

# Teclistamab

**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
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 given under the skin 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 usually given weekly. After 6 months of treatment, your care team will evaluate your progress and decide if an every 2-week dosing schedule could be right for you.

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

- The "step-up dosing schedule" is when you receive the first 2 doses, which are called "step-up" doses, and then you receive the first "treatment dose." After "step-up" dose 1 of teclistamab, the dose of teclistamab is increased. After "step-up" dose 2, the dose is increased again when you receive the first "treatment dose".
- "Step-up dose 1" is given on day 1 of treatment. "Step-up dose 2" is usually given on day 4 of treatment. The first "treatment dose" is usually given on day 7 of treatment.
  - Your healthcare provider will decide when you will receive "step-up dose 2" and your first "treatment dose."
- "Step-up" dose 2 may be given between 2 to 4 days after "step-up" dose 1, or up to 7 days after "step-up" dose 1 if you have certain side effects.
  - Your first "treatment dose" may be given between 2 to 4 days after "step-up" dose 2, or up to 7 days after "step-up" dose 2 if you have certain side effects.

### Treatment Administration and Schedule (Continued)

Dosing Schedule	Day 1	...	Day 4	...	Day 7
Step-up Dosing	✓ (Step-up dose 1)		✓ (Step-up dose 2 <sup>a</sup> )		✓ (Treatment dose <sup>b</sup> )
Weekly Dosing <sup>c</sup>	✓ (Starting 1 week after first treatment dose)				

<sup>a</sup>“Step-up dose 2” may be given between 2 to 4 days after “step-up dose 1,” or up to 7 days after “step-up dose 1”

<sup>b</sup>Your first “treatment dose” may be given between 2 to 4 days after “step-up dose 2,” or up to 7 days after “step-up dose 2”

<sup>c</sup>Dose frequency may be changed to every other week (every 2 weeks) in patients who have maintained a complete response or better for at least 6 months

**Appointments:** Appointments may include regular check-ups with your care team, treatment appointments, and lab and imaging visits. 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 in the Clinic or Hospital	Supportive Care Taken at Home
To help lower the risk of Cytokine Release Syndrome (CRS)		
To help lower the risk of infections		
To help lower the risk of allergic reactions		
Other		

### Common Side Effects

Side Effect	Important Information
<b>Cytokine Release Syndrome (CRS) (Boxed Warning)</b>	<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"> <li>Keep a symptom diary to record any new or worsening symptoms such as fever, chills, fatigue, or difficulty breathing.</li> <li>Check vital signs regularly, including temperature, blood pressure, and heart rate.</li> <li>Stay hydrated by drinking plenty of fluids to help manage symptoms and support overall health.</li> <li>Your care team may prescribe medications to help manage symptoms.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Fever of 100.4°F (38°C) or higher</li> <li>Low blood pressure</li> <li>Trouble breathing</li> <li>Chills</li> <li>Dizziness or light-headedness</li> <li>Fast heartbeat</li> <li>Headache</li> </ul> <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>
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 have a higher risk of infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Wash your hands and bathe regularly.</li> <li>Avoid crowded places.</li> <li>Stay away from people who are sick.</li> <li>Your care team may prescribe a drug that promotes the growth of WBCs.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Fever of 100.4°F (38°C) or higher</li> <li>Chills</li> <li>Cough</li> <li>Sore throat</li> <li>Painful urination</li> <li>Tiredness that is worse than normal</li> <li>Shortness of breath</li> <li>Feeling weak/generally unwell</li> </ul>
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 RBCs counts or Hgb, you might feel weak, tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Get 7 to 8 hours of sleep each night.</li> <li>Avoid operating heavy machinery when tired.</li> <li>Balance work and rest, staying active but resting when needed.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Shortness of breath</li> <li>Dizziness</li> <li>Fast or abnormal heartbeats</li> <li>Severe headache</li> </ul>

Low Platelet Count	<p>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.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Blow your nose gently and avoid picking it.</li> <li>• Brush your teeth gently with a soft toothbrush and maintain good oral hygiene.</li> <li>• Use an electric razor for shaving and a nail file instead of nail clippers.</li> <li>• Avoid over-the-counter medications that may increase the risk of bleeding, such as NSAIDs.</li> <li>• Consult your care team or dentist before medical or dental procedures, as you may need to pause your medication.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Nosebleed lasting over 5 minutes despite pressure</li> <li>• Cut that continues to bleed</li> <li>• Significant gum bleeding when flossing or brushing</li> <li>• Severe headaches</li> <li>• Blood in your urine or stool</li> <li>• Blood in your spit after a cough</li> </ul>
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"> <li>• Yellowing of the skin or whites of your eyes</li> <li>• Dark or brown urine</li> <li>• Bleeding or bruising</li> <li>• Tiredness that is worse than normal</li> <li>• Loss of appetite</li> <li>• Pain in the right upper stomach area</li> </ul>
Fatigue	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Routine exercise has been shown to decrease levels of fatigue. Work with your care team to find the right type of exercise for you.</li> <li>• Ask your family and friends for help with daily tasks and emotional support.</li> <li>• Try healthy ways to feel better, like meditation, writing in a journal, doing yoga, and using guided imagery to lower anxiety and feel good.</li> <li>• 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.</li> <li>• Don't use heavy machines or do things that need your full attention if you're very tired to avoid accidents.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Tiredness that affects your daily life</li> <li>• Tiredness all the time and it doesn't get better with rest</li> <li>• Dizziness and weakness along with being tired</li> </ul>

Muscle or Joint Pain or Weakness	<p>Description: Muscle pain feels like soreness, aches, cramps, or stiffness in one or more muscles. It may also include tenderness or weakness. Joint pain happens where two bones come together and can feel sharp, dull, throbbing, or burning. It often causes stiffness, swelling, and difficulty moving.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Track your pain levels, areas of discomfort, and any activities that worsen or improve your symptoms.</li> <li>Engage in gentle exercises like walking, stretching, or yoga to maintain mobility and strength, but consult your care team before starting any new exercise routine.</li> <li>Apply a warm compress to relax stiff muscles or use cold packs to reduce swelling and numb pain in affected areas.</li> <li>Your care team may prescribe or recommend medications, including over-the-counter pain relievers.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Persistent or worsening muscle or joint pain that does not improve with home treatments</li> <li>New symptoms, such as swelling, redness, or warmth in the joints</li> <li>Weakness that affects your ability to perform daily activities</li> <li>Side effects from pain relief medications that you are unable to manage</li> </ul>
Injection Site Reactions	<p>Description: An injection reaction is a bad response that happens during or not long after getting medicine through an injection. Skin reactions at or near the injection site are possible. Symptoms may include itching, swelling, bruising, pain, rash, bleeding, or redness.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Chills or shaking</li> <li>Itching, rash, or flushing</li> <li>Trouble breathing or wheezing; tongue-swelling</li> <li>Dizziness or feeling faint</li> <li>Fever of 100.4°F (or 38°C) or higher</li> <li>Pain in your back or neck</li> </ul>

### Select Rare and Serious Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
<b>Neurologic Problems (Boxed Warning)</b> This includes Immune Effector Cell-Associated Neurotoxicity Syndrome (ICANS)	<ul style="list-style-type: none"> <li>Headache</li> <li>Agitation, trouble staying awake, confusion or disorientation, seeing or hearing things that are not real (hallucinations)</li> <li>Trouble speaking, thinking, remembering things, paying attention, or understanding things</li> </ul>	<ul style="list-style-type: none"> <li>Problems walking, muscle weakness, shaking (tremors), loss of balance, or muscle spasms</li> <li>Numbness and tingling (feeling like “pins and needles”)</li> <li>Burning, throbbing, or stabbing pain</li> <li>Changes in your handwriting</li> </ul>
Low Immunoglobulin Levels	<ul style="list-style-type: none"> <li>Getting sick often (like colds or pneumonia)</li> <li>Taking longer to feel better after being sick</li> <li>Feeling tired or weak</li> </ul>	<ul style="list-style-type: none"> <li>Having skin infections or rashes</li> <li>Getting upset stomachs or diarrhea more frequently</li> <li>Possibly having allergies or other immune problems</li> </ul>

**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 5 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 and for 5 months after your last dose.

## 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.
- The most common **severe changes in laboratory test results** are decreased white blood cells, red blood cells, and platelets.
- Your care team will monitor you for **signs and symptoms of CRS and neurologic problems** during treatment with teclistamab, as well as other side effects and treat you if needed. Your care provider may temporarily stop or completely stop your treatment with teclistamab if you develop CRS, neurologic problems, or any other side effects that are severe.
- **Do not drive or operate heavy or dangerous machinery during and for 48 hours after your teclistamab "step-up dosing schedule"** is completed, or at any time during treatment with teclistamab if you develop new neurologic symptoms until the symptoms go away.
- **Teclistamab is available only through a special FDA program called the TECVAYLI and TALVEY REMS Risk Evaluation and Mitigation Strategy (REMS).**  
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.
- **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.



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