

# DIGESTIVE /STOMACH PROBLEMS

## OPDIVO® (nivolumab)/YERVOY® (ipilimumab)

Combination for Melanoma

*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.