YOUR TREATMENT GUIDE

Polatuzumab vedotin, rituximab, cyclophosphamide, doxorubicin and prednisolone

Also called Pola-R-CHP. A treatment for diffuse large B-cell lymphoma. This guide shows what happens on each day of your treatment and which medicines to take at home.

Name _____ **Hospital number** _____

Consultant _____ **Start date** _____

How your treatment is planned

Treatment is given in **cycles**. Each cycle lasts **3 weeks (21 days)**. You will have up to **6 cycles**, which is about 4 months of treatment.

1	2	3	4	5	6

Cycle 1: treatment over 2 days

Cycles 2–6: all treatment on Day 1

Reading your calendar

Hospital Treatment in the haematology day unit

Tablets Tablets to take at home on these days

G-CSF Injection under the skin, once a day

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.

Get help straight away, day or night

Call the 24-hour helpline if you:

- have a temperature of 38°C or above, or feel shivery or generally unwell
- have a sore throat, cough, burning when you pass urine, or diarrhoea
- have bleeding or bruising you cannot explain, or are being sick and cannot keep fluids down

24-hour helpline: _____

CYCLE 1 · 3 WEEKS

Your first cycle

In your first cycle, rituximab is given on Day 1 and the rest of your treatment on Day 2. This lets your team watch closely for any reaction to the first doses.

WEEK 1

Day 1 __/__	Day 2 __/__	Day 3 __/__	Day 4 __/__	Day 5 __/__	Day 6 __/__	Day 7 __/__
Hospital	Hospital	Steroids	Steroids	Steroids	G-CSF	G-CSF
Rituximab	Polatuzumab + chemo	Anti-sick	Anti-sick	Anti-sick		
Steroids	Steroids					
	Anti-sick					

WEEK 2

Day 8 __/__	Day 9 __/__	Day 10 __/__	Day 11 __/__	Day 12 __/__	Day 13 __/__	Day 14 __/__
G-CSF	G-CSF	G-CSF	G-CSF	G-CSF		

WEEK 3

Day 15 __/__	Day 16 __/__	Day 17 __/__	Day 18 __/__	Day 19 __/__	Day 20 __/__	Day 21 __/__
						Steroids tomorrow morning

IN HOSPITAL

Day 1 — **Rituximab** drip.

Day 2 — **Polatuzumab vedotin** drip (the first one takes 90 minutes), then **cyclophosphamide** and **doxorubicin** (chemotherapy).

AT HOME

Days 1–5 — **Prednisolone 100mg** steroid tablets, once each morning with or after food. On Day 1, take it before you come in.

Days 2–5 — **Ondansetron 8mg** anti-sickness, twice a day for 3 days, from the evening of Day 2.

Days 1–7 — **Allopurinol 300mg** once a day (cycle 1 only).

Days 6–12 — **G-CSF** injection once a day for 7 days. Some people have a single long-acting injection (pegfilgrastim) on Day 2 instead.

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)

If needed — **Metoclopramide 10mg** tablet up to three times a day if you feel sick

CYCLES 2 TO 6 · 3 WEEKS EACH

All treatment on Day 1

From cycle 2, all your hospital treatment is given on one day. Use this calendar for each of cycles 2, 3, 4, 5 and 6.

WEEK 1

Day 1 __/__	Day 2 __/__	Day 3 __/__	Day 4 __/__	Day 5 __/__	Day 6 __/__	Day 7 __/__
Hospital Pola-R-CHP Steroids Anti-sick	Steroids Anti-sick	Steroids Anti-sick	Steroids Anti-sick	Steroids	G-CSF	G-CSF

WEEK 2

Day 8 __/__	Day 9 __/__	Day 10 __/__	Day 11 __/__	Day 12 __/__	Day 13 __/__	Day 14 __/__
G-CSF	G-CSF	G-CSF	G-CSF	G-CSF		

WEEK 3

Day 15 __/__	Day 16 __/__	Day 17 __/__	Day 18 __/__	Day 19 __/__	Day 20 __/__	Day 21 __/__
						Steroids tomorrow morning

IN HOSPITAL

Day 1 — **Rituximab**, **polatuzumab vedotin**, **cyclophosphamide** and **doxorubicin** drips.

AT HOME

Days 1–5 — **Prednisolone 100mg** once each morning with or after food. Take Day 1's dose before you come in.

Days 1–4 — **Ondansetron 8mg** twice a day for 3 days, from the evening of Day 1.

Days 6–12 — **G-CSF** injection once a day for 7 days (or a single pegfilgrastim injection on Day 2).

EVERY DAY DURING TREATMENT

Aciclovir 400mg
Twice a day

Co-trimoxazole 960mg
Monday, Wednesday and Friday

After cycle 6 you will not need prednisolone on the morning of another treatment. Your team will tell you when to stop aciclovir and co-trimoxazole.

YOUR MEDICINES EXPLAINED

What each medicine is for

Medicine	What it is for	How it is given
Rituximab	An antibody that targets lymphoma cells	Drip · Day 1 of each cycle
Polatuzumab vedotin	An antibody that carries a cancer medicine straight to lymphoma cells	Drip · Day 2 in cycle 1, then Day 1
Cyclophosphamide and doxorubicin	Chemotherapy	Drips · Day 2 in cycle 1, then Day 1
Prednisolone 100mg	Steroid, part of the treatment	Tablets · once each morning, Days 1–5
Ondansetron 8mg	Prevents sickness	Twice a day for 3 days after chemotherapy
Metoclopramide 10mg	Treats sickness if it happens	Up to three times a day if needed
G-CSF	Helps your white blood cells recover	Injection under the skin, Days 6–12 (or once on Day 2)
Allopurinol 300mg	Protects your kidneys as lymphoma cells break down	Once a day, Days 1–7 of cycle 1
Aciclovir 400mg	Prevents shingles and cold sores	Twice a day
Co-trimoxazole 960mg	Prevents a type of pneumonia (PCP)	Monday, Wednesday and Friday

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.