

Pr **KEYTRUDA**<sup>®</sup>  
(pembrolizumab)

# GETTING STARTED ON KEYTRUDA<sup>®</sup>

An educational resource for  
patients with triple-negative  
breast cancer







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# About TNBC

## What type of breast cancer do I have?

There are many different forms of breast cancer. Your doctor assessed the characteristics of your disease in order to determine which type of breast cancer you have.

## What is triple-negative breast cancer?

**Triple-negative breast cancer** describes that the breast cancer cells in your body do not have receptors for **estrogen, progesterone**, and a protein called **HER2**.

## What happens after a diagnosis?

When you are diagnosed with triple-negative breast cancer by your doctor, you will work together to develop a plan appropriate for you.



## How common is triple-negative breast cancer?

A recent study of patients in Ontario newly diagnosed with breast cancer found that **9.5%** met the criteria for triple-negative breast cancer.





# What is KEYTRUDA<sup>®</sup>?

## What is KEYTRUDA<sup>®</sup>?

Your doctor has prescribed KEYTRUDA<sup>®</sup>, also known as pembrolizumab.

KEYTRUDA<sup>®</sup> is a prescription medicine used to treat triple-negative breast cancer in adults.

KEYTRUDA<sup>®</sup> may be used with chemotherapy medicines as treatment before surgery and then continued alone after surgery when you:

- Have early-stage breast cancer, and
- Are at high risk of your breast cancer coming back.

KEYTRUDA<sup>®</sup> may be used to treat triple-negative breast cancer in adults:

- Who test positive for “PD-L1”, and
- Whose cancer has returned and cannot be removed by surgery or has spread

This booklet will provide you with a summary of the information about your treatment that you need to know. If you are unsure about anything or have more questions, feel free to talk to your healthcare team about your medical condition and treatment with KEYTRUDA<sup>®</sup>.



# How does KEYTRUDA<sup>®</sup> work?

## How does KEYTRUDA<sup>®</sup> work?

KEYTRUDA<sup>®</sup> is a type of treatment known as **immunotherapy**, or immuno-oncology and works by helping your immune system fight your breast cancer.

## You should not use KEYTRUDA<sup>®</sup> if:

You have had a severe allergic reaction to pembrolizumab or any other ingredients in KEYTRUDA<sup>®</sup>

These include:

- Medicinal ingredient: pembrolizumab
- Non-medicinal ingredients: L-histidine; L-histidine monohydrochloride monohydrate; polysorbate-80; sucrose; and water for infusion.

**Talk to your  
healthcare team if  
you have had any  
allergic reactions  
with any medications  
in the past.**



# How will I receive KEYTRUDA®?



You will receive treatment through an intravenous (IV) infusion into your vein.

## There are two recommended dosing regimens for KEYTRUDA®

KEYTRUDA® is given to adults as an IV infusion into your vein:

every 3 weeks  
**Q3W**  
200 mg

every 6 weeks  
**Q6W**  
400 mg

In both dosing options, the infusion lasts about 30 minutes.



- This means that either every 3 weeks or every 6 weeks on treatment days, your healthcare provider will place an IV into your vein and deliver the drug for about 30 minutes.
- Your healthcare team will let you know where your treatment will take place – usually in a hospital outpatient clinic or an infusion clinic.



# Appointment scheduling

## How long will I stay in therapy?

Everyone is different. You and your healthcare team will discuss how many treatments you need.

## What to do if you miss your KEYTRUDA<sup>®</sup> infusion appointment

It is very important that you do not miss a dose of this medicine. If you miss an infusion, call your healthcare team right away to reschedule your appointment.

## Discuss any KEYTRUDA<sup>®</sup> questions you may have with your doctor.

Alongside your treatment regimen schedule, you'll also have regular appointments.

Find out how often these appointments are required for you, which may involve:



Virtual (online) appointments



Telephone meetings



In-person visits

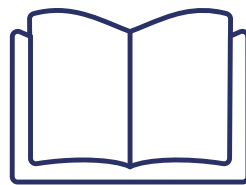
# Tips for managing side effects and support groups available

## Useful tips for your infusion visits

Prepare for your infusion appointments ahead of time to help you feel more comfortable and relaxed.



Bring a friend or family member, if possible, to keep you company



Pack something that will help you pass the time, like a book, tablet and headphones or a crossword puzzle



Make sure you'll be cozy and warm by wearing comfortable clothes, and bringing a blanket and pillow



Bring a snack and something to drink

## Support organizations

A breast cancer diagnosis can feel overwhelming. There are many support groups and organizations that can help you throughout this experience.

Here are a few websites with support networks that can help you get started:

[Canadian Breast Cancer Network](#)  
[Canadian Cancer](#)  
[Breastcancer.org](#)

**Remember, your infusion nurse is always available to help you, if needed, and to answer any questions.**



# > Before you take KEYTRUDA®

## **Talk to your healthcare team about any health conditions or problems you may have, including if you:**

- Have an autoimmune disease (a condition where the body attacks its own cells), such as Crohn's disease, ulcerative colitis or lupus
- Have pneumonia or inflammation of your lungs (called pneumonitis)
- Were previously given ipilimumab, a medicine for treating melanoma, and experienced serious side effects because of that medicine
- Had an allergic reaction to other monoclonal antibody therapies
- Have or have had chronic viral infection of the liver, including hepatitis B (HBV) or hepatitis C (HCV)
- Have human immunodeficiency virus (HIV) infection or acquired immune deficiency syndrome (AIDS)
- Have liver damage or have had a liver transplant
- Have kidney damage or have had a kidney transplant
- Have had a solid organ transplant or a bone marrow (stem cell) transplant that used donor stem cells (allogeneic)
- Take other medicines that make your immune system weak. Examples of these may include steroids, such as prednisone

## **There are possible side effects in people who have had a transplant.**

- People who have had an organ transplant may have an increased risk of organ transplant rejection. Your doctor should tell you what signs and symptoms you should report and monitor you, depending on the type of organ transplant you had.
- Complications, including graft-versus-host-disease (GVHD) in people with bone marrow (stem cell) transplant that use donor stem cells (allogeneic). These complications can be severe and can lead to death. They may occur if you had this kind of transplant in the past or if you get it in the future. Your doctor will monitor you for the following signs and symptoms: skin rash, liver inflammation, abdominal pain and diarrhea.

# > Before you take KEYTRUDA® (cont'd)

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## **Pregnancy**

- If you are pregnant, think you may be pregnant or are planning to have a baby, tell your doctor. Your healthcare provider should do a pregnancy test before you start treatment with KEYTRUDA®.
- Tell your doctor right away if you become pregnant during treatment with KEYTRUDA®.
- KEYTRUDA® can cause harm or death to your unborn baby.
- Females who are able to become pregnant should use an effective method of birth control during therapy and for at least 4 months after the last dose of KEYTRUDA®.

## **Breast-feeding**

- If you are breast-feeding, tell your doctor. You and your doctor should decide whether you will breast-feed or take KEYTRUDA®. You should not do both.
- KEYTRUDA® may pass into your breast milk. You should not breast-feed during therapy with KEYTRUDA® or for at least 4 months after the last dose.

## **Females of Childbearing Potential**

KEYTRUDA® may cause fertility problems, which may affect the ability to have children. Talk to your healthcare provider if you have concerns about fertility.

## **Driving and using machines**

If you experience side effects affecting your ability to concentrate or react, do not drive or use machines until you feel better.

Tell your healthcare team about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.





# Side effects

## What are possible side effects from using KEYTRUDA®?

When you get KEYTRUDA®, you can have some serious side effects. These side effects can sometimes become life-threatening and can lead to death. These side effects may happen anytime during treatment or even after your treatment has ended. You may experience more than one side effect at the same time. The following lists do not include all the possible side effects you may feel when taking KEYTRUDA®. If you experience any side effects not listed here, contact your healthcare professional..

## What are possible side effects from using KEYTRUDA® in combination with chemotherapy?

Ask your doctor for more information regarding side effects of your chemotherapy.

### Very common (may affect more than 1 in 10 people)

- decrease in red blood cell count;
- nausea;
- hair loss;
- decrease in neutrophils (a type of white blood cell);
- decrease in white blood cell count;
- fatigue;
- decrease in platelet count;
- swelling of the lining of the mouth, nose, eyes, throat, intestines, or vagina;
- vomiting;
- mouth sores;
- diarrhea;
- decreased appetite;
- increased liver enzyme levels in the blood;
- inflammation of the nerves causing numbness, weakness, tingling or burning pain of the arms and legs;
- constipation;
- weakness;
- rash;
- low levels of thyroid hormone;
- joint pain;
- headache;
- eye tearing;
- weight loss;
- muscle pain;
- hiccups;
- increased creatinine levels in the blood;
- fever;
- change in your sense of taste;
- itching;
- decreased magnesium levels in the blood;
- high blood pressure;
- protein in urine.



# Side effects (cont'd)

## What are possible side effects from using KEYTRUDA® alone?

### Very common (may affect more than 1 in 10 people)

- diarrhea, nausea;
- itching, rash;
- joint pain;
- feeling unusually tired or weak;
- low levels of thyroid hormone;
- fever;
- feeling less hungry;
- shortness of breath;
- patches of skin which have lost colour (vitiligo);
- increase in liver enzyme levels.

**Feel free to ask your doctor for more information regarding the possible side effects of your therapy. If you experience a side effect not listed here, please speak to your doctor.**





# Serious side effects

## Serious side effects and what to do about them

If you have any of the following conditions, call or see your doctor right away.

Your doctor may give you other medicines in order to prevent more severe complications and reduce your symptoms.

Your doctor may withhold the next dose of KEYTRUDA® or stop your treatment with KEYTRUDA®.

**Be sure to tell your doctor if you experience any of the following serious side effects**

Serious side effects and what to do about them		
Symptom / effect	Talk to your healthcare professional	
	Only if severe	In all cases
<b>COMMON</b>		
Inflammation of the lungs (pneumonitis) which can cause shortness of breath, chest pain, or coughing		√
Inflammation of the intestines (colitis) which can cause diarrhea or more bowel movements than usual, black, tarry, sticky stools or stools with blood or mucus, severe stomach pain or tenderness, nausea, vomiting		√
Inflammation of the pituitary or thyroid gland (hypophysitis, hypopituitarism, including secondary adrenal insufficiency; hyperthyroidism, hypothyroidism) which can cause rapid heartbeat, weight loss, increased sweating, weight gain, hair loss, feeling cold, constipation, voice getting deeper, muscle aches, dizziness or fainting, headaches that will not go away or unusual headache, feeling more hungry or thirsty, urinating more often than usual		√
Skin problems which can cause rash, itching; skin blistering, peeling, or sores; ulcers in mouth or in lining of nose, throat, or genital area		√

# ➤ Serious side effects (cont'd)

UNCOMMON		
Inflammation of the liver (hepatitis) which can cause nausea or vomiting, feeling less hungry, pain on the right side of stomach, yellowing of skin or whites of eyes, dark urine, bleeding or bruising more easily than normal		✓
Inflammation of the kidneys (nephritis) which can cause changes in the amount or colour of your urine		✓
Muscle problems, which can cause muscle pain or weakness, severe or persistent muscle or joint pains (myositis)		✓
Muscle problems, which can cause weakness and rapid fatigue of muscles or weakness and tingling in arms and legs (myasthenia gravis or Guillain-Barré syndrome)		✓
Low red blood cell count (anemia/hemolytic anemia)		✓
Eye problems, which can cause changes in eyesight		✓
Shortness of breath, irregular heartbeat, feeling tired, or chest pain (myocarditis)		✓
Blood sugar problems (type 1 diabetes mellitus) which can cause hunger or thirst, a need to urinate more often, or weight loss		✓
Confusion, fever, memory problems, or seizures (encephalitis)		✓
Swollen lymph nodes, rash or tender lumps on skin, cough, or eye pain (sarcoidosis)		✓
Inflammation of the pancreas (pancreatitis), which can cause abdominal pain, nausea, and vomiting		✓
Reactions related to the infusion such as shortness of breath, itching or rash, dizziness, or fever, wheezing, flushing, feeling like passing out		✓
Pain, numbness, tingling, or weakness in the arms or legs; bladder or bowel problems including needing to urinate more frequently, urinary incontinence, difficulty urinating and constipation (myelitis)		✓
Inflammation of blood vessels (vasculitis), symptoms include red skin lesions, numbness and weakness		✓
Pain in the upper right part of the stomach, swelling of the liver or spleen, fatigue, itching, or yellowing of the skin or the whites of eyes (sclerosing cholangitis)		✓
Decreased function of the parathyroid gland, which may include muscle cramps or spasms, fatigue and weakness (hypoparathyroidism)		✓

**If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, be sure to tell your healthcare professional.**

**If you are unsure of what these side effects mean, don't hesitate to reach out to your doctor for more information.**





# NOTES

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# KEYTRUDA<sup>®</sup>

(pembrolizumab)

If you still have questions about your breast cancer or KEYTRUDA<sup>®</sup> after reading this brochure, please feel free to speak with your healthcare professional.



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MEDICINES  
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