

Daratumumab

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for multiple myeloma, but it may also be used for other diagnoses.

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
Daratumumab (DAYR-uh-TOOM-yoo-mab): Darzalex (DAR-zah-lex)	Helps your immune system find and attack cancer cells by targeting a specific protein on their surface.	Infusion given into a vein.

Treatment Administration and Schedule: Treatment is typically repeated once a week or every 2, 3, or 4 weeks. Talk with your care team about how frequently you will receive treatment.

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 infusion reactions		
To help lower the risk of infections		
Other		

Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count and Increased Risk of Infection	Description: WBCs help protect the body against infections. If you have a low WBC count, you may be at a higher risk of infection. Recommendations: - 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. Talk to your care team if you have: - Fever of 100.4 °F (38°C) or higher - Chills - Cough - Sore throat - Painful urination - Tiredness that is worse than normal
Low Platelet Count	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. Recommendations: - 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. Talk to your care team if you have: - 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
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb)	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. Recommendations: - 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. Talk to your care team if you have: - Shortness of breath - Dizziness - Fast or abnormal heartbeats - Severe headache
Nausea or Vomiting	Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. This may or may not cause vomiting. 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 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 provider may prescribe medicine for these symptoms. Talk to your care team if you have: - 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

Fatigue	Description: Fatigue is a constant and sometimes strong feeling of tiredness. Recommendations: • 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.	Talk to your care team if you have: • 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
Infusion Reactions	Descriptions: Infusion reactions are common with daratumumab and can sometimes be severe or life threatening. Recommendations: • Your care team will prescribe medicines before each infusion of daratumumab to help decrease your risk for infusion reactions or to help make any infusion reaction less severe. • You will be monitored for infusion reactions during each infusion of daratumumab. Your care team may slow down or stop your infusion, or completely stop treatment with daratumumab if you have an infusion reaction.	Get medical help right away if you develop any of the following symptoms of infusion reaction during or after an infusion of daratumumab: • Chills or shaking • Itching, rash, or flushing • Trouble breathing or wheezing; tongue swelling • Dizziness or feeling faint • Fever of 100.4°F (or 38°C) or higher • Pain in your back or neck

Select Rare or Serious Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Herpes Reactivation	• Blisters on your lips or around your mouth • Blisters on and around your genitals	• Fever of 100.4 °F (38°C) or higher • Flu-like symptoms, such as fatigue, headache, and muscle aches

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 might get pregnant, take a pregnancy test before starting treatment.
 - Use an effective method of birth control during treatment and for 3 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 partners could be pregnant, use an effective method of birth control—such as condoms—during treatment.
- **Do NOT breastfeed** during treatment.

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.
- **Treatment can affect the results of blood tests to match your blood type.**
These changes can last for up to 6 months after your last dose of daratumumab. Your care team will do blood tests to match your blood type before you start treatment with daratumumab. Tell your care team that you are being treated with daratumumab before receiving blood transfusions.
- **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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PES-124