AIM AT MELANOMA FOUNDATION | MELANOMA NURSING INITIATIVE

# YOUR OPDIVO® (nivolumab) ACTION PLAN

*(to be filled out by a member of your oncology team)*

**Patient Name** _____ **Date** _____
*Full Name* *Today's Date*

**Side effects discussed** _____

**Key points** _____

## BMS RESOURCES

### Financial Assistance

- BMS Access Support
  1-800-861-0048
  http://www.bmsaccesssupport.bmscustomerconnect.com/patient

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# TAKING THE MEDICATION

## OPDIVO® (nivolumab)

### HOW IT'S GIVEN:

- Opdivo is given through your vein via an intravenous (IV) line. The treatment takes 60 minutes.
- Opdivo is usually given every 2 weeks.
- Your oncologist will decide how many treatments you need.
- You will need to have blood tests before, during, and after treatment.
- It is important to keep appointments with your oncology team to receive your treatment. If you miss an appointment, call as soon as possible to reschedule and to receive instructions about what to do.

**Problems you may have while receiving the medications through the IV line:** Some people may have a bad reaction to the IV treatment itself. Tell your healthcare team member immediately if you have any of these symptoms during a treatment session:

- Chills or shaking
- Itching or rash
- Flushing (turning red)
- Difficulty breathing
- Dizziness
- Fever or feeling hot
- Feeling like you are going to pass out

**Common side effects of Opdivo:** Even small side effects could be serious and you should report them all to your oncologist's office. The most common side effects of taking Opdivo are:

- Pain in muscles, bones, and joints
- Diarrhea
- Cough
- Constipation
- Back pain
- Fever
- Rash
- Itchy skin
- Nausea
- Shortness of breath
- Lack of interest in food
- Upper respiratory infections (colds and flus)
- Weakness

### Report any changes in how you feel to your oncologist's office:

Even small changes in your health or the way you feel that don't seem like a big deal may be a sign of a serious side effect. Don't "tough it out" or try to manage it yourself if you think you are having a side effect—report it immediately! Getting it checked out early may prevent it from becoming a bigger problem.

**Avoid pregnancy:** Use birth control during therapy and for 3 months after your last treatment if you are of childbearing age. Tell your oncologist's office right away if you or your partner becomes pregnant or think you are pregnant while on Opdivo as it can cause harm to an unborn baby.

### IMPORTANT SIDE EFFECTS

Your oncology team may discuss some side effects of Opdivo that can lead to serious problems if they aren't taken care of right away. These sections give information about possible symptoms, what you should tell your oncology team, when you should get medical help immediately, and any steps you can take to help ease the symptoms.

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# LUNG AND BREATHING PROBLEMS

## OPDIVO® (nivolumab)

***Report immediately to your oncologist's office***

## What are the symptoms?

- Changes in breathing
- Worsening of existing breathing symptoms
- Dry cough
- Shortness of breath when you exercise
- Chest pain
- Shortness of breath when you are resting

## What you should tell your oncology team member:

- When you first noticed the changes in your breathing or cough.
- If you are feeling very tired, are wheezing (making a whistling sound when you breathe), or have a fever.
- If the symptoms are interfering with your daily activities.
- If you've ever had breathing problems before.
- If you have respiratory allergies to pollen, trees, pets, or other things or food allergies and if you've recently been exposed to these allergens.
- If you think you've been exposed to cold or flu viruses.
- Interventions you've tried at home (eg, inhaler, cough medicine, etc).

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

- If you are having any trouble breathing, and particularly if symptoms come on suddenly.
- Any chest pain.

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## Taking care of your lungs:

- Avoid environments that can irritate your lungs or make it hard to breathe. For instance, if you work outdoors, pollen or chemicals may affect you. If you have a hobby like painting, use of certain chemicals might be a problem.
- Wear a pollen mask or a respirator when you are around things that may irritate your lungs.
- Adhere to any pre-existing asthma or allergy treatment plans during your cancer therapy.

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# DIGESTIVE /STOMACH PROBLEMS

## OPDIVO® (nivolumab)

***Report immediately to your oncologist's office***

## What are the symptoms?

- Diarrhea
- Changes in your bowel movements (more or less frequent)
- Pain or cramping in the stomach
- Fever
- Nausea (upset stomach) and vomiting (throwing up)
- Bloating in the stomach and/or gas
- Lack of interest in food
- Feeling very tired

## What you should tell your oncology team member:

- When you first noticed the changes in your bowel movements.
- What your bowel movements are like—hard, solid, soft, loose, or liquid.
- What color your stool is—light or dark—and if there is blood or mucus in it.
- If your stool floats.
- How often you are having bowel movements.
- If you have any of the other symptoms listed in the box above.
- If you have been losing or gaining weight without trying.
- How much and what you are eating and drinking each day.
- If you've ever had digestive/stomach problems before.
- If the symptoms are interfering with your daily activities.
- A list of medications and supplements you're taking.
- 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.

- If you have sudden, severe pain or tenderness in the stomach, especially if you also have a fever.

## Taking care of your digestive system:

- Call your oncologist's office IMMEDIATELY if you have diarrhea.
- Take over-the-counter or prescription medications AS INSTRUCTED by your oncology team.
- Avoid spicy foods, high-fiber cereals, red meats, fats, dairy products, raw fruits (except bananas), vegetables, caffeine, alcohol, and sugar.
- Instead eat bland foods such as bananas, pudding, rice, toast, oatmeal, or crackers.
- Drink water, weak tea, clear broth, watered-down juice, or sports drinks (Gatorade®, Powerade®, and Pedialyte®), or suck on popsicles to prevent dehydration.
- Do not use laxatives or stool softeners.

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# KIDNEY PROBLEMS

## OPDIVO® (nivolumab)

***Report immediately to your oncologist's office***

## What are the symptoms?

- Changes in how often you urinate
- Pain or hesitation when you urinate
- Changes in the color of your urine, blood in your urine

## What you should tell your oncology team member:

- When you first noticed the changes in urination and if the changes came on slowly or suddenly.
- What the color of your urine is (light, dark) and whether you've noticed blood in it.
- If your urine is foamy or bubbly.
- How often you are urinating.
- If you are having any trouble urinating.
- How much and what you are drinking each day.
- If you have pain in your lower stomach or back:
  - Sharp or dull.
  - Constant or it comes and goes.
- If you also have nausea or vomiting (throwing up).
- If you have a headache and/or a general feeling of being unwell.
- If you have swelling in your ankles.
- If you have a fever.
- If you have lost your appetite.
- If you've ever had urinary tract infections or kidney problems before.
- If the symptoms are interfering with your daily activities.
- A list of medications and supplements you're taking.
- 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.

- If symptoms come on suddenly and you are in intense pain, have a high fever, or can't stop vomiting.

## Taking care of your kidneys:

- Drink lots of fluids every day to flush your system out.
- Avoid alcohol and caffeine.

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# SKIN CHANGES

## OPDIVO® (nivolumab)

***Report immediately to your oncologist's office***

## What are the symptoms?

- A skin rash with or without itching
- Skin burning or tightness
- Itchiness without a rash
- Skin blisters
- Peeling skin
- Sores in your mouth or rectum

## What you should tell your oncology team member:

- When you first noticed the rash or itchiness.
- What the rash looks like (eg, flat, bumpy, red, acne-like, hives).
- Where the rash is and how much of the body it is covering.
- If the skin change is making it difficult for you to get dressed, perform daily activities, or sleep.
- If you have had any skin problems in the past.
- If you have started any new medications recently.
- If you have been using a new soap or been around new chemicals or animals recently.
- 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.

- A rash that covers a large part of your body or that is quickly getting worse.
- Blisters in your mouth or on your rectum.
- Skin that is peeling, and/or intense or widespread itching.

## Taking care of your skin:

- Avoid soap. Instead, use gentle, non-soap cleansers such as Cetaphil®.
- Avoid hot showers or baths (short, luke-warm showers are OK).
- Apply a cool cloth to the area.
- Apply a cooling cream with menthol or camphor to the area (refrigerate the cream first for even greater relief).
- Keep your fingernails short to stop yourself from scratching.
- Apply a moisturizer that contains the ingredients urea or glycerin daily.
- Don't use lotions that have perfumes or dyes.
- Protect your skin from the sun by wearing sunscreen, a hat, and UV-protective clothing and sunglasses. Don't forget your hands and face.
- Your oncology team may tell you to take an antihistamine by mouth or apply a corticosteroid cream to reduce the itching.

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# MOUTH PROBLEMS

## OPDIVO® (nivolumab)

***Report immediately to your oncologist's office***

## What are the symptoms?

- Mouth sores
- Dry mouth, dry or thick saliva
- Mouth pain affecting your tongue, gums, and the inner lining of the cheeks and lips

## What you should tell your oncology team member:

- When you first noticed the changes in your mouth.
- If the changes are making it difficult for you to eat, drink, or swallow.
- If you have been losing or gaining weight without trying.
- If you are waking up at night to sip water.
- If your symptoms are worsening.
- If you have had mouth or dental problems in the past.
- How much and what you are drinking each day.
- A list of medications and supplements you're taking.
- If you are using any lozenges for dry mouth.
- What else have you tried at home to manage the symptoms.

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

- If you feel weak, dizzy, confused, or have intense pain.

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## Taking care of your mouth:

- Drink lots of fluids every day.
- Avoid hot, spicy, and acidic foods (such as tomatoes).
- Brush your teeth twice a day using a soft toothbrush. Avoid toothpaste with whitening agents.
- Floss once a day.
- Use a mouth rinse recommended by your oncology team or dentist one or more times a day.
- Avoid commercial mouthwashes or those that have alcohol in them as they can dry your mouth out more.
- Have regular dental checkups.

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# LIVER PROBLEMS

## OPDIVO® (nivolumab)

***Report immediately to your oncologist's office***

## What are the symptoms?

- Changes in your energy level (more tired)
- Yellowing of your skin or the whites of your eyes
- Change in the color of your stool (paler)
- Change in the color of your urine (darker, tea-colored)
- Abdominal pain, particularly on the upper right side of the stomach
- Bruising more easily
- Bleeding more easily
- Fever
- Confusion, drowsiness, feeling "foggy"
- Increased sweating
- Abdominal bloating

## What you should tell your oncology team member:

- When you first noticed the symptoms above.
- How severe the symptoms are.
- If you have been losing or gaining weight without trying.
- If the symptoms are interfering with your daily activities.
- A list of medications and supplements you're taking (especially any product containing Tylenol®).
- If you drink alcohol and how much per day.
- If you've ever had liver problems before.
- 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.

- If you have severe pain and/or swelling in your stomach.
- You're very drowsy all day.
- Your skin has turned yellow.
- You feel confused or foggy.

## Taking care of your liver:

- Drink lots of fluids every day.
- Don't drink a lot of alcohol (no more than one drink per day for women and two drinks per day for men) or avoid alcohol all together.
- Eat a well-balanced diet without too much fat and stay active to maintain a healthy weight.
- Do not take more Tylenol or prescription pain medication than recommended.

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# PITUITARY GLAND PROBLEMS

**OPDIVO® (nivolumab)**

***Report immediately to your oncologist's office***

## What are the symptoms?

- Changes in your energy level (more tired)
- Nausea/vomiting
- Headache
- Dizziness
- Confusion, drowsiness, feeling "foggy"
- Problems with your vision
- Fever
- Changes in sexual function

## What you should tell your oncology team member:

- When you first noticed the symptoms above.
- How severe the symptoms are.
- If the symptoms are interfering with your daily activities.
- A list of medications and supplements you're taking.
- If you've ever had pituitary problems before.
- What you have tried at home to manage the symptoms.

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

- If you have severe head pain with vision changes, fever, nausea and vomiting, feeling "foggy," and/or very tired.
- Note: Remind healthcare providers outside the oncology team that you are receiving immunotherapy for your melanoma and it can affect your pituitary gland. This is particularly important if they are planning any scans of your head/brain.

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## Taking care of your pituitary gland:

- Eat a healthy diet and exercise regularly.
- Continue taking any thyroid supplements you were prescribed prior to starting cancer therapy.

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# THYROID PROBLEMS

## OPDIVO® (nivolumab)

***Report immediately to your oncologist's office***

## What are the symptoms?

- Changes in your appetite (either you're more hungry or less hungry)
- If you have been losing or gaining weight without trying
- You are not able to tolerate hot or cold temperatures
- Changes in your mood, energy level, or behavior such as decreased sex drive, irritability, or forgetfulness
- Your heart races, seems to skip a beat, or flutters
- You feel very tired
- You have constipation or diarrhea
- Your skin is either drier or more oily than before

## What you should tell your oncology team member:

- When you first noticed the symptoms above.
- How severe the symptoms are.
- If the symptoms are interfering with your daily activities.
- A list of medications and supplements you're taking.
- If you've ever had thyroid problems before.
- 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.

- If your thyroid gland (located in front of your windpipe) swells up.

## Taking care of your thyroid gland:

- Eat a healthy diet and exercise regularly.
- Continue taking any thyroid supplements you were prescribed prior to starting cancer therapy.

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# DIABETES

## OPDIVO® (nivolumab)

***Report immediately to your oncologist's office***

## What are the symptoms?

- More frequent urination
- Greater thirst
- Increased hunger
- You feel very tired
- Your breath smells sweet or fruity

## What you should tell your oncology team member:

- When you first noticed the symptoms above.
- How severe the symptoms are.
- If the symptoms are interfering with your daily activities.
- A list of medications and supplements you're taking.
- If you've been told you have diabetes before.
- What you have tried at home to manage the symptoms.

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

- If you faint or cannot do your daily living activities because of fatigue.

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## Taking care of your pancreas:

- Eat a healthy diet and exercise regularly.

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# NERVE PROBLEMS

## OPDIVO® (nivolumab)

***Report immediately to your oncologist's office***

## What are the symptoms?

- Weakness on one or both sides of the body (legs, arms, or face)
- New or worsened pain, numbness, or tingling in the hands or feet
- Trouble walking
- Difficulty writing
- Trouble holding items (dropping things)
- Having a hard time getting dressed (eg, buttoning buttons)

## What you should tell your oncology team member:

- When you first noticed the symptoms above.
- How severe the symptoms are.
- If the symptoms are interfering with your daily activities.
- A list of medications and supplements you're taking.
- If you've ever had similar symptoms before, walking problems, or diabetes.
- What you have tried at home to manage the symptoms.

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

- If you have trouble breathing along with these symptoms.

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# 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.

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## 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.

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## 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.

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# OTHER SYMPTOMS TO LOOK OUT FOR

Below are other symptoms that you can have when you take Opdivo®. We are very concerned about symptoms we have marked with a check mark. Please call the office if you develop any of these symptoms, and consider going directly to the Emergency Room if you have any of the red-flag symptoms.

| ✓ | Symptoms | Red flags (Signs that something serious is going on that needs immediate attention) |
|---|---|---|
| | Appetite changes (not feeling hungry or wanting to eat) | If you have no appetite plus you feel faint, pass out, and/or have trouble thinking (cloudy thinking, confusion) |
| | Chest pain | Any chest pain should be evaluated immediately |
| | Fatigue (feeling weak or tired) | If you faint or also have shortness of breath or chest pain |
| | Fever | • If you have a fever over 104.0°F<br>• If you also have breathing problems |
| | Headaches | • If you have a very painful headache (the "worst headache of your life"), head pain that doesn't go away after a few hours, or head pain with fever, neck pain or stiffness, and/or rash<br>• If you have head pain and changes in vision |
| | Nausea | If you have uncontrolled nausea and it is limiting your ability to eat or drink |
| | Shortness of breath (trouble breathing) | • If you have any trouble breathing or worsening of your existing symptoms<br>• If you have shortness of breath plus chest pain and/or fainting<br>• If you have shortness of breath and swelling of the legs or leg pain |

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# OTHER SYMPTOMS TO LOOK OUT FOR

(Continued)

| ✓ | Symptoms | Red flags (Signs that something serious is going on that needs immediate attention) |
|---|---|---|
| | Sleep changes (difficulty falling or staying asleep) | Fatigue that is affecting your ability to function |
| | Vision and eye changes (blurry vision, double vision, or other vision problems; eye pain or redness) | Sudden and severe symptoms, such as sudden vision changes, eye pain, or redness |
| | Vomiting (throwing up) | If you go more than 24 hours without being able to hold down foods or liquids, and/or you vomit blood, your vomit looks like coffee grounds, or you have severe stomach pain |
| | Weight loss | If you have no appetite plus you feel faint, pass out, and/or have trouble thinking (cloudy thinking, confusion) |
| | Weakness (general or in your muscles) | • If you also have headaches and dizziness<br>• If weakness is on the face or one side of body plus you have numbness, slurred speech, confusion, drooping in the face<br>• If weakness is all over the body and you feel very tired and even faint, have a fever, and your heart is racing |

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# RESOURCES

## BMS RESOURCES

### Financial Assistance

- BMS Access Support
  1-800-861-0048
  http://www.bmsaccesssupport.bmscustomerconnect.com/patient

### Additional Information Resources

- AIM at Melanoma Foundation (Nurse on Call, patient symposia, drug resources, etc)
  http://www.AIMatMelanoma.org
- Under the American Cancer Society Resource Section
  https://www.cancer.org/cancer/melanoma-skin-cancer/treating/immunotherapy.html

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