Ipilimumab and Nivolumab

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is 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
Ipilimumab (ih-pih-LIH-myoo-mab): Yervoy (YER-voy)	Boosts your immune system to help it attack cancer cells more effectively.	Infusion into a vein (intravenous (IV) infusion).
Nivolumab (nih-VOL-yoo-mab): Opdivo (op-DEE-voh)	Boosts your immune system to help it attack cancer cells more effectively.	Infusion into a vein (intravenous (IV) infusion).

Treatment Administration and Schedule

Treatment is typically repeated every 2, 3, 4, or 6 weeks. This length of time is called a "cycle."

☐ **Option #1: 6-Week Cycle**

- Ipilimumab is given on Day 1.
- Nivolumab is given on Days 1, 15, and 29.

Treatment Name	Cycle 1							Next Cycle
	Day 1	…	Day 15	…	Day 29	…	Day 42	Day 1
Ipilimumab	✓							✓
Nivolumab	✓		✓		✓			✓

Brought to you by: ACCC Association of Cancer Care Centers, HOPA Hematology/Oncology Pharmacy Association, NCODA Network for Collaborative Oncology Development & Advancement, ONS Oncology Nursing Society

☐ **Option #2: 6-Week Cycle**

- Ipilimumab is given on Day 1.
- Nivolumab is given on Days 1 and 22.

Treatment Name	Cycle 1								Next Cycle
	Day 1	Day 2	Day 3	…	Day 22	Day 23	…	Day 42	Day 1
Ipilimumab	✓								✓
Nivolumab	✓				✓				✓

☐ **Option #3**

During the first **4 cycles**, you will receive **BOTH nivolumab and ipilimumab every 3 weeks**.

Treatment Name	Cycle 1								Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	…	Day 21	Day 1
Ipilimumab	✓								✓
Nivolumab	✓								✓

Starting **cycle 5**, you will receive **ONLY nivolumab**. The cycle length will change to **every 2 or 4 weeks**.

Every 2 Weeks:

Treatment Name	Cycle 5								Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	…	Day 14	Day 1
Nivolumab	✓								✓

Every 4 Weeks:

Treatment Name	Cycle 5								Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	…	Day 28	Day 1
Nivolumab	✓								✓

Brought to you by: ACCC Association of Cancer Care Centers™ HOPA Hematology/Oncology Pharmacy Association NCODA Network for Collaborative Oncology Development & Advancement ONS Oncology Nursing Society

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.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Given at the Clinic or Hospital	Supportive Care Taken at Home
Supportive care to prevent and treat side effects		

Brought to you by:

ACCC Association of Cancer Care Centers™

HOPA Hematology/Oncology Pharmacy Association

NCODA Network for Collaborative Oncology Development & Advancement

ONS Oncology Nursing Society

Common Side Effects

Side Effect	Important Information
Fatigue	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
Intestinal Problems	Description: Treatment can cause your immune system to attack healthy cells in your intestines. This can cause diarrhea or stomach-area (abdominal) pain. 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: • Diarrhea (loose stools) or more frequent bowel movements than usual • Stools that are black, tarry, sticky, or have blood or mucus • Severe stomach-area (abdominal) pain or tenderness

Brought to you by: ACCC Association of Cancer Care Centers, HOPA Hematology/Oncology Pharmacy Association, NCODA Network for Collaborative Oncology Development & Advancement, ONS Oncology Nursing Society

Liver Problems	Description: Treatment can cause your immune system to attack healthy cells in your liver. 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
Skin Problems	Description: Treatment can cause your immune system to attack healthy cells in your skin. This can cause rash, itching, and other skin problems. Recommendations: • Bathe or shower daily with warm (not hot) water and mild, unscented soap or body wash. • Pat your skin dry with a towel instead of rubbing. • Apply unscented lotion or moisturizing cream right after bathing to prevent dryness and cracking. • Use lip balm for dry or chapped lips. • Avoid direct sun when you can. Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher and reapply every 2 hours when outdoors. • Use unscented, gentle laundry detergent to reduce skin irritation. • Your care team may recommend medicine for skin problems. Talk to your care team if you have: • Rash • Itching • Skin blistering or peeling • Painful sores or ulcers in the mouth, nose, throat, or genital area

Brought to you by:
ACCC Association of Cancer Care Centers
HOPA Hematology/Oncology Pharmacy Association
NCODA Network for Collaborative Oncology Development & Advancement
ONS Oncology Nursing Society

Hormone Gland Problems	Description: Treatment can cause your immune system to attack hormone-making glands, such as the thyroid, adrenal glands, pituitary gland, or pancreas. This can lead to low or high hormone levels and may cause symptoms like tiredness, weight changes, mood changes, feeling unusually hot or cold, headaches, dizziness, or changes in blood sugar and blood pressure. Your care team will check your hormone levels with blood tests and may prescribe hormone medications if needed. Talk to your care team if you have: • Headaches that will not go away, or unusual headaches • Eye sensitivity to light • Eye problems • Rapid heartbeat • Increased sweating • Extreme tiredness • Weight gain or weight loss • Feeling hungrier or thirstier than usual • Urinating more often than usual • Hair loss • Feeling cold • Constipation • Your voice gets deeper • Dizziness or fainting • Changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Lung Problems	• Cough • Shortness of breath • Chest pain or chest tightness
Kidney Problems	• Decrease in your amount of urine • Blood in your urine • Swelling of your ankles • Loss of appetite
Problems in Other Organs and Tissues	• Chest pain, irregular heartbeat, shortness of breath, swelling of ankles • Confusion, sleepiness, memory problems, changes in mood or behavior, stiff neck, balance problems, tingling or numbness of the arms or legs • Double vision, blurry vision, sensitivity to light, eye pain, changes in eyesight • Persistent or severe muscle pain or weakness, muscle cramps • Low red blood cells, bruising
Infusion-Related Reactions	• 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

Brought to you by:
ACCC Association of Cancer Care Centers
HOPA Hematology/Oncology Pharmacy Association
NCODA Network for Collaborative Oncology Development & Advancement
ONS Oncology Nursing Society

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 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 ipilimumab, and for 5 months after your last dose of nivolumab.
        - 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 ipilimumab and nivolumab.
- **Do not breastfeed** during treatment, for 3 months after your last dose of ipilimumab, and for 5 months after your last dose of nivolumab.

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.
- **Your treatment may cause side effects that need medicine or a break from treatment.** Your care team may give you corticosteroids or hormone medicines to help. Sometimes, they may need to delay or stop your treatment if you have certain side effects.
- **Tell your care team about all your health problems.** This includes issues with your immune system, like Crohn's disease, ulcerative colitis, or lupus. Also, tell them if you have had an organ transplant, like a kidney or eye transplant. Let them know if you had a stem cell transplant from a donor, had radiation to your chest, or have a nerve problem like myasthenia gravis or Guillain-Barré syndrome.
- **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

Updated Date: August 16, 2026

Brought to you by:
ACCC Association of Cancer Care Centers
HOPA Hematology/Oncology Pharmacy Association
NCODA Network for Collaborative Oncology Development & Advancement
ONS Oncology Nursing Society

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 to gather information and develop this patient education guide. This guide is a summary of the medication, based on information provided by the drug manufacturer and other sources.

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.

Permission:
Patient Education Sheets are provided as a free educational resource for patients with cancer and their caregivers in need of concise, easy-to-understand information about cancer therapy. Healthcare providers may copy and distribute the sheets to patients and direct them to the Patient Education Sheets website. However, commercial reproduction or reuse, as well as rebranding or reposting of any type, are strictly prohibited without permission of the copyright holders. Permission requests, including direct linking from Electronic Health Records, and licensing inquiries should be emailed to patienteducationsheets@ncoda.org.

Copyright © 2026 by Network for Collaborative Oncology Development & Advancement, Inc. All rights reserved.

PES-439

Brought to you by:
ACCC Association of Cancer Care Centers
HOPA Hematology/Oncology Pharmacy Association
NCODA Network for Collaborative Oncology Development & Advancement
ONS Oncology Nursing Society