

Teclistamab and Talquetamab

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for multiple myeloma (MM). 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
Teclistamab (tek-LIS-tuh-mab): Tecvayli (tek-VAY-lee)	Binds immune cells (T-cells) and cancer cells together so T-cells can more effectively attack and destroy the cancer cells.	Injection under the skin (subcutaneous injection), usually in the stomach area (abdomen). It may also be injected into your thigh or another area of your body.
Talquetamab (tal-KWEH-tah-mab): Talvey (TAL-vay)	Binds immune cells (T-cells) and cancer cells together so T-cells can more effectively attack and destroy the cancer cells.	Injection under the skin (subcutaneous injection), usually in the stomach area (abdomen). It may also be injected into your thigh or another area of your body.

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

Due to the risk of cytokine release syndrome (CRS) and neurologic problems, you may be **hospitalized for 48 hours** after all doses that are part of the **"step-up dosing schedule"**.

- The "step-up dosing schedule" is when you receive the first 3 doses of teclistamab and talquetamab, which are smaller "step-up" doses, and also the first full "treatment doses" of teclistamab and talquetamab.
- Each “step-up” dose is given 2 to 4 days apart.
- If your doses are delayed for any reason, you may need to repeat the "step-up dosing schedule".

Treatment Administration and Schedule (Continued):

Treatment Name	Cycle 1 (After "Step-Up Dosing Schedule")								Next Cycle	
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	...	Day 14	Day 1	
Teclistamab	✓									✓
Talquetamab	✓									✓

- Note:** Your care team may eventually change you to an every-4-week cycle.

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 lower the risk of Cytokine Release Syndrome (CRS)	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
To help lower the risk of infections	<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
<p>Cytokine Release Syndrome (CRS) (Boxed Warning)</p>	<p>Description: CRS happens when your immune system becomes overactive. Most CRS events are mild, get better with treatment, and happen during the first few doses. However, some CRS events can be serious and life-threatening. Symptoms can include fever, chills, fatigue, headache, dizziness or feeling lightheaded, or difficulty breathing.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep a symptom diary to record any new or worsening symptoms such as fever, chills, fatigue, or difficulty breathing. • Check vital signs regularly, including temperature, blood pressure, and heart rate. • Stay hydrated by drinking plenty of fluids to help manage symptoms and support overall health. • Your care team may prescribe medications to help manage symptoms. <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 • Low blood pressure • Trouble breathing • Chills • Dizziness or light-headedness • Fast heartbeat • Headache <p>Note: Your care team may have specific numbers for blood pressure, heart rate, and blood oxygen levels. If your numbers go beyond those limits, call your care team or get emergency help right away.</p>
<p>Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection</p>	<p>Description: WBCs help protect your body from infections. A low WBC count increases your risk of getting infections.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • 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. <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 • 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)

<p>Low Platelet Count (Thrombocytopenia)</p>	<p>Description: Platelets help your blood clot and wounds heal. A low platelet count increases your 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 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, NSAIDs like ibuprofen). • Tell your care team or dentist before medical or dental procedures — you may need to pause treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • A nosebleed lasting more than 5 minutes despite pressure • A cut that continues to bleed • Heavy gum bleeding when brushing or flossing • Severe or sudden headache • Blood in your urine or stool • Blood in your spit after coughing
<p>Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia)</p>	<p>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, very tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • 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. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Shortness of breath • Dizziness or fainting • Fast or irregular heartbeats • Sudden or 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 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

<p>Mouth Problems</p>	<p>Description: Mouth problems can include changes in sense of taste, dry mouth, trouble swallowing, and mouth sores (mucositis).</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 • Severe weight loss
<p>Low Appetite and Weight Loss</p>	<p>Description: Loss of appetite can lead to weight loss and low energy. Small changes in when and what you eat can help maintain strength and nutrition.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Be as active as you can. Do light physical activity before a meal (check with your care team before starting an exercise program). • Note times of day when your appetite is best and eat your largest meal then. • Eat 5–6 small meals or snacks each day. • Choose high-protein foods (beans, chicken, fish, meat, yogurt, tofu, eggs). Eat protein first during meals. • Choose higher-calorie foods (avoid “low-fat,” “fat-free,” or “diet” options when trying to gain/maintain weight). • If you feel full quickly, avoid drinking 30 minutes before a meal and drink liquids between meals; choose calorie-containing drinks rather than diet drinks. • Have a bedtime snack that’s easy to digest (for example, peanut butter and crackers). If you have reflux, wait at least 1 hour before lying down. • Try nutritious beverages (high-protein shakes or smoothies) if solid food is unappealing. • Ask your care team about liquid nutrition supplements and ways to add protein or calories (protein powder, yogurt, ice cream). <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Unintentional weight loss • Little or no appetite for several days • Excessive tiredness or low energy

<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>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 8–10 glasses of water or other fluids daily, unless your care team tells you otherwise. • Eat small meals of mild, low-fiber foods (bananas, applesauce, potatoes, chicken, rice, toast). • Avoid high-fiber foods (raw vegetables, fruits, whole grains), gas-producing foods (broccoli, beans), dairy (milk, 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>Skin Problems</p>	<p>Description: Skin changes can include rash, red bumps, redness of the skin, and dry skin.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Take a warm (not hot) bath or shower every day with mild, unscented soap or body wash. • Pat skin dry (instead of rubbing) with a towel. • Use unscented lotion or moisturizing cream immediately after shower to prevent cracking. • Use lip balm for dry or chapped lips. • Avoid activities that put you at risk for cuts, injuries, or burns. • Use an electric shaver, not a razor, to prevent cuts. • Rinse cuts and scrapes immediately under running water and remove any debris from the wound. Wash the skin around the wound with soap. To avoid irritation, do not use soap on the wound. If you have a low platelet count and are at risk for bleeding issues, ask your doctor how to care for cuts. • Avoid direct sun when possible. Wear a broad-spectrum sunscreen with SPF 30 or higher and reapply every 2 hours. • Use unscented, gentle laundry detergent. Some laundry detergents can irritate sensitive skin. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Skin rash • Raised red bumps • Redness of the skin • Very dry skin that may affect the mucous membranes (such as mouth and eyes)
<p>Nail Changes</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 becoming dry and irritated. Do not use unlined rubber gloves because they seal in 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 take off 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

Cough	<p>Description: A cough is a reflex action that forcefully expels air from the lungs to clear the airways of irritants or mucus.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Tell your care team what your cough feels like and when it happens. • Use a humidifier and drink plenty of water. • Keep your house clean by dusting and vacuuming regularly • Avoid exposure to smoke or strong chemicals. • Your care team may recommend medicine for cough. 	<p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Trouble breathing • Chest pain or tightness • Coughing up blood
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Select Rare and Serious Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Neurologic Problems (Boxed Warning)	<p>Teclistamab and talquetamab can cause serious neurologic problems that can be life-threatening and lead to death. Neurologic problems may include Immune Effector Cell-Associated Neurotoxicity Syndrome (ICANS). Neurologic problems may happen days or weeks after you receive teclistamab and talquetamab.</p>	
Low Immunoglobulin Levels (Hypogammaglobulinemia)	<ul style="list-style-type: none"> • Headache • Agitation, trouble staying awake, confusion or disorientation, seeing or hearing things that are not real (hallucinations) • Trouble speaking, writing, thinking, remembering things, paying attention, or understanding things 	<ul style="list-style-type: none"> • Problems walking, muscle weakness, shaking (tremors), loss of balance, or muscle spasms • Numbness and tingling (feeling like "pins and needles") • Burning, throbbing, or stabbing pain • Changes in your handwriting • Seizures
Injection-Site Reactions	<ul style="list-style-type: none"> • Getting sick often (like colds or pneumonia) • Taking longer to feel better after being sick • Tiredness or weakness 	<ul style="list-style-type: none"> • Skin infections or rashes • Severe stomach-area (abdominal) pain or diarrhea • New or worsening allergies or other immune problems
Injection-Site Reactions	<ul style="list-style-type: none"> • Itching • Swelling • Bruising or bleeding 	<ul style="list-style-type: none"> • Pain • Rash or redness of the skin

**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, for 3 months after your last dose of talquetamab, and for 5 months after your last dose of teclistamab.
 - 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.
- **Do NOT breastfeed** during treatment, for 3 months after your last dose of talquetamab, and for 5 months after your last dose of teclistamab.

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.
- **Do not drive, operate heavy machinery, or do other dangerous activities** during and for 48 hours after your "step-up dose" is completed or at any time during treatment if you develop dizziness, confusion, tremors, sleepiness, or any other symptoms of neurologic problems until your symptoms go away.
- **Teclistamab and talquetamab are available only through the TECVAYLI and TALVEY Risk Evaluation and Mitigation Strategy (REMS)** due to the risk of CRS and neurologic problems.
 - You will receive a Patient Wallet Card from your healthcare provider. Carry the Patient Wallet Card with you at all times and show it to all of your healthcare providers. The Patient Wallet Card lists signs and symptoms of CRS and neurologic problems.
 - Get medical help right away if you develop any of the signs and symptoms listed on the Patient Wallet Card. You may need to be treated in a hospital.
- **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: 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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