

Bevacizumab

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for many types of cancer.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Bevacizumab (beh-vuh-SIH-zoo-mab): Avastin (uh-VAS-tin), Alymsys, Avzivi, Jobevne, Mvasi, Vegzelma, Zirabev	Slows down or stops cancer growth by blocking the blood vessels that tumors need to get the nutrients and oxygen they require.	Infusion given into a vein.

Treatment Administration and Schedule: Treatment is typically repeated every 2 or 3 weeks. This length of time is called a “cycle”.

Option #1: Every 2 Weeks Dosing

Treatment Name	Cycle 1							Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	..	Day 14	Day 1
Bevacizumab	✓							✓

Option #2: Every 3 Weeks Dosing

Treatment Name	Cycle 1							Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	..	Day 21	Day 1
Bevacizumab	✓							✓

Appointments: Appointments may include regular check-ups with your care team, treatment appointments, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Given at the Clinic or Hospital	Supportive Care Taken at Home
To help prevent or treat nausea and vomiting	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Other	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
<p>Low Platelet Count</p>	<p>Description: Platelets help the blood clot and heal wounds. If you have low platelet counts, you are at a higher risk of bruising and bleeding.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Blow your nose gently and avoid picking it. • Brush your teeth gently with a soft toothbrush and maintain good oral hygiene. • Use an electric razor for shaving and a nail file instead of nail clippers. • Avoid over-the-counter medications that may increase the risk of bleeding, such as NSAIDs. • Talk with your care team or dentist before medical or dental procedures, as you may need to pause your treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Nosebleed lasting over 5 minutes despite pressure • Cut that continues to bleed • Significant gum bleeding when flossing or brushing • Severe headaches • Blood in your urine or stool • Blood in your spit after a cough
<p>High Blood Pressure</p>	<p>Description: Treatment can cause high blood pressure. It usually has no symptoms and can be dangerous if not treated. High blood pressure increases the risk of stroke, heart attack, and other health problems.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Exercise regularly, control your weight, and limit alcohol and sodium intake. • If you are already being treated for high blood pressure, your care team may change your blood pressure medicine. • Your care team may ask you to track your blood pressure. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Headaches • Dizziness or lightheadedness • Blurred vision • Trouble breathing • Nose bleeds • A pounding sensation in the chest, neck, or ears • Irregular heartbeats • Chest pain or pressure
<p>Diarrhea</p>	<p>Description: Diarrhea is when you have loose, watery bowel movements more often than usual.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep track of how many times you go to the bathroom each day. • Drink 8 to 10 glasses of water or other fluids every day, unless your doctor tells you otherwise. • Eat small meals of mild, low-fiber foods like bananas, applesauce, potatoes, chicken, rice, and toast. • Avoid eating foods with high fiber (like raw vegetables, fruits, and whole grains), foods that cause gas (like broccoli and beans), dairy foods (like yogurt and milk), and spicy, fried, and greasy foods. • Your care team may recommend a medicine (such as loperamide) for diarrhea. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • 4 or more bowel movements than normal in 24 hours • Dizziness or lightheadedness while having diarrhea • Bloody diarrhea

<p>Low Appetite</p>	<p>Description: Treatment can cause a low appetite, which means you may not feel like eating much. It's important to eat enough so your body gets the nutrients it needs to heal and stay strong. Eating healthy foods helps you feel better and recover faster.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Be as active as possible. Do some physical activity before a meal. Before starting an exercise program, talk with your care team. • Take note of the times during the day when your appetite is best. Do not limit food when your appetite is good. Eat your largest meal when you feel the most hungry, whether it is breakfast, lunch, or dinner. • Eat 5-6 small meals per day and snack anytime. • Choose foods high in protein, such as beans, chicken, fish, meat, yogurt, tofu, and eggs. During meals, eat high-protein foods first. • Choose foods that are high in calories. Do not select foods that are labeled "low-fat," "fat-free" or "diet." • If you feel full quickly when eating, do not drink any liquids 30 minutes before a meal so you have more room for solid food. Then, drink liquids between meals. Choose liquids with extra calories, not diet drinks. • Eat a bedtime snack. Choose something easy to digest, such as peanut butter and crackers. If you tend to experience reflux or heartburn, eat at least an hour before lying down. • If food is not appealing, try a nutritious beverage, such as a high-protein shake or smoothie, instead of solid food. • Ask your care team to recommend a liquid nutrition supplement. Add a scoop of protein powder, yogurt, or ice cream for added protein and calories. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Weight loss • No appetite • Tiredness
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<p>Muscle or Joint Pain</p>	<p>Description: Muscle pain feels like soreness, aches, cramps, or stiffness in one or more muscles. It may also include tenderness or weakness. Joint pain happens where two bones come together and can feel sharp, dull, throbbing, or burning. It often causes stiffness, swelling, and difficulty moving.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Track your pain levels, areas of discomfort, and any activities that worsen or improve your symptoms. Engage in gentle exercises like walking, stretching, or yoga to maintain mobility and strength, but consult your care team before starting any new exercise routine. Apply a warm compress to relax stiff muscles or use cold packs to reduce swelling and numb pain in affected areas. Your care team may prescribe or recommend medications, including over-the-counter pain relievers. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Uncontrolled muscle or joint pain Swelling, redness, or warmth in the joints Weakness Difficulty walking or moving
<p>Fatigue</p>	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Routine exercise has been shown to decrease levels of fatigue. Work with your care team to find the right type of exercise for you. Ask your family and friends for help with daily tasks and emotional support. Try healthy ways to feel better, like meditation, writing in a journal, doing yoga, and using guided imagery to lower anxiety and feel good. Make a regular sleep schedule and limit naps during the day so you can sleep better at night, aiming for 7 to 8 hours of sleep. Don't use heavy machines or do things that need your full attention if you're very tired to avoid accidents. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Tiredness that affects your daily life Tiredness all the time, and it doesn't get better with rest Dizziness and weakness, along with being tired

<p>Headache</p>	<p>Description: A headache can cause you to feel pain or discomfort in your head, making it hard to concentrate or feel your best.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep a headache diary to track the frequency, duration, intensity, and triggers of your headaches. • Stay hydrated by drinking plenty of water, as dehydration can contribute to headaches. • Apply a cold or warm compress to your forehead or neck to help ease headache pain. • Get adequate sleep (7-8 hours per night) and establish a regular sleep schedule. • Limit caffeine intake. • Your care team may recommend medicine for headaches. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Severe headache • More frequent headaches • Dizziness or light-headedness • Confusion • Vision changes
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Select Rare Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Bleeding	<ul style="list-style-type: none"> • Vomiting blood or if your vomit looks like coffee-grounds • Pink or brown urine • Red or black (looks like tar) stools • Coughing up blood or blood clots • Menstrual bleeding that is heavier than normal 	<ul style="list-style-type: none"> • Unusual vaginal bleeding • Nose bleeds that happen often • Bruising • Lightheadedness
Blood clots in your veins or arteries	<ul style="list-style-type: none"> • Chest pain or pressure • Swelling or pain in your arms, back, neck or jaw • Shortness of breath • Numbness or weakness on one side of your body 	<ul style="list-style-type: none"> • Trouble talking • Headache • Vision changes
Heart Problems	<ul style="list-style-type: none"> • Swelling of your stomach-area (abdomen), legs, hands, feet, or ankles • Shortness of breath • Nausea or vomiting • New or worsening chest discomfort, including pain or pressure 	<ul style="list-style-type: none"> • Weight gain • Pain or discomfort in your arms, back, neck, or jaw • Protruding neck veins • Breaking out in a cold sweat • Feeling lightheaded or dizzy
Tear in your stomach or intestinal wall (Perforation)	<ul style="list-style-type: none"> • Severe pain or tenderness in your stomach-area (abdomen) • Swelling of the abdomen • Fever of 100.4°F (38°C) or higher • Chills 	<ul style="list-style-type: none"> • Nausea • Vomiting • Dehydration
Kidney Problems	<ul style="list-style-type: none"> • Decrease in your amount of urine • Blood in your urine 	<ul style="list-style-type: none"> • Swelling of your ankles • Loss of appetite
Brain Swelling	<ul style="list-style-type: none"> • Headaches • Confusion or changes in the way you think 	<ul style="list-style-type: none"> • Seizures • Blurry vision or loss of vision
Infusion Reactions	<ul style="list-style-type: none"> • Chills or shaking • Itching, rash, or flushing • Trouble breathing or wheezing; tongue-swelling 	<ul style="list-style-type: none"> • Dizziness or feeling faint • Fever of 100.4°F (38°C) or higher • Pain in your back or neck

Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help. If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

Intimacy, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment can affect your **ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment
- Treatment may **harm an unborn baby**.
 - If you are able to become pregnant, take a pregnancy test before starting treatment.
 - Use an effective method of birth control during treatment and for 6 months after your last dose.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment.
- **Do NOT breastfeed** during treatment and for 6 months after your last dose.

Additional Information

- **Tell your care team about all the medicines you take.**
This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- Risk of **wound healing problems**. Wounds may not heal properly during treatment. Tell your care team if you plan to have any surgery before starting or during treatment.
 - You should stop taking bevacizumab at least 28 days before planned surgery.
 - Your care team should tell you when you may start taking bevacizumab again after surgery.
- There is a risk of **developing protein in your urine**. Your care team will check your urine for protein before and during treatment and may adjust or stop your treatment if protein is found.
- Treatment may **cause osteonecrosis of the jaw (ONJ)**, causing pain, numbness, swelling, or drainage in the jaw, mouth, or teeth. Your care team may recommend dental clearance to lower this risk before starting therapy.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

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Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources.

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