YOUR TREATMENT GUIDE

Lenalidomide and rituximab

Also called R² (R-squared). A treatment for follicular lymphoma. Lenalidomide is a capsule you take at home; rituximab is given in hospital. This guide shows what happens on each day.

Name _____ **Hospital number** _____

Consultant _____ **Start date** _____

How your treatment is planned

Treatment is given in **cycles**. Each cycle lasts **4 weeks (28 days)**. You take lenalidomide for 3 weeks, then have a week off. You can have up to **12 cycles**, which is about 11 months of treatment.

1	2	3	4	5	6	7	8	9	10	11	12

Cycle 1: weekly rituximab

Cycles 2–5: rituximab injection

Cycles 6–12: lenalidomide only

Reading your calendar

Hospital Treatment in the haematology day unit

Tablets Tablets to take at home on these days

Blood test Blood test (your team will arrange it)

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.

LENALIDOMIDE AND PREGNANCY

Lenalidomide can seriously harm an unborn baby. You must follow the **pregnancy prevention programme** your team explains to you, and never share your capsules. Ask your team if you have any questions.

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 · 4 WEEKS

Your first cycle

In cycle 1 you have a rituximab drip every week. You start lenalidomide capsules on Day 1. Drink plenty of fluids in the first week, and you will have blood tests every week this cycle.

WEEK 1

Day 1 __/__	Day 2 __/__	Day 3 __/__	Day 4 __/__	Day 5 __/__	Day 6 __/__	Day 7 __/__
Hospital Rituximab drip Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide

WEEK 2

Day 8 __/__	Day 9 __/__	Day 10 __/__	Day 11 __/__	Day 12 __/__	Day 13 __/__	Day 14 __/__
Hospital Rituximab drip Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide

WEEK 3

Day 15 __/__	Day 16 __/__	Day 17 __/__	Day 18 __/__	Day 19 __/__	Day 20 __/__	Day 21 __/__
Hospital Rituximab drip Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide

WEEK 4

Day 22 __/__	Day 23 __/__	Day 24 __/__	Day 25 __/__	Day 26 __/__	Day 27 __/__	Day 28 __/__
Hospital Rituximab drip No lenalidomide	No lenalidomide	No lenalidomide	No lenalidomide	No lenalidomide	No lenalidomide	No lenalidomide

IN HOSPITAL

Days 1, 8, 15, 22 **Rituximab** drip once a week.

Weekly **Blood tests** to check your kidneys, salts and blood counts.

AT HOME

Days 1–21 **Lenalidomide 20mg** capsule once a day, then 7 days off (Days 22–28).

Days 1–7 **Allopurinol 300mg** once a day, if your team prescribes it.

EVERY DAY DURING TREATMENT

Metoclopramide 10mg
Up to three times a day if you feel sick

Blood thinner
Only if your team prescribes one to prevent blood clots

CYCLES 2 TO 5 · 4 WEEKS EACH

Rituximab injection on Day 1

From cycle 2, rituximab is given as a quick injection under the skin of your tummy on Day 1. Use this calendar for each of cycles 2, 3, 4 and 5.

WEEK 1						
Day 1 __/__ Hospital Rituximab injection Lenalidomide	**Day 2** __/__ Lenalidomide	**Day 3** __/__ Lenalidomide	**Day 4** __/__ Lenalidomide	**Day 5** __/__ Lenalidomide	**Day 6** __/__ Lenalidomide	**Day 7** __/__ Lenalidomide
WEEK 2						
Day 8 __/__ Lenalidomide	**Day 9** __/__ Lenalidomide	**Day 10** __/__ Lenalidomide	**Day 11** __/__ Lenalidomide	**Day 12** __/__ Lenalidomide	**Day 13** __/__ Lenalidomide	**Day 14** __/__ Lenalidomide
WEEK 3						
Day 15 __/__ Lenalidomide	**Day 16** __/__ Lenalidomide	**Day 17** __/__ Lenalidomide	**Day 18** __/__ Lenalidomide	**Day 19** __/__ Lenalidomide	**Day 20** __/__ Lenalidomide	**Day 21** __/__ Lenalidomide
WEEK 4						
Day 22 __/__ No lenalidomide	**Day 23** __/__ No lenalidomide	**Day 24** __/__ No lenalidomide	**Day 25** __/__ No lenalidomide	**Day 26** __/__ No lenalidomide	**Day 27** __/__ No lenalidomide	**Day 28** __/__ No lenalidomide

IN HOSPITAL

Day 1 **Rituximab 1400mg** injection under the skin (takes about 5 minutes).

AT HOME

Days 1–21 **Lenalidomide 20mg** capsule once a day, then 7 days off.

BEFORE YOUR INJECTION

You will have paracetamol and an antihistamine tablet 15 to 30 minutes before each rituximab injection.

CYCLES 6 TO 12 · 4 WEEKS EACH

Lenalidomide only

From cycle 6 you take lenalidomide on its own. You will see your team before each cycle to check how you are and to collect your next supply.

WEEK 1

Day 1 __/__	Day 2 __/__	Day 3 __/__	Day 4 __/__	Day 5 __/__	Day 6 __/__	Day 7 __/__
Lenalidomide Clinic review	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide

WEEK 2

Day 8 __/__	Day 9 __/__	Day 10 __/__	Day 11 __/__	Day 12 __/__	Day 13 __/__	Day 14 __/__
Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide

WEEK 3

Day 15 __/__	Day 16 __/__	Day 17 __/__	Day 18 __/__	Day 19 __/__	Day 20 __/__	Day 21 __/__
Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide	Lenalidomide

WEEK 4

Day 22 __/__	Day 23 __/__	Day 24 __/__	Day 25 __/__	Day 26 __/__	Day 27 __/__	Day 28 __/__
No lenalidomide	No lenalidomide	No lenalidomide	No lenalidomide	No lenalidomide	No lenalidomide	No lenalidomide

IN HOSPITAL

Each cycle — **Clinic review** and blood tests before you start the next cycle.

AT HOME

Days 1–21 — **Lenalidomide 20mg** capsule once a day, then 7 days off.

TAKING LENALIDOMIDE

Swallow the capsule whole with water, at about the same time each day, with or without food. If you forget a dose and it is less than 12 hours late, take it; otherwise skip it and take the next dose as normal.

YOUR MEDICINES EXPLAINED

What each medicine is for

Medicine	What it is for	How it is given
Lenalidomide 20mg	Helps your immune system fight lymphoma and stops lymphoma cells growing	Capsule · once a day, Days 1–21 of each cycle
Rituximab	An antibody that targets lymphoma cells	Drip weekly in cycle 1; injection on Day 1 of cycles 2–5
Paracetamol and an antihistamine	Lower the chance of a reaction to rituximab	Given before each rituximab dose
Allopurinol 300mg	Protects your kidneys as lymphoma cells break down	Once a day, Days 1–7 of cycle 1, if prescribed
Metoclopramide 10mg	Treats sickness if it happens	Up to three times a day if needed
Blood thinner	Prevents blood clots	Only if prescribed

PREGNANCY PREVENTION PROGRAMME

You, your doctor and your pharmacist must follow the lenalidomide pregnancy prevention programme. Use effective contraception as your team advises, and return any unused capsules to the pharmacy.

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.