

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.