

Palbociclib and Trastuzumab

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is used for breast cancer.
- It may also be used for other reasons.
- Your care team will perform a test for a specific type of abnormal human epidermal growth factor receptor 2 (HER2) gene to make sure trastuzumab 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
Palbociclib (PAL-boh-SY-klib): Ibrance (I-brans)	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	Capsule or tablet taken by mouth.
Trastuzumab (tras-TOO-zoo-mab): Herceptin (her-SEP-tin), Hercessi, Herzuma, Kanjinti, Ogivri, Ontruzant, Trazimera	Slows down or stops cancer growth by blocking a specific protein that cancer cells need to survive.	Infusion into a vein (intravenous (IV) infusion).

Note: Your care team may give you trastuzumab and hyaluronidase (Herceptin Hylecta) instead of trastuzumab. Trastuzumab and hyaluronidase is given as an injection under the skin (subcutaneous injection) into the thigh over 2 to 5 minutes.

Treatment Administration and Schedule

Palbociclib is typically taken 1 time a day for 21 days, followed by a 7-day rest period. This 28-day length of time is called a “cycle”. Trastuzumab is typically repeated every 21 days. This length of time is called a “cycle.”

Palbociclib Information

- Palbociclib is taken every day for 21 days followed by 7 days off treatment.

Treatment Name	Cycle 1, Days																					Next Cycle	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22-28	Day 1
Palbociclib	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Week-long Break	✓

Palbociclib Information (Continued)

Your palbociclib dosing instructions:

- Palbociclib comes in 3 capsule or tablet strengths: 75mg, 100mg, and 125mg. Your care team will tell you which capsule or tablet to take and may change your dose if needed.
- Your dose might differ, but palbociclib is typically taken as one 125 mg tablet or capsule once daily for 21 days followed by 7 days off treatment.
- Take palbociclib 1 time each day, around the same time each day.
- Take palbociclib **capsules** with food. Palbociclib **tablets** may be taken with or without food.
- Swallow palbociclib **capsules** and **tablets** whole. Do not chew, crush, or open palbociclib **capsules** before swallowing them. Do not chew, crush, or split palbociclib **tablets** before swallowing them.
- Do not take any palbociclib capsules or tablets that are broken, cracked, or that look damaged.
- Do not change your dose or stop taking palbociclib unless your care team tells you to.
- Your care team may tell you to change your dose, temporarily stop, or completely stop taking palbociclib if you develop certain side effects.
- If you miss a dose of palbociclib or vomit after taking a dose of palbociclib, do not take another dose on that day. Take your next dose at your regular time.
- If you take too much palbociclib, call your care team or go to the nearest hospital emergency room right away.

Storage and Handling of Palbociclib

- Store palbociclib at room temperature between 68°F and 77°F (20°C and 25°C).
- Store palbociclib **tablets** in the original blister pack.
- Keep palbociclib and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused palbociclib.

Trastuzumab Information

- Trastuzumab is given on Day 1 every 21 days.

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

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
To help prevent or treat nausea and vomiting		
Other		

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
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, very tired, or 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

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
Mouth Sores or Irritation (Mucositis or Stomatitis)	Description: Treatment can irritate the lining of the mouth. In some cases, this can cause redness, sores, pain, and swelling. Recommendations: • 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. Talk to your care team if you have: • Painful mouth sores or throat pain • Trouble eating or significant weight loss

Nausea and Vomiting	Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. You may or may not vomit. Recommendations: • 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. Talk to your care team if you have: • Vomiting for more than 24 hours • Nonstop vomiting • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Blood in your vomit or vomit that looks like coffee grounds • Severe stomach pain that does not go away after vomiting
Liver Problems	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
Diarrhea	Description: Diarrhea means having bowel movements more often than usual. Your stools may also be loose or watery. If you have diarrhea: • Keep track of how often you have diarrhea. • Drink 8 to 10 glasses of water or fluids each day. Do this unless your care team tells you otherwise. • Eat small meals with low-fiber foods. Try bananas, applesauce, potatoes, chicken, rice, or toast. • Avoid high-fiber foods. These include raw vegetables, fruit, and whole grains. • Avoid foods that may cause gas. These include broccoli and beans. • Avoid milk, yogurt, and other dairy foods. • Avoid spicy, fried, or greasy foods. • Your care team may recommend medicine for diarrhea. One example is loperamide (Imodium). Talk to your care team if you have: • An increase of 4 or more bowel movements than usual in one day • Dizziness or lightheadedness while you have diarrhea • Signs of dehydration, such as feeling very thirsty, dizzy, or having dark urine • Blood in your stool

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
Changes in Electrolytes and Other Laboratory Results	Description: Treatment may cause low levels of calcium and potassium 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 or trouble breathing • Confusion or seizures • Sudden weight gain • Swelling of your arms, hands, legs, or ankles • New or worsening muscle weakness, spasms, or cramps • Irregular, fast, or pounding heartbeat, or chest pain • Severe dizziness, fainting, or lightheadedness • Severe constipation or stomach-area (abdominal) pain

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Heart Problems (Boxed Warning)	Your care team should check your heart function before and during treatment. - Fast or irregular heartbeats - Swelling of your stomach area (abdomen), legs, hands, feet, or ankles - Shortness of breath - New or worsening chest discomfort, including pain or pressure - Nausea or vomiting - Weight gain - Pain or discomfort in your arms, back, neck, or jaw - Protruding neck veins - Breaking out in a cold sweat - Feeling lightheaded or dizzy
Lung Problems (Boxed Warning)	Palbociclib and trastuzumab can cause lung problems that may be serious, life-threatening, or fatal. Lung problems can include inflammation or scarring in the lungs called interstitial lung disease (ILD) or pneumonitis. If you develop lung problems, your care team may treat you with corticosteroid medicines. Call your care team right away if you develop: - Cough - Trouble breathing or shortness of breath - Fever - Other new or worsening breathing symptoms such as chest tightness or wheezing
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

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.
- **Boxed Warning:** 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 weeks after your last dose of palbociclib, and for 7 months after your last dose of trastuzumab.
 - 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 and for 3 months after your last dose of palbociclib.
- **Do not breastfeed** during treatment, for 3 weeks after your last dose of palbociclib, and for 7 months after your last dose of trastuzumab.

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.
- **You should not drink grapefruit juice or eat grapefruit during treatment with palbociclib.** Grapefruit may increase the amount of palbociclib in your blood.
- **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 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.

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