><b>Diarrhea</b> may sometimes occur.</p>	<p>To help with diarrhea:</p> <ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Eat and drink often in small amounts.</li> <li>• Avoid high fibre foods as outlined in <i>Food Ideas to Help with Diarrhea During Chemotherapy</i>.*</li> </ul>
<p><b>Constipation</b> may sometimes occur.</p>	<p>To help with constipation:</p> <ul style="list-style-type: none"> <li>• Exercise if you can.</li> <li>• Drink plenty of fluids.</li> <li>• Try ideas in <i>Food Choices to Manage Constipation</i>.*</li> </ul>
<p><b>Sore mouth</b> commonly occurs a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. <b>Mouth sores or bleeding gums can lead to an infection.</b></p>	<ul style="list-style-type: none"> <li>• Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste.</li> <li>• Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day.</li> <li>• Try the ideas in <i>Food Ideas for a Sore Mouth during Chemotherapy</i>.*</li> </ul>
<p><b>Tiredness</b> and lack of energy may sometimes occur.</p>	<ul style="list-style-type: none"> <li>• Do not drive a car or operate machinery if you are feeling tired.</li> <li>• Try the ideas in <i>Fatigue/Tiredness – Patient Handout or Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue</i>.*</li> </ul>
<p><b>Muscle or joint pain</b> may sometimes occur.</p>	<ul style="list-style-type: none"> <li>• You may take acetaminophen (e.g., <b>TYLENOL®</b>) every 4-6 hours to a maximum of 4 g (4000 mg) per day for mild to moderate pain. Tell your doctor if the pain interferes with your activity.</li> </ul>
<p><b>Swelling</b> of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.</p>	<p>If swelling is a problem:</p> <ul style="list-style-type: none"> <li>• Elevate your feet when sitting.</li> <li>• Avoid wearing tight clothing.</li> </ul>
<p><b>Loss of appetite</b> and <b>weight loss</b> sometimes occur</p>	<p>Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i>.*</p>

SIDE EFFECTS	MANAGEMENT
<p><b>Hair loss</b> is rare. If you lose hair, it will grow back once you stop treatment with pralatrexate. Colour and texture may change.</p>	<ul style="list-style-type: none"> <li>• Use a gentle shampoo and soft brush.</li> <li>• If hair loss is a problem, refer to <i>Resources for Hair Loss and Appearance Changes – Patient Handout</i>.*</li> </ul>

\* Please ask your chemotherapy nurse or pharmacist for a copy

**THE FOLLOWING INFORMATION IS VERY IMPORTANT**

**SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:**

- Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- Signs of a **blood clot** such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath.
- Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of feet or lower legs, or fainting.

**SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:**

- Redness, swelling, pain, or sores on your **lips, tongue, mouth, throat, or genitals**
- **Peeling** of large areas of skin, blisters, sores, or skin that is painful
- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- Increased **sore throat or mouth** that makes it difficult to swallow comfortably.
- Signs of **gout** such as joint pain.

**CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:**

- Easy bruising or minor bleeding.
- Redness, swelling, pain or sores on your lips, tongue, mouth or throat.
- Headache not controlled with acetaminophen (e.g., **TYLENOL®**).
- Cough, dry throat, hiccups.
- For diabetic patients: uncontrolled blood sugars

**REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR**

---

---

---

---

---

---

---

---

---

---