

Nivolumab and AVD (Doxorubicin, Vinblastine, Dacarbazine)

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for Hodgkin lymphoma, 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

- The immunotherapy part of this treatment is called nivolumab.
- The chemotherapy part of this treatment is called by its acronym: “AVD”
 - A:** Doxorubicin (Adriamycin)
 - V:** Vinblastine
 - D:** Dacarbazine

Treatment Name	How the Treatment Works	How the Treatment is Given
Nivolumab (nih-VOL-yoo-mab): Opdivo (op-DEE-voh)	Boosts your immune system to help it attack cancer cells more effectively.	Infusion given into a vein.
Doxorubicin (DOK-soh-ROO-bih-sin): Adriamycin (AY-dree-uh-MY-sin)	Slows down or stops the growth of cancer cells by damaging the genetic material that cancer cells need to grow.	Infusion given into a vein.
Vinblastine (vin-BLAS-teen)	Slows down or stops the growth of cancer cells by preventing cancer cells from properly dividing and creating new cells.	Infusion given into a vein.
Dacarbazine (duh-KAR-buh-zeen)	Slows down or stops the growth of cancer cells by damaging the genetic material that cancer cells need to multiply.	Infusion given into a vein.

Treatment Administration and Schedule: Treatment is typically repeated every 2 weeks (Day 1 and Day 15 of 28-day cycle).

Treatment Name	Cycle 1									Next Cycle
	Day 1	Day 2	Day 3	...	Day 15	Day 16	Day 17	...	Day 28	Day 1
Nivolumab	✓				✓					✓
Doxorubicin	✓				✓					✓
Vinblastine	✓				✓					✓
Dacarbazine	✓				✓					✓

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 your body make white blood cells to fight infections		
To help prevent infections		
To help prevent or treat nausea or vomiting		
Other		

Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count and Increased Risk of Infection	<p>Description: WBCs help protect the body against infections. If you have a low WBC count, you may be at a higher risk of infection.</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. Your care team may prescribe a drug that promotes the growth of WBCs. <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)
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb)	<p>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.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> 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. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Shortness of breath Dizziness Fast or abnormal heartbeats Severe headache
Nausea and Vomiting	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. This may or may not cause vomiting.</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 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. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> 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
Liver Problems	<p>Description: Treatment can harm your liver. This may cause nausea, stomach pain, and bleeding or bruising. It can also turn your skin and eyes yellow and make your urine dark. Lab tests may be performed to monitor liver function.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Yellowing of your skin or the whites of your eyes Severe nausea or vomiting Pain on the right side of your stomach area (abdomen) Dark urine (tea colored) Bleeding or bruising more easily than normal

Constipation	<p>Description: Constipation means having a hard time passing stools or not going to the bathroom often. Your stools might feel hard and dry, which can make you uncomfortable or hurt.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep track of how many times you move your bowels every day. • Drink 8 to 10 glasses of water or other fluids each day, unless your doctor tells you otherwise. • Try to stay active and get some exercise if you can. • Eat high-fiber foods like raw fruits and vegetables. • Your care team might suggest medication to help move your bowels. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Constipation that lasts 3 or more days • Constipation after 48 hours, even after using a laxative
Intestinal Problems	<p>Description: Treatment can make your immune system attack healthy cells in your intestines. This can cause diarrhea or stomach pain.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep track of how many times you go to the bathroom each day. • Drink 8 to 10 glasses of water or other fluids every day, unless your doctor tells you otherwise. • Eat small meals of mild, low-fiber foods like bananas, applesauce, potatoes, chicken, rice, and toast. • Stay away from foods with high fiber (like raw vegetables, fruits, and whole grains), foods that cause gas (like broccoli and beans), dairy foods (like yogurt and milk), and spicy, fried, and greasy foods. • Your care team may suggest taking certain medicines. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Diarrhea (loose stools) or more frequent bowel movements than usual (4 times a day more than you normally do) • Diarrhea that makes it hard for you to take care of yourself and do things on your own • Stool that are black, tarry, sticky, or have blood or mucus • Severe stomach-area (abdominal) pain or tenderness
Mouth Sores or Irritation	<p>Description: This 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, and more often if sores develop. • Brush your teeth with a soft toothbrush or cotton swab after meals. • Use a mild, non-alcohol mouth rinse at least four times daily (after meals and at bedtime). A simple mixture is 1/8 teaspoon salt and 1/4 teaspoon baking soda in 8 ounces of warm water. • Avoid acidic, hot, spicy, or rough foods and drinks that may irritate your mouth. • If you have mouth sores, avoid tobacco, alcohol, and alcohol-based mouthwashes. • 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"> • Pain or sores in your mouth or throat.
Hair Loss	<p>Description: Hair loss or hair thinning can start days to a few weeks after treatment begins, but it usually grows back later. It might be a different texture or color when it comes back and may not look the same as before.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • You can wear scarves, hats, or wigs. Think about getting a short haircut before your treatment. • Cover your head to protect it from the sun and to keep it warm. • If you don't cover your head when you're outside, remember to put sunscreen on your scalp. <p>Talk to your care team if you would like a wig prescription.</p>

<p>Numbness or Tingling in the Hands and Feet</p>	<p>Description: Peripheral neuropathy is when your nerves outside the brain and spine get hurt. This can make you feel numb, tingly, or in pain. It may also make it hard to keep your balance or feel things properly. Peripheral neuropathy can get better or go away over time after stopping or lowering the dose of the medicine. It may take months to fully heal, but you may start to feel better in a few weeks. Sometimes, however, the nerve damage can be permanent.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Check your feet every day for cuts, blisters, or any changes, especially if they feel numb. • Wear shoes that fit well. • Talk to your care team about doing easy activities like walking, swimming, or biking to help your blood flow and keep you healthy. • Your care team might give you medicine or suggest wearing compression socks to help. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • “Pins and needles” or burning feeling in your hands or feet • Trouble moving your arms or legs • Trouble keeping your balance
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Select Rare or Serious Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Extravasation	<p>Extravasation happens when medicine that is supposed to go into a vein leaks out into the tissues around it. This can cause pain, swelling, and damage to the skin and tissues.</p> <ul style="list-style-type: none"> Pain, burning, or stinging at the infusion site Swelling, redness, or blistering around the site Coolness or numbness in the area Decreased blood flow or tissue damage, potentially leading to ulcers or tissue death in severe cases 	
Heart Problems	<ul style="list-style-type: none"> Swelling of your stomach-area (abdomen), legs, hands, feet, or ankles Shortness of breath Nausea or vomiting New or worsening chest discomfort, including pain or pressure 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	<ul style="list-style-type: none"> Cough Shortness of breath Chest pain 	
Hormone Gland Problems	<ul style="list-style-type: none"> 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 more hungry or thirsty 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 	
Kidney Problems	<ul style="list-style-type: none"> Decrease in decrease in your amount of urine Blood in your urine Swelling of your ankles Loss of appetite 	
Skin Problems	<ul style="list-style-type: none"> Rash Itching Skin blistering or peeling Painful sore or ulcers in mouth or nose, throat, or genital area 	
Problems in Other Organs and Tissues	<ul style="list-style-type: none"> 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 	
Infusion Reactions	<ul style="list-style-type: none"> Chills or shaking Itching or rash Flushing Shortness of breath or wheezing Dizziness Feeling like passing out Fever Back pain 	

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 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.
- 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 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 partners could become pregnant, use an effective method of birth control—such as condoms—during treatment and for 6 months after your last doses of doxorubicin, vinblastine, and dacarbazine.
- **Do NOT breastfeed** during treatment and for 5 months after your last dose of nivolumab.

Handling Body Fluids and Waste

Some drugs you receive may stay in your urine, stool, sweat, or vomit for many days after treatment. Because many cancer drugs are toxic, your body waste may also be dangerous to touch. To help protect yourself, your loved ones, and the environment, **follow these instructions** for at least **48 hours** after each dose of doxorubicin, vinblastine, and dacarbazine.

- Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- You can use your usual toilet. Always close the lid and flush to discard all waste. If you have a low-flow toilet, flush twice.
- If the toilet or seat is soiled with urine, stool, or vomit, clean the surface after each use before others use it.
- Wash your hands with soap and water for at least 20 seconds after using the toilet.
- If you need a bedpan, inform your caregiver so they can wear gloves and assist with cleanup. Wash the bedpan with soap and water daily.
- If you cannot control your bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb waste.
- Wash any skin exposed to body waste with soap and water.
- Wash soiled linens or clothing separately from other laundry. If you don't have a washer, place them in a plastic bag until they can be washed.
- Wash your hands with soap and water after touching soiled linens or clothing.

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.
- There is a **maximum lifetime dose of doxorubicin**, and going over this limit can raise the risk of complications, including heart damage. Tell your care team if you have received this treatment before.
- Your **urine** may look a little **orange or reddish** a few hours after you get doxorubicin. It should go back to normal in 1 to 2 days.
- **Treatment may cause side effects that require medicines or pausing the therapy.**
Your care team may treat you with corticosteroids or hormone replacement medicines. Your care team may also need to delay or completely 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.
- There is a risk of developing **new cancers**, like leukemia, after taking this treatment. Talk with your care team about the potential increased risk of new cancers.
- **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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