

YOUR TREATMENT Diary



For patients being treated with
KEYTRUDA® (pembrolizumab)
and LENVIMA® (lenvatinib) as
combination therapy for advanced
or recurrent endometrial cancer.

Ensure you carry your Patient Card
with you at all times.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. Adverse events should be reported. Reporting forms and information can be found at <https://yellowcard.mhra.gov.uk/> (please note that the MHRA Yellow Card link will redirect you to an external website, for which MSD or Eisai does not review or control the content) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

This item is for patients who have been prescribed pembrolizumab and lenvatinib

This material has been developed by MSD UK and Eisai UK.
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WHAT YOU NEED TO REMEMBER

Your healthcare team should have provided you with a Patient Information Leaflet (PIL) and patient card to help you identify any side effects you may experience during your treatment. This diary is designed to support that information.

Tell your healthcare professional **immediately** about any changes to how you are feeling. **Do not attempt to diagnose or treat side effects yourself.**

Reporting side effects **early** may stop them from becoming more serious and can make them easier to treat. They may be managed without having to permanently come off treatment and your healthcare professional will be able to better support you every step of the way.

Ensure you keep your Patient Card with you at all times and show it to any healthcare professional who treats you.

Ensure you read the Patient Information Leaflet (PIL). Use the diary in this book to keep track of how you are feeling and to record any questions you have for your healthcare professional.



YOUR CONTACT DETAILS

YOU

Name

Telephone number

Mobile number

YOUR GP

Name

Name of surgery

Surgery telephone number

YOUR HOSPITAL

Name of hospital

Consultant

Specialist nurse

Hospital telephone number

Alternatively you can place a sticker with your hospital's details over this section.

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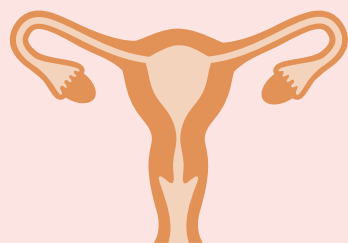
UNDERSTANDING ENDOMETRIAL CANCER

Endometrial cancer (EC) is a cancer of the lining of the womb (also called the uterus).¹

Normal healthy cells grow, multiply and know when to stop growing. EC happens when the cells in the womb lining start to grow, multiply and spread much more quickly than usual. This might cause the lining of the womb to thicken in certain areas, which can form a mass of tissue known as a tumour.^{1,2}

Womb cancer is the **4th most common cancer in females in the UK** and EC is the most common type of womb cancer.^{1,3}

EC makes up more than **90% of womb cancer** cases.⁴



Symptoms of endometrial cancer⁵⁻⁷

The most common symptom of EC is abnormal vaginal bleeding, such as any bleeding after menopause or bleeding between periods.

Other symptoms might include:

- Pain in your hips or lower abdomen
- Pain during or after sex
- Abnormal vaginal discharge

If the EC has become more advanced, you may experience additional symptoms that might include: loss of appetite, being sick, tiredness and feeling unwell, and bowel problems.

Key factors that affect treatment selection for endometrial cancer

Your doctor will take into account the type, grade and stage of EC to help determine the most appropriate treatment for you. They may also perform a genetic test to choose a treatment that you will benefit from most.⁸

- **Type:** There are different types of EC which are grouped based on how the cancer cells look under a microscope. The most common type of EC is known as adenocarcinoma^{9,10}
- **Grade:** The grade of EC is based on whether the cancer cells look similar to normal cells. The grade gives doctors an idea of how quickly the cancer might grow¹¹
- **Stage:** The cancer stage tells you how far cancer has spread from the womb, e.g. Stage 1 is early cancer that is still within the womb, while at Stage 4 it has spread to another part of the body (also known as metastatic cancer)¹¹

What is recurrent or advanced EC?

Recurrent EC is when cancer comes back after you've had treatment. Cancer can be local (i.e. in or near the same place it started) or distant (i.e. it has spread to other organs).^{7,11}

Advanced EC is usually when the EC has spread outside of the womb either within the pelvic area or to other organs (i.e. Stage 3 or 4).^{7,11}

WHAT YOU SHOULD KNOW

Your healthcare professional has prescribed the combination of pembrolizumab and lenvatinib as part of your treatment plan.

These medications are used together to fight certain types of endometrial cancer. Pembrolizumab is an immunotherapy,¹² while lenvatinib is targeted cancer therapy called a tyrosine kinase inhibitor.¹³

What is pembrolizumab?

Pembrolizumab is an immunotherapy that works with your body's immune system by increasing its ability to recognise and attack cancer cells.¹²

The treatment will be given to you in a hospital or clinic under the supervision of an experienced healthcare professional. Your healthcare professional will give you the treatment through an intravenous infusion lasting approximately 30 minutes. You will receive an infusion every 3 weeks or every 6 weeks.¹² Your healthcare professional will decide how many treatments you need and how often they should be given.

It is important that you visit your healthcare professional for the scheduled appointments so that they can check your progress and administer your treatment. If you are unable to keep an appointment, call your healthcare professional right away to reschedule.

What is lenvatinib?

Lenvatinib is a tyrosine kinase inhibitor, a targeted cancer therapy that is designed to stop cancer cells from receiving the signals they need to grow and survive.^{13,14}

This treatment is provided as capsules that you take by mouth once a day, every day. These should be swallowed whole, and can be taken with or without food.^{13,15}

Your healthcare professional will tell you how much lenvatinib to take and when to take it. Your healthcare professional may also adjust your dose during treatment, stop treatment for some time, or completely stop treatment with lenvatinib if you have side effects.¹³

If you miss a dose of lenvatinib, take it as soon as you remember. If your next dose is due within 12 hours, skip the missed dose and take the next dose at your regular time.^{13,15}



Do not take a double amount of lenvatinib (two doses at a time) if you have forgotten the previous dose!¹⁵

If you have taken more lenvatinib than you should, please contact your healthcare professional or the nearest hospital immediately. It's best to take the lenvatinib package and package insert with you.¹⁵

WHAT TO LOOK OUT FOR

Like all medicines, the combination of pembrolizumab and lenvatinib can cause side effects. It is important to look out for any signs and/or symptoms. Refer to your Patient Information Leaflet (PIL) for information on possible side effects.

If you notice any symptoms while receiving your treatment, you should speak to your healthcare professional right away – do not wait for your next appointment. Reporting side effects early can make them easier to treat. You may experience more than one side effect at the same time. Whilst side effects may occur soon after starting treatment, be aware that some may occur long after receiving the final dose.

Carry your Patient Card with you at all times and let any healthcare professional involved in your care know that you are being treated with pembrolizumab + lenvatinib. **Do not attempt to diagnose or treat side effects yourself.**

KEEPING TRACK

Using your Treatment Diary

It is important to tell your healthcare professional immediately about any side effects. You can use this diary when you call or visit your healthcare professional, but do not wait for your next appointment to discuss new symptoms. It will also help you keep track of what happens and how you feel over the course of your treatment. Note down the contact details for your healthcare professional at the front of the diary.


The left-hand side of the diary pages are for recording specific symptoms (see example below). Tick the relevant box if you have a symptom in that group or in several groups at the same time, record the date when it occurred and the specific details in the 'notes' section, and contact your healthcare professional immediately.

The right-hand side of the diary pages are to record how you feel in general, to track your progress week by week and to share with your healthcare professional any information which you think could be helpful (see example to the right of this page).

Once you have filled your diary, you can ask your healthcare professional for a new one.

Week beginning ...12/02/24...

Ensure you carry your Patient Card with you at all times.

Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	12	13	14	15	16	17	18
No symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Eyes	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes (Always fill in details)	How did you feel this week on a scale of 1 (very good) to 5 (very poor)?
	<input type="radio"/> 1 <input checked="" type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Thought my eyes looked a bit yellow so I rang my healthcare professional.	Do you feel better or worse than last week? <input checked="" type="radio"/> Better <input type="radio"/> Worse
	Notes
	This week was very busy. Jane and co. visited and I was determined to cook them one of my famous roasts. Daniel helped out but it left me pretty tired and I had trouble getting out of bed the next day. I told the cancer team about this over the phone.










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 Eyes										Do you feel better or worse than last week?	
 Mouth and head											
 Throat and chest										Notes	
 Skin and hair											
 Stomach and bowels											
 Urine											
 Muscles, nerves, joints and limbs											
 General											
Blood pressure	Date		Other symptoms or questions								
											











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 Eyes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		Do you feel better or worse than last week?
 Mouth and head	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<div style="display: flex; justify-content: space-around;"> Better Worse </div>
 Throat and chest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		Notes
 Skin and hair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
 Stomach and bowels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
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 General	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
 Blood pressure	Date		Other symptoms or questions						
									









YOUR WEEKLY TREATMENT DIARY

Week beginning

Ensure you carry your Patient Card with you at all times.

BEING AWARE

It is important to be aware of side effects. You may experience more than one side effect at the same time. Telling your healthcare professional as soon as you notice any symptoms may stop them from becoming more serious. Do NOT wait for your next appointment. Do not attempt to diagnose or treat side effects yourself.

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 Blood pressure	Date		Other symptoms or questions						
									

NOTES AND QUESTIONS

Dotted lines for writing notes on page 40.

Dotted lines for writing notes on page 41.

HEALTHCARE PROFESSIONAL DOCUMENTATION

This space is for your healthcare professional to document any measurements or information they feel appropriate as part of your treatment plan.

Date:

Appointment details:

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FREQUENTLY ASKED QUESTIONS

This section answers some of the questions you might have about your treatment. It is a good idea to jot down any other questions you have in your Treatment Diary so that you can ask your healthcare professional at your next appointment.

My doctor said they had to do a genetic test before treatment. Why?

Some genetic tests can help your doctor identify patients who are more likely to benefit from certain types of treatment. Your doctor may have carried out a test known as a mismatch repair deficiency test. This test looks for certain changes in your genes, called mutations. Your doctor carried out the test to check for a particular mutation and to help make sure the treatment has the best chance of working for you.⁸

What effect will pembrolizumab + lenvatinib have on my other medicines?

Your treatment may interact with other medicines.^{12,13} It is important to tell your healthcare professional about any medicines you are currently taking or are planning to take.

Can I take antibiotics?

It is important to ensure that any medications are compatible with your pembrolizumab + lenvatinib treatment. Ensure your healthcare professional is aware of any treatments you are currently taking or are planning to take.

Can I take vitamins or herbal supplements?

You should tell your healthcare professional about any other medicines, supplements or herbal remedies that you are currently taking or are planning to take. Your healthcare professional can help you to decide if they are suitable to take or not.

Can I have vaccinations?

Consult your healthcare professional before receiving any vaccinations, including the flu vaccination.

Can I go on holiday?

Discuss your holiday plans with your healthcare professional before you book your holiday. Some extra preparation may be necessary, and you should always carry your Patient Card with you.

FREQUENTLY ASKED QUESTIONS

My doctor/nurse suggested that I improve my diet and get regular exercise. Is this really necessary?

Eating a healthy, well-balanced diet is very important because endometrial cancer and the treatments you receive for it can affect your nutrition levels. Your dietitian or nurse should be able to offer you advice on this.¹⁶

Being physically active is also important because it can help you recover from treatment more quickly and improve your mental wellbeing. Being physically active doesn't have to mean joining a gym; it could be as simple as going for a walk or doing some gardening. It's a good idea to talk to your healthcare professional before starting a new exercise routine, as they will be able to advise you on what physical activities are suitable for your level of health and fitness.^{16,17}

Can I drink alcohol?

Alcohol consumption should be kept to a minimum when taking pembrolizumab + lenvatinib. You can discuss this with your healthcare professional.

Why does my blood pressure need to be monitored during treatment?

It is important to monitor your blood pressure, as it can be affected by lenvatinib. You may have your blood pressure monitored regularly at your clinic or your doctor may ask you to measure it yourself at home. If your blood pressure is consistently increased (140/90 mmHg or higher), your doctor may need to give you medicine to lower it.¹³

Should I use contraception?

Yes. It is possible that your treatment could harm or cause death to your unborn baby. If you are female and able to become pregnant you should use a highly effective method of contraception during treatment and for at least 4 months after your last dose.^{12,13}

Your treatment may reduce the effectiveness of the oral contraceptive pill.¹³ You should use a barrier method such as a cap or condoms to prevent pregnancy. Contact your healthcare professional immediately if you become pregnant during treatment.^{12,13}

Can I breastfeed?

It is not known whether pembrolizumab or lenvatinib pass into your breast milk. Since it is known that the compounds themselves, their metabolites or antibodies can be excreted in human/animal milk, a risk to newborns/infants cannot be excluded. It is therefore not advised to breastfeed during treatment.^{12,13}

Please speak to your healthcare professional for further guidance if you are breastfeeding or plan to breastfeed before starting treatment.

Can I drive and/or operate machinery?

You may feel dizzy, tired or weak while taking pembrolizumab and lenvatinib, which can affect your ability to drive or use tools or machines.^{12,13} If this happens, please avoid these activities.

WHERE YOU CAN GET SUPPORT

Endometrial cancer can have a big impact on you and your family's life. Do not forget to reach out to your healthcare professional or other support if you are concerned or worried. They are there to help no matter what.

There are also many patient organisations you can talk to, to find support from your peers. For example, Macmillan Cancer Support (<https://www.macmillan.org.uk/>) has a number of resources available to help you and your family during your endometrial cancer journey.

Many communities many also run their own groups to offer informal support to patients and their families. Attending these groups may help you cope with your treatment and provide useful information. They can offer a safe and comfortable place to share your feelings with others who can understand what you're going through.



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Pembrolizumab:



Lenvatinib:



Scan the QR codes to access the Patient Information Leaflets for pembrolizumab and lenvatinib



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