

Cetuximab

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for:
 - Colon and rectal (colorectal) cancer
 - Head and neck (H&N) cancer
 - Penile cancer
 - A type of skin cancer called cutaneous squamous cell carcinoma (cSCC)
- 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
Cetuximab (seh-TUK-sih-mab): Erbix (ER-bih-tux)	Slows down or stops cancer growth by blocking a specific protein that cancer cells need to survive.	Infusion into a vein (intravenous (IV) infusion).

Treatment Administration and Schedule: Treatment is typically repeated every 1 or 2 weeks. This length of time is called a “cycle”.

- Cetuximab is often given in combination with other treatments. Talk with your care team about your exact treatment and schedule.

Option #1: Treatment Given Every Week

Treatment Name	Cycle 1							Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 1
Cetuximab	✓							✓

Option #2: Treatment Given Every 2 Weeks

Treatment Name	Cycle 1								Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	...	Day 14	Day 1
Cetuximab	✓								✓

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 infusion-related reactions	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
To help lower the risk of skin problems	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
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
Infection	<p>Description: You may have a higher risk of infection during treatment.</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. <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)
Fatigue	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • 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. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • 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
Lung Problems	<p>Description: Lung problems, such as cough, are common with treatment. More serious lung problems, such as lung inflammation, are less common.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Track your symptoms of shortness of breath, cough, and fatigue. • Stay active with gentle exercise as tolerated. • Avoid irritants like smoke and strong odors. • Stay hydrated to keep mucus thin. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Trouble breathing • Chest pain or tightness • Cough

<p>Mouth Sores or Irritation (Mucositis or Stomatitis)</p>	<p>Description: Treatment can irritate the lining of the mouth. In some cases, this can cause redness, sores, pain, and swelling.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Rinse your mouth after meals and at bedtime; rinse more often if sores develop. • Brush your teeth gently with a soft toothbrush or use a cotton swab after meals. • Use a mild, non-alcohol mouth rinse at least 4 times daily (after meals and at bedtime). Example: 1/8 teaspoon salt + 1/4 teaspoon baking soda in 8 oz warm water. • Avoid acidic, hot, spicy, rough, or crunchy foods and drinks that can irritate your mouth. • Avoid tobacco, alcohol, and alcohol-based mouthwash. • Your care team may prescribe medicines or mouth treatments to help with pain and healing. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Painful mouth sores or throat pain • Trouble eating or significant weight loss
<p>Nausea and Vomiting</p>	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. You may or may not vomit.</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 sips of water, broth, or other clear liquids. If these stay down, try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal) and gradually return to solid foods. • 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 • Nonstop vomiting • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Blood or coffee-ground-like appearance in your vomit • Severe stomach pain that does not go away after vomiting
<p>Constipation</p>	<p>Description: Constipation means hard, dry stools or fewer bowel movements than normal. It can cause discomfort or pain.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Track how often you have bowel movements each day. • Drink 8 to 10 glasses of fluids daily, unless your care team says otherwise. • Stay active and exercise regularly. • Eat more high-fiber foods (such as raw fruits, vegetables, and whole grains) unless advised otherwise. • Your care team may recommend laxatives such as polyethylene glycol (Miralax) or senna. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Constipation that lasts 3 or more days • No bowel movement 48 hours after using a laxative

<p>Diarrhea</p>	<p>Description: Diarrhea is loose, watery stools or more frequent bowel movements than usual. It can cause dehydration and weakness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • 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). <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 • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Bloody diarrhea
<p>Liver Problems</p>	<p>Description: Treatment can cause liver injury. Your care team may check your liver with blood tests before and during treatment.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • 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

<p>Acne-Like Rash</p>	<p>Description: An acne-like rash is a skin condition. It usually appears on the face, neck, and back, causing red, inflamed bumps that may itch or feel dry.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • If you get a rash, keep the area clean and dry. • Check with your care team before using any treatments. • Do not use over-the-counter acne treatments like benzoyl peroxide or salicylic acid, or soaps with alcohol. • Wash with a mild, moisturizing soap, and avoid long, hot baths or showers. • After washing, pat your skin dry instead of rubbing. • Oatmeal baths and unscented moisturizers may relieve itching. • Sunlight can worsen symptoms, so avoid sun exposure whenever possible. • Wear long-sleeved clothing with ultraviolet (UV) protection if possible. • Use broad-brimmed hats for added protection. • Apply broad-spectrum sunscreen (UVA/UVB, at least sun protective factor (SPF) 30) as directed. • Use lip balm with at least SPF 30. • Avoid tanning beds. • Your care team may recommend or prescribe medicine for rash. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Painful or worsening rash • Rash that does not improve with treatment
<p>Nail Problems</p>	<p>Description: Nails may become more brittle, thinner, and could change color during treatment.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep your fingernails and toenails trimmed short. • Wear cotton gloves when working. When cleaning or washing dishes, use cotton-lined rubber gloves to keep your hands from drying out and becoming irritated. Do not use unlined rubber gloves because they trap sweat and irritate the skin. • Avoid manicures, pedicures, and artificial nails, which may increase the risk of infection. • Do not bite your nails or pick at your cuticles. • Nail polish can help strengthen and may protect nails. To remove polish, use "oily" remover to prevent drying. • Soak your hands in natural oils (such as olive oil) to relieve dryness. • Wear loose-fitting shoes with cushioned cotton socks. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Pain related to nail changes • Fingernails or toenails that separate from the nail bed

<p>Low Magnesium Levels in Your Blood (Hypomagnesemia)</p>	<p>Description: Treatment may cause low levels of magnesium in your blood. Your care team will do blood tests to check you for these changes and will treat you if needed.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Extreme fatigue • Irregular heartbeat or chest pain • Muscle spasm, twitches, tremors, or cramps • Numbness or tingling in your fingers or toes • Nausea, vomiting, or loss of appetite • Seizures
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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>Infusion-Related Reactions (Boxed Warning)</p>	<p>You may have a higher risk of a serious infusion reaction if you have had a tick bite or a red meat allergy.</p> <p>People with galactose-α-1,3-galactose (alpha-gal) IgE antibodies may have an increased risk of anaphylactic reactions. Your care team may consider testing for alpha-gal IgE antibodies before you start treatment. However, severe infusion reactions may still happen with a negative result.</p> <ul style="list-style-type: none"> • 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
<p>Heart and Lung Problems (Boxed Warning)</p>	<p>There is a risk of heart and lung problems, including cardiopulmonary arrest or sudden death. Tell your care team if you have a history of coronary artery disease, congestive heart failure, or irregular heartbeats (arrhythmias).</p>

**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, take a pregnancy test before starting treatment.
 - Use an effective method of birth control during treatment and for 2 months after your last dose of cetuximab.
 - 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 2 months after your last dose of cetuximab.

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

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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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