YOUR TREATMENT GUIDE

Epcoritamab

Follicular lymphoma

A treatment for follicular lymphoma that has come back or not responded after at least two other treatments. Epcoritamab is an injection under the skin. This guide shows what happens on each day.

Name _____ **Hospital number** _____

Consultant _____ **Start date** _____

How your treatment is planned

Treatment is given in **cycles** of **4 weeks (28 days)**. In cycle 1 the dose is built up in steps. After that you have the full dose, less often as time goes on. Treatment carries on for as long as it is working and you are coping with it.

1	2	3	4	5	6	7	8	9	10+
Build-up	Weekly		Every 2 weeks						Every 4 weeks

Reading your calendar

Hospital Treatment in the haematology day unit

Tablets Tablets to take at home on these days

Write the date under each day number when you start a cycle. Your team may move dates, for example if your blood counts need more time to recover.

YOUR ALERT CARD

Epcoritamab can cause a reaction called **cytokine release syndrome (CRS)**, and sometimes effects on the nervous system (**ICANS**). These can start days or weeks after an injection. Carry your alert card at all times and show it to any doctor or nurse who treats you.

Get help straight away, day or night

Call the 24-hour helpline if you:

- have a temperature of 38°C or above, shivering, or feel generally unwell
- feel dizzy or faint, have a fast heartbeat, or are short of breath
- feel confused, very sleepy or shaky, have trouble speaking or writing, or have a fit (seizure)

24-hour helpline: _____

CYCLE 1 · 4 WEEKS

Building up the dose

Epcoritamab starts at a very low dose and goes up in 3 weekly steps, to lower the risk of cytokine release syndrome. Your first full dose is on Day 22. You do not need to stay in hospital unless your doctor advises it.

WEEK 1						
Day 1 __/__ Hospital 0.16mg dose Steroids	**Day 2** __/__ Steroids	**Day 3** __/__ Steroids	**Day 4** __/__ Steroids	**Day 5** __/__	**Day 6** __/__	**Day 7** __/__
WEEK 2						
Day 8 __/__ Hospital 0.8mg dose Steroids	**Day 9** __/__ Steroids	**Day 10** __/__ Steroids	**Day 11** __/__ Steroids	**Day 12** __/__	**Day 13** __/__	**Day 14** __/__
WEEK 3						
Day 15 __/__ Hospital 3mg dose Steroids	**Day 16** __/__ Steroids	**Day 17** __/__ Steroids	**Day 18** __/__ Steroids	**Day 19** __/__	**Day 20** __/__	**Day 21** __/__
WEEK 4						
Day 22 __/__ Hospital 48mg dose Steroids	**Day 23** __/__ Steroids	**Day 24** __/__ Steroids	**Day 25** __/__ Steroids	**Day 26** __/__	**Day 27** __/__	**Day 28** __/__

IN HOSPITAL

Day 1 **Epcoritamab 0.16mg** injection under the skin.

Day 8 **Epcoritamab 0.8mg** injection.

Day 15 **Epcoritamab 3mg** injection.

Day 22 **Epcoritamab 48mg**, first full dose.

Before each injection you have dexamethasone, paracetamol and chlorphenamine tablets.

AT HOME

Steroid days **Dexamethasone 15mg** steroid tablets each morning with food: Days 1–4, 8–11, 15–18, 22–25.

Days 1–28 **Allopurinol 300mg** once a day, if prescribed.

In cycle 1, drink 2 to 3 litres of fluid the day before and the day after each injection. If you take blood pressure tablets, ask your team if you should pause them.

EVERY DAY DURING TREATMENT

Aciclovir 400mg
Twice a day · prevents shingles and cold sores

Co-trimoxazole 960mg
Monday, Wednesday and Friday · prevents a type of pneumonia (PCP)

Stomach protection
For example omeprazole 20mg once a day

CYCLE 2 ONWARDS · 4 WEEKS EACH

Your full-dose injections

From cycle 2 you have the full dose of **48mg** as an injection under the skin. Injections become less frequent as treatment goes on. Shaded days are injection days.

Cycles 2 and 3

Every week: Days 1, 8, 15 and 22

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
■							■							■							■						

Cycles 4 to 9

Every 2 weeks: Days 1 and 15

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
■														■													

Cycle 10 onwards

Every 4 weeks: Day 1

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
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IN HOSPITAL

Each injection — **Epcoritamab 48mg** injection under the skin of your tummy or thigh, alternating sides.

If you had a reaction (CRS) after a recent injection, you may be asked to stay in hospital for the next one.

AT HOME

If needed — **Dexamethasone 15mg** before an injection and for 3 days after, **only if** you had CRS with your last dose. Your team will tell you.

Every day — **Aciclovir**, **co-trimoxazole** and **stomach protection**, as before.

LOOKING AFTER YOURSELF

Keep carrying your alert card. If you have any nervous system symptoms, such as feeling confused, very sleepy or shaky, tell your team straight away. Do not drive, cycle or use tools or machinery until the symptoms have gone.

YOUR MEDICINES EXPLAINED

What each medicine is for

Medicine	What it is for	How it is given
Epcoritamab	An antibody that helps your immune cells find and attack lymphoma cells	Injection under the skin · see your calendar
Dexamethasone 15mg	Steroid that lowers the chance and severity of CRS	Morning of each injection and 3 days after (cycle 1; later only if needed)
Paracetamol and chlorphenamine	Lower the chance of a reaction	Before each injection in cycle 1 (later if needed)
Aciclovir 400mg	Prevents shingles and cold sores	Twice a day
Co-trimoxazole 960mg	Prevents a type of pneumonia (PCP)	Monday, Wednesday and Friday
Stomach protection	Protects your stomach while you take steroids	Once a day, for example omeprazole 20mg
Allopurinol 300mg	Protects your kidneys as lymphoma cells break down	Once a day, if prescribed

YOUR CONTACTS

24-hour helpline _____

Haematology day unit _____

Clinical nurse specialist _____

Pharmacy _____

Keep taking your medicines exactly as your team tells you. If you are not sure about any medicine, ask your nurse or pharmacist. Bring this guide to every appointment.