

Daratumumab, Lenalinomide (Revlimid) and Dexamethasone (DRD)

Drug	How drug is given	Day drug is given
DARATUMUMAB (DARA)	Subcutaneous injection	Weeks 1-8 once a week
		Weeks 9-24 once every 2 weeks
		Weeks 25+ once every 4 weeks
LENALIDOMIDE (REVLIMID)	Pills	Daily (days 1-21) 1 week OFF each month
DEXAMETHASONE	Pills	Weekly: day of DARA, pre-infusion

1 Cycle is 28 days

Things to know:

- You will need to take medication before your DARA injection.
- Take Aspirin (ASA) 81mg daily.
- You will need a digital thermometer.
- You can buy one at most drug stores.



Possible side effects:

- Cough or shortness of breath – CALL your Health Care Team.
- Dexamethasone (steroid) side effects may include mood swings, irritability and difficulties with sleeping.
- Daratumumab side effects may include rash, scratchy throat, cough, fever, changes in blood pressure.
- Diarrhea or constipation.
- Numbness and tingling in fingers and toes.
- Rash.
- Changes in blood pressure (high or low).
- Muscle aches and pains.

Chemotherapy: What you need to know

There will be a decrease in your blood cells. These include white cells, red cells, hemoglobin and platelets.

- You will be on an antiviral medication daily during treatment and for 6 months after treatment.
- **Call your Health Care Team if any side effects seem unexpected or extreme.**

Contact Information:

Health Care Team: 905-387-9495

- Doctor: _____
- Nurse: _____

If you have any of these signs of an infection call your health care team right away:



- A temperature of 38°C or 100°F or more. This is a fever. **DO NOT take Tylenol, Aspirin, ibuprofen or anti-inflammatory medications without checking with your team first.** They may cause bleeding and may hide a fever. Call if you need medication for pain.
- A cough that produces coloured phlegm or sputum.
- Red inflamed skin.
- Increased shortness of breath.
- Pain or burning with urination.
- Sore throat.
- Signs of shingles: pain, blisters or a skin rash. It may look like chicken pox.

What to watch for:

- Unusual bleeding or bruising.
- Diarrhea that does not go away - CALL if more than 4 loose stools daily.
- Constipation (no bowel movement for 2 days). Use laxatives as needed. Do not use a suppository or enema.
- Increased thirst, voiding (peeing) more often, or an increase in blood sugar.
- Numbness and tingling in hands and feet.
- Increased swelling of the feet, legs, arms and hands.
- Voiding (peeing) less.

We encourage you to:

- Watch the [chemotherapy video](#) and read the [chemotherapy book](#).
- Eat and drink well (at least 2 litres of non-caffeinated fluids a day).
- Practice good hygiene.
- Practice good mouth care.
- Take Dexamethasone early in the day with food. Do not drink alcohol while on Dexamethasone.



You will be on an antiviral medication during your treatment and for 6 months after treatment has ended.

Possible severe or long-term side effects:

- Bone thinning/weakening.
- Potential future bone marrow damage.

Link to chemotherapy video and book:

<https://www.hamiltonhealthsciences.ca/areas-of-care/cancer-care/cancer-services/chemotherapy/>