Polatuzumab Vedotin, Bendamustine, and Rituximab (Pola-BR)

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is used for certain types of lymphoma.
- It may also be used for other reasons.

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
Polatuzumab vedotin (POH-lah-TOO-zoo-mab veh-DOH-tin): Polivy (poh-LIH-vee)	Finds and attaches directly to a specific protein on cancer cells. Once attached, the medicine goes inside the cancer cell and releases a chemotherapy drug to destroy it.	Infusion into a vein (intravenous (IV) infusion).
Bendamustine (BEN-duh-MUS-teen): Belrapzo (bel-RAP-zoh), Bendeka (benDEH-kuh), Treanda (tree-AN-duh), Vivimusta (vih-vih-MOOS-tah)	Damages the DNA in cancer cells, which stops them from growing and causes them to die.	Infusion into a vein (intravenous (IV) infusion).
Rituximab (rih-TUK-sih-mab): Rituxan (rih-TUK-sun), Riabni, Ruxience, Truxima	Helps your immune system find and attack cancer cells by targeting a specific protein on their surface.	Infusion into a vein (intravenous (IV) infusion).

Treatment Administration and Schedule

Treatment is typically repeated every 21 days. This length of time is called a “cycle.” You may receive up to 6 cycles of treatment.

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Treatment Administration and Schedule (Continued)

- Polatuzumab vedotin is given on Day 1.
- Bendamustine is given on Days 1 and 2.
- Rituximab is given on Day 1.

Treatment Name	Cycle 2								Next Cycle	
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	…	Day 21	Day 1	Day 2
Polatuzumab vedotin	✓								✓	
Bendamustine	✓	✓							✓	✓
Rituzumab	✓								✓	

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 an appointment, call your care team as soon as possible to reschedule it.

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Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Given at the Clinic or Hospital	Supportive Care Taken at Home
To help your body make white blood cells to fight infections		
To help lower the risk of infections		
To help prevent or treat nausea and vomiting		
To help lower the risk of infusion-related reactions		
To help prevent tumor lysis syndrome (TLS)		
Other		

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Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection	Description: WBCs help protect your body from infections. A low WBC count increases your risk of infection. Recommendations: • Wash your hands often and bathe regularly. • Avoid crowded places and close contact with people who are sick. • Follow food safety and wound care advice from your care team. • Your care team may prescribe medicine to help your WBCs recover. Talk to your care team if you have: • Fever of 100.4°F (38°C) or higher • Chills • New or worsening cough or sore throat • Painful urination or signs of a urinary infection • Feeling much more tired than usual • Red, swollen, warm, or painful areas on the skin (possible skin infection)
Low Platelet Count (Thrombocytopenia)	Description: Platelets help your blood clot and wounds heal. A low platelet count increases your risk of bruising and bleeding. Recommendations: • Blow your nose gently and avoid picking it. • Brush your teeth gently with a soft toothbrush and keep good oral hygiene. • Use an electric razor for shaving and a nail file instead of nail clippers. • Avoid over-the-counter medicines that can increase bleeding risk (for example, nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen). • Talk with your care team or dentist before medical or dental procedures — you may need to pause treatment. Talk to your care team if you have: • A nosebleed lasting more than 5 minutes despite pressure • A cut that continues to bleed • Heavy gum bleeding when brushing or flossing • Sudden or severe headache • Blood in your urine or stool • Blood in your spit after coughing
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia)	Description: RBCs and Hgb carry oxygen to your body's tissues and remove carbon dioxide. Low RBC or Hgb (anemia) can make you feel weak or very tired, or may make you look pale. Recommendations: • Aim for 7 to 8 hours of sleep each night. • Do not drive, operate heavy machinery, or do other dangerous activities if you are very tired. • Balance activity and rest — stay as active as you can, but rest when needed. • Eat a balanced diet and follow any nutrition or supplement advice from your care team. Talk to your care team if you have: • Shortness of breath • Dizziness or fainting • Fast or irregular heartbeats • Sudden or severe headache

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<table>
<tr><td>Fatigue</td><td>Description: Fatigue is a constant and sometimes strong feeling of tiredness.

Recommendations:
Routine exercise can help reduce fatigue. Talk with your care team to find the right type and amount of activity for you.
Ask family and friends for help with daily tasks and for emotional support.
Try healthy ways to feel better, such as meditation, journaling, yoga, or guided imagery, to reduce anxiety and improve well-being.
Aim for 7 to 8 hours of sleep each night. Limit daytime naps to help you sleep better at night.
Do not drive, operate heavy machinery, or do other potentially dangerous activities if you are very tired.
Talk to your care team if you have:
Tiredness that affects your daily life or prevents you from doing normal activities
Tiredness that does not get better with rest
Dizziness or weakness along with severe tiredness</td></tr>
<tr><td>Liver Problems</td><td>Description: Treatment can cause liver injury. Your care team may check your liver with blood tests before and during treatment.

Talk to your care team if you have:
Yellowing of your skin or the white part of your eyes (jaundice)
Severe nausea or vomiting
Pain on the right side of your stomach area (abdomen)
Dark, tea-colored urine
Bleeding or bruising more easily than normal</td></tr>
<tr><td>Diarrhea</td><td>Description: Diarrhea is loose, watery stools or more frequent bowel movements than usual. It can cause dehydration and weakness.

Recommendations:
Keep track of how often you go to the bathroom each day.
Drink 8 to 10 glasses of water or other fluids daily, unless your care team tells you otherwise.
Eat small meals of mild, low-fiber foods (such as bananas, applesauce, potatoes, chicken, rice, and toast).
If you have diarrhea, avoid high-fiber foods (such as raw vegetables, fruits, and whole grains), gas-producing foods (such as broccoli and beans), dairy (such as milk and yogurt), and spicy, fried, or greasy foods.
Your care team may recommend an antidiarrheal medicine such as loperamide (Imodium).
Talk to your care team if you have:
4 or more bowel movements above your usual number in 24 hours
Dizziness or lightheadedness while having diarrhea
Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine)
Bloody diarrhea</td></tr>
</table>

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Kidney Problems	Description: Treatment can cause kidney problems, including damage to the kidneys and decreased kidney function. Your care team will monitor your kidney function during treatment. Recommendations: • Drink 8 to 10 glasses of water or other fluids each day, unless your care team tells you otherwise. • Your care team may give you fluids and electrolytes with your treatment. Talk to your care team if you have: • Decrease in your amount of urine • Blood in your urine • Swelling of your ankles • Loss of appetite
Numbness, Tingling, or Burning in Your Hands or Feet (Peripheral Neuropathy)	Description: Nerve pain and tingling are uncomfortable sensations from nerve damage or irritation. Pain may be sharp, burning, or deep. Tingling can feel like pins-and-needles or mild electric shocks, often in the hands, feet, arms, or legs. Recommendations: • Keep a daily log of pain and sensations, noting triggers and what helps or makes it worse. • Check your feet every day for cuts, sores, blisters, or color changes, especially if numbness reduces feeling. • Wear comfortable, well-fitting shoes and avoid walking barefoot if sensation is reduced. • Protect hands and feet from extreme heat or cold. • Your care team may recommend or prescribe medicines, topical treatments, physical therapy, or supplements to help with symptoms. Talk to your care team if you have: • New or worsening “pins and needles”, burning, or numbness in your hands or feet • Trouble moving your arms or legs, or weakness • Problems with balance or frequent falls
High Amylase and Lipase Levels in Your Blood	Description: Treatment may cause high levels of amylase and lipase in your blood. This may indicate a problem with your pancreas. Your care team will perform blood tests to check for these changes and will treat you if needed. Talk to your care team if you have: • Fever of 100.4°F (38°C) or higher • Fast heartbeat • Severe stomach-area (abdominal) pain that radiates to the back • Worsening pain after eating • Severe nausea or vomiting • Diarrhea • Yellowing of your skin or the white part of your eyes (jaundice)

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Changes in Electrolytes and Other Laboratory Results	Description: Treatment may cause low levels of calcium and phosphorus in your blood. Your care team will perform blood tests to check for these changes and will treat you if needed. Talk to your care team if you have: • Tingling or numbness around the mouth, hands, or feet • New weakness, trouble breathing, or shortness of breath • Fast, irregular, or pounding heartbeat • Fainting or seizures • Sudden weight gain • Swelling of your arms, hands, legs, or ankles • New or worsening muscle weakness, cramps, spasms, or bone pain • Confusion, slurred speech, or severe dizziness • Severe fatigue or inability to perform daily activities

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Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Infusion-Related Reactions (Boxed Warning)	Your care team may slow or temporarily stop the infusion if you have a reaction. Treatment may be permanently stopped for a severe reaction. • Chills or shaking • Itching, rash, or flushing • Trouble breathing, wheezing, or tongue swelling • Dizziness or feeling faint • Feeling of impending doom • Fever of 100.4°F (38°C) or higher • New or severe pain in your back or neck
Severe Skin and Mouth Reactions (Boxed Warning)	• Painful sores or ulcers on your skin, lips or in your mouth • Blisters • Peeling skin • Rash • Pustules
Hepatitis B Virus (HBV) Reactivation (Boxed Warning)	Before you receive rituximab, your care team will do blood tests to check for HBV infection. If you have had hepatitis B or are a carrier of hepatitis B virus, receiving rituximab could cause the virus to become an active infection again. Hepatitis B reactivation may cause serious liver problems, including liver failure and death. Your care team will monitor you for hepatitis B infection during and for several months after you stop receiving rituximab. • Worsening tiredness • Yellowing of your skin or white part of your eyes
Progressive Multifocal Leukoencephalopathy (PML) (Boxed Warning)	PML is a rare, serious brain infection caused by a virus that can happen in people who receive rituximab. People with weakened immune systems can get PML. PML can result in death or severe disability. There is no known treatment, prevention, or cure for PML. • Confusion • Dizziness or loss of balance • Difficulty walking or talking • Decreased strength or weakness on one side of your body • Vision problems, such as blurred vision or loss of vision
Heart Rhythm Problems (Cardiac Arrhythmia)	• Fast or irregular heartbeat • Dizziness • Feeling faint • Chest discomfort • Shortness of breath
Allergic Reactions, Including Anaphylaxis	Get emergency medical help right away if you develop any of the following signs or symptoms: • Swelling of your lips, mouth, tongue, or throat • Trouble breathing or swallowing • Raised red areas on your skin (hives) • A very fast heartbeat • You feel dizzy or faint

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Serious Infections	Fatal and serious infections, including opportunistic infections, have occurred in patients treated with polatuzumab vedotin. • Fever of 100.4°F (38°C) or higher • Severe cough with or without an increase in mucus (sputum) production • Severe sore throat • Shortness of breath • Burning or pain when urinating • Unusual vaginal discharge or irritation • Redness, swelling, or pain in any part of the body
Stomach and Serious Bowel Problems	• Severe stomach-area (abdomen) pain • Repeated vomiting during treatment
Tumor Lysis Syndrome (TLS)	Tumor lysis happens when cancer cells break apart and release large amounts of substances into your bloodstream faster than your body can handle. TLS is a group of conditions that affect your heart, kidneys, and muscles. • Severe nausea, vomiting, or diarrhea • Urinating smaller amounts or having dark-colored urine • Muscle cramps or twitching • Rapid heartbeats or chest pain • Confusion or weakness • Seizures
Extravasation	Extravasation happens when medicine that is supposed to go into a vein leaks out into the tissues around it. This can cause pain, swelling, and damage to the skin and tissues. Polatuzumab vedotin and bendamustine may cause extravasation. • Pain, burning, or stinging at the infusion site • Swelling, redness, or blistering around the site • Coolness or numbness in the area • Decreased blood flow or tissue damage, potentially leading to ulcers or tissue death in severe cases
Risk of New Cancers	There is a risk of developing one or more new cancers during or after treatment. Talk with your care team about this risk, and ask about the signs and symptoms to watch for.

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.

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Intimacy, Fertility, 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:
        - Your care team will verify your pregnancy status before treatment.
        - Use an effective method of birth control during treatment, for 3 months after your last dose of polatuzumab vedotin, for 6 months after your last dose of bendamustine, and for 12 months after your last dose of rituximab.
        - If you think you might be pregnant or if you become pregnant, tell your care team right away.
    - If your partner is able to become pregnant, use an effective method of birth control—such as condoms—during treatment with Pola-BR, for 3 months after your last dose of bendamustine, and for 5 months after your last dose of polatuzumab vedotin.
- **Do not breastfeed** during treatment, for 1 week after your last dose of bendamustine, for 2 months after your last dose of polatuzumab vedotin, and for 6 months after your last dose of rituximab.

Handling Body Fluids and Waste

Some drugs you receive may stay in your urine, stool, sweat, or vomit for many days after treatment. Because many cancer drugs are toxic, your body waste may also be dangerous to touch. To help protect yourself, your loved ones, and the environment, **follow these instructions** for at least **48 hours** after each dose of **bendamustine** and at least **2 months** after each dose of **polatuzumab vedotin**: (Note: Rituximab does not require special handling of body fluids and waste.)

- People who are pregnant should avoid touching anything that may be soiled with body fluids from the patient.
- You can use your usual toilet. Always close the lid and flush to discard all waste. If you have a low-flow toilet, flush twice.
- If the toilet or seat is soiled with urine, stool, or vomit, clean the surface after each use before others use it.
- Wash your hands with soap and water for at least 20 seconds after using the toilet.
- If you need a bedpan, inform your caregiver so they can wear gloves and assist with cleanup. Wash the bedpan with soap and water daily.
- If you cannot control your bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb waste.
- Wash any skin exposed to body waste with soap and water.
- Wash soiled linens or clothing separately from other laundry. If you don’t have a washer, place them in a plastic bag until they can be washed.
- Wash your hands with soap and water after touching soiled linens or clothing.

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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.
- **This Patient Education Sheet may not describe all possible side effects.**
  Call your care team 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:
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This guide does not cover all information available on the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication. It should not be used as a substitute for the advice of a qualified healthcare professional. The provision of this guide is for informational purposes only. It does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. All decisions regarding this medication should be made with the guidance and direction of a qualified healthcare professional.

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