

DIGITAL RESOURCES



How to scan a QR code:

1. Open the camera app on your smartphone
2. Point it at the QR code
3. Click the link that pops up

digital resources can also be accessed via the
website links inside this leaflet

Website link = rb.gy/d94u6v

THE IMMUNOBUDDIES PODCAST



Patient Information
Immunotherapy
(Checkpoint Inhibitors)



#1 Fundamentals of Immunotherapy

Website link = rb.gy/j2ad4g

1. What is immunotherapy?
2. Is immunotherapy the same as chemotherapy?
3. What will happen when I receive my immunotherapy?
4. How is it given and by whom?
5. How can you tell if it is working?
6. Does it work immediately?
7. Will I be seen regularly?



#2 Side Effects Explained

Website link = rb.gy/59xlez

8. What are the common side effects?
9. Are there any serious side effects?
10. Are side effects permanent?
11. How do I know when to call with potential side effects?
12. How do I know if I am under/overreacting?
13. What should I tell staff if I am admitted outside of the cancer centre/local area?
14. Who do I contact if I am worried?
15. What about sex and contraception?
16. Is fertility affected?
17. What happens if I stop treatment?



3 Advice on Family, Friends & Career

Website link = rb.gy/3ll7we

18. Is there support for family and friends?
19. What should I do about work?
20. Is there anything I can do to help myself?
21. Anything to avoid?
22. Can I drink alcohol?
23. Can I take all my regular medications whilst on immunotherapy?



#4 During and After Immunotherapy

Website link = rb.gy/8ooazx

24. Can side effects occur after I have completed my immunotherapy?
25. Is immunotherapy new/experimental?
26. Can patients die as a result of their immunotherapy?
27. Why do you use steroids to treat side effects?
28. Do steroids affect the efficacy of immunotherapy?
29. Why do I keep having treatment every few weeks?
30. If I need a break because of side effects, will this affect my treatment working?



#5 How Will It Impact Me & My Family?

Website link = rb.gy/08wttt

31. Can I be around family/young children?
32. Can I drive?
33. Is there an alternative?
34. Should I have my winter vaccines?
35. Chemotherapy made me tired, is it the same?
36. Is it safe to take herbal remedies?
37. If I am under the care of Oncology, Why do I need a cancer review at the GP surgery?
38. Are there ways to manage sleep disruption caused by steroids?
39. Role for diet?
40. Where can I find out more about immunotherapy?



#6 Understanding Medical Jargon

Website link = rb.gy/1gvu3j

41. What is immunotherapy?
42. What does "stage" & "grade" of cancer mean?
43. What does "adjuvant" mean?
44. I thought my cancer had gone, why am I having adjuvant treatment?
45. Do I have to have it?
46. How will they talk to me about the benefits of adjuvant treatment?
47. What happens once I've finished?
48. If I do not choose adjuvant treatment, then what?
49. If I have adjuvant immunotherapy, can I be rechallenged later?
50. Where can I find out more?

