

# JOINT PAIN, SWELLING, OR STIFFNESS

## OPDIVO® (nivolumab)

*Report immediately to your oncologist's office*

### What are the symptoms?

- Joint pain, swelling, and/or stiffness
- Redness around the joint

### What you should tell your oncology team member:

- When these symptoms started, what brings them on, and how long they last.
- Which joints are affected.
- If the symptoms are affecting your ability to do your daily activities.
- If you have ever had any joint problems in the past and are those symptoms worsening.
- If you also feel very tired.
- If you have any associated skin changes.
- What you have tried at home to manage the symptoms.

### Red flags – Call your oncologist's office immediately – if they are not available, go directly to the Emergency Room.

- Sudden or severe onset of joint pain, swelling, or stiffness.
- If you fall and the joint looks deformed or you can't place weight on the joint (such as your ankle) or use it at all.

### Managing Your Side Effects:

- With the approval of your oncologist's office, take over-the-counter anti-inflammatories/pain relievers such as ibuprofen (Advil®, Motrin®) or naproxen (Aleve®) to relieve pain and stiffness. Your oncology team member may give you stronger prescription drugs to ease joint problems.
- Apply an ice pack to swollen joints for 15 minutes several times a day.
- Keep the joint above your heart whenever you can to reduce swelling.
- Use elastic wrap or tape on the joint to support it.
- Try to stay as active as possible. Do 30 minutes of low-to-moderate-intensity physical activity most days of the week. Also try to do resistance training (calisthenics or with weights), yoga, tai chi, QiGong, Pilates, aquatic exercise, or a focused dance program.
- Avoid activities that cause pain.