

Durvalumab, Carboplatin, and Etoposide

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for certain types of lung cancer, but it may also be used for other diagnoses.

Goal of Treatment: _____

- Treatment may continue for a certain time period or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Durvalumab (dur-VAL-yoo-mab): Imfinzi (im-FIN-zee)	Boosts your immune system to help it attack cancer cells more effectively.	Infusion given into a vein.
Carboplatin (KAR-boh-plat-tin): Paraplatin (PAIR-ah-plat-tin)	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.
Etoposide (ee-toh-POH-side): Vepesid (Vah-PEH-sid)	Slows down or stops the growth of cancer cells by blocking the process that allows cancer cells to grow.	Infusion given into a vein.

Treatment Administration and Schedule: Treatment is typically repeated every 3 weeks. This length of time is called a “cycle”.

Treatment Name	Cycle 1							Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	...	Day 21	Day 1
Durvalumab	✓							✓
Carboplatin	✓							✓
Etoposide	✓	✓	✓					✓

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 prevent or treat nausea and vomiting		
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 - Skin infections (red, swollen, or painful areas)
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

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
Nausea and 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
Hair Loss	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. Recommendations: • You can wear scarves, hats, or wigs, and think about getting a short haircut before treatment. • Keep your head covered to protect it from the sun and keep it warm. • If your scalp isn't covered outside, remember to put sunscreen on it. Talk to your care team if you would like a wig prescription.

Select Rare or Serious Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Lung Problems	- Cough - Shortness of breath	Chest pain
Intestinal Problems	- Diarrhea (loose stools) or more frequent bowel movements than usual - Stool that are black, tarry, sticky, or have blood or mucus	Severe stomach-area (abdominal) pain or tenderness
Liver Problems	- 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
Hormone Gland Problems	- 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
Skin Problems	- Rash - Itching	- Skin blistering or peeling - Painful sore or ulcers in mouth or nose, throat, or genital area
Kidney Problems	- Decrease in your amount of urine - Blood in your urine	- Swelling of your ankles - Loss of appetite
Problems in Other Organs and Tissues	- 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 - Ringing, buzzing, or hissing in the ear, difficulty hearing, difficulty understanding speech - Persistent or severe muscle pain or weakness, muscle cramps - Low platelet counts, bruising

Infusion Reactions	• Chills or shaking • Itching or rash • Flushing • Shortness of breath or wheezing	• Dizziness • Feeling like passing out • Fever • Back pain
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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 at least 5 months after your last dose of durvalumab.
 - For 3 to 6 months after your last dose of carboplatin.
 - For at least 6 months after your last dose of etoposide.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms
 - During treatment.
 - For at least 4 months after your last dose of etoposide.
 - For 3 to 6 months after your last dose of carboplatin.
- **Do NOT breastfeed** during treatment and for at least 5 months after your last dose of durvalumab.

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 **carboplatin** and **etoposide**:

- 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.
- **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

Updated Date: October 6, 2025

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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