

Trastuzumab Deruxtecan

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for certain types of breast cancer, lung cancer, stomach cancer, and solid tumors. It may also be used for other reasons.
- Your care team will perform a test for human epidermal growth factor receptor 2 (HER2) to make sure treatment is right for you.

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
Trastuzumab Deruxtecan (tras-TOO-zoo-mab DEH-rux-TEE-kan): Enhertu (en-HER-too)	Stops cancer cell growth by targeting a protein and delivering medicine directly to the cancer cell.	Infusion given into a vein.

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

Treatment Name	Cycle 1								Next Cycle	
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	...	Day 21	Day 1	
Trastuzumab Deruxtecan	✓									✓

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 nausea and vomiting	_____ _____ _____	_____ _____ _____
Other	_____ _____ _____	_____ _____ _____

Common Side Effects

Side Effect	Important Information
<p>Low White Blood Cell (WBC) Count and Increased Risk of Infection</p>	<p>Description: WBCs help protect the body against infections. If you have a low WBC count, you may be at a higher risk of infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Wash your hands and bathe regularly. • Avoid crowded places. • Stay away from people who are sick. • Your care team may prescribe a drug that promotes the growth of WBCs. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Fever of 100.4 °F (38°C) or higher • Chills • Cough • Sore throat • Painful urination • Tiredness that is worse than normal • Skin infections (red, swollen, or painful areas)
<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>Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb)</p>	<p>Description: RBCs and Hgb help bring oxygen to your body's tissues and take away carbon dioxide. If you have low RBC counts or Hgb, you may feel weak, tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Get 7 to 8 hours of sleep each night. • Avoid operating heavy machinery when tired. • Balance work and rest, staying active but resting when needed. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Shortness of breath • Dizziness • Fast or abnormal heartbeats • Severe headache

<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>Nausea and Vomiting</p>	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. This may or may not cause vomiting.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small amounts of water, broth, or other clear liquids when you are ready to eat again. If that stays down, then try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal). Slowly work up to eating solid food. • Your care team may prescribe medicine for these symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Vomiting for more than 24 hours • Vomiting that's nonstop • Signs of dehydration (like feeling very thirsty, having a dry mouth, feeling dizzy, or having dark urine) • Blood or coffee-ground-like appearance in your vomit • Bad stomach pain that doesn't go away after vomiting
<p>Liver Problems</p>	<p>Description: Treatment can harm your liver. This may cause nausea, stomach pain, and bleeding or bruising. It can also turn your skin and eyes yellow and make your urine dark. Lab tests may be performed to monitor liver function.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Yellowing of your skin or the whites of your eyes • Severe nausea or vomiting • Pain on the right side of your stomach area (abdomen) • Dark urine (tea colored) • Bleeding or bruising more easily than normal

<p>Diarrhea</p>	<p>Description: Diarrhea is when you have loose, watery bowel movements more often than usual. The need to use the bathroom may occur urgently.</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 care team 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 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>Constipation</p>	<p>Description: Constipation means having a hard time passing stools or not going to the bathroom often. Your stools might feel hard and dry, which can make you uncomfortable or hurt.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep track of how many times you move your bowels every day. • Drink 8 to 10 glasses of water or other fluids each day, unless your care team tells you otherwise. • Exercise regularly. • Eat high-fiber foods like raw fruits and vegetables. • Your care team may recommend medicine (such as polyethylene glycol 3350 or senna) for constipation. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Constipation that lasts 3 or more days • Constipation after 48 hours, even after using a laxative

<p>Decreased 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
<p>Hair Loss</p>	<p>Description: Hair loss or hair thinning can start days to a few weeks after treatment begins, but it usually grows back later. It might be a different texture or color when it comes back and may not look the same as before.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • You can wear scarves, hats, or wigs, and think about getting a short haircut before treatment. • Keep your head covered to protect it from the sun and keep it warm. • If your scalp isn't covered outside, remember to put sunscreen on it. <p>Talk to your care team if you would like a wig prescription.</p>

<p>Muscle and 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
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Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
<p>Lung Problems (Boxed Warning)</p>	<p>Treatment can cause lung problems that may be severe, life-threatening, or that may lead to death. If you develop lung problems, your care team may treat you with corticosteroid medicines.</p> <ul style="list-style-type: none"> Cough Trouble breathing or Shortness of breath Fever Other new or worsening breathing symptoms (such as chest tightness, wheezing)
<p>Heart Problems</p>	<p>Treatment can cause heart problems that may affect your heart's ability to pump blood. Your care team will check your heart function before starting treatment.</p> <ul style="list-style-type: none"> New or worsening shortness of breath Coughing Feeling tired Swelling of your ankles or legs Irregular heartbeat Sudden weight gain Dizziness or feeling light-headed Loss of consciousness
<p>Infusion Reactions</p>	<ul style="list-style-type: none"> Chills or shaking Itching, rash, or flushing Trouble breathing or wheezing; tongue-swelling 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, 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, take a pregnancy test before starting treatment.
 - Use an effective method of birth control during treatment and for 7 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 and for 4 months after your last dose.
- **Do NOT breastfeed** during treatment and for 7 months after your last dose.

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 **1 month** after each dose of **trastuzumab deruxtecan**:

- 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.

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 healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

Updated Date: January 9, 2026

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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