

Regimen Reference Order – GAST – everolimus

ARIA: GAST - [everolimus]

Planned Course: Once daily until disease progression or unacceptable toxicity (1 cycle = 30 days)

Indication for Use: Neuroendocrine Tumours of Gastrointestinal, Pancreatic or Lung Origin

Proceed with treatment if:

ANC equal to or greater than $1.5 \times 10^9/L$ AND Platelets equal to or greater than $100 \times 10^9/L$

❖ **Contact Physician if parameters not met**

SEQUENCE OF MEDICATION ADMINISTRATION

Treatment Regimen – GAST - everolimus

Drug	Dose	CCMB Administration Guideline
everolimus	10 mg	Orally once daily (self-administered at home) Take on empty stomach or after a small fat-free meal Do not crush or chew tablets
everolimus (Afinitor®) available dosage strengths: 2.5 mg, 5 mg, 7.5 mg, 10 mg tablets		
Classification: Non-Cytotoxic, Hazardous		

REQUIRED MONITORING

Baseline

- CBC with differential, electrolytes, creatinine, urea, random glucose, calcium, phosphorus, AST, LDH, total bilirubin, alkaline phosphatase, total cholesterol, triglycerides, as per physician order

All Cycles

- Blood pressure and patient weight
- CBC with differential, random glucose, as per physician order

Recommended Support Medications

Drug	Dose	CCMB Administration Guideline
dimenhyDRINATE	50 mg	Orally every 6 hours as needed for nausea

INSTRUCTIONS FOR PATIENT

- Inform patient that any cough or shortness of breath must be reported and assessed urgently by the Oncologist/FPO because of risk of pneumonitis
- Any fever should prompt assessment by emergency medical provider because of high risk of infections
- Everolimus has potential for drug-drug interactions. Patients should notify clinic prior to starting any new medication
- Avoid grapefruit or grapefruit juice

ADDITIONAL INFORMATION

- **Everolimus can increase blood glucose levels**
- Everolimus is an mTOR inhibitor. This class of medication suppresses the immune system
- Patient should not receive any live vaccines (i.e., varicella zoster vaccine)
- Evaluations including chest x-ray, O₂ saturation, as per physician order