

# Trilaciclib

**Care Team Contact Information:** \_\_\_\_\_

**Pharmacy Contact Information:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

- Trilaciclib is given before chemotherapy (on each day you get chemotherapy) to help reduce the occurrence of low blood cell counts caused by damage to bone marrow from chemotherapy.

**Goal of Treatment:** \_\_\_\_\_

**Treatment Regimen**

Treatment Name	How the Treatment Works	How the Treatment is Given
Trilaciclib (TRYE-la-SY-klieb): Cosela (koh-SELL-lah)	Chemotherapy works to kill cancer cells. Trilaciclib helps protect the bone marrow, where blood cells are made. This protection can keep your white and red blood cell counts from falling too low.	Infusion given into a vein.

**Treatment Administration and Schedule:** Trilaciclib is given on the same day as your chemotherapy, within 4 hours before your chemotherapy 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.

**Common Side Effects**

Side Effect	Important Information
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.</li><li>• 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>

**Select Rare Side Effects**

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Lung Problems	<ul style="list-style-type: none"> <li>Cough</li> <li>Shortness of breath</li> <li>Chest pain</li> </ul>
Allergic Reactions	<ul style="list-style-type: none"> <li>Difficulty breathing</li> <li>Swelling of the face, tongue, lip, or throat</li> <li>serious rash</li> </ul>
Infusion Reactions	<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 (38°C) or higher</li> <li>Pain in your back or neck</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 are able to become pregnant, take a pregnancy test before starting treatment.
  - Use an effective method of birth control during treatment and for 3 weeks after your last dose.
  - 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.
- Do NOT breastfeed** during treatment and for 3 weeks 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.

- 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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