

Carfilzomib (Kyprolis®)

Treatment Guide

What is carfilzomib?

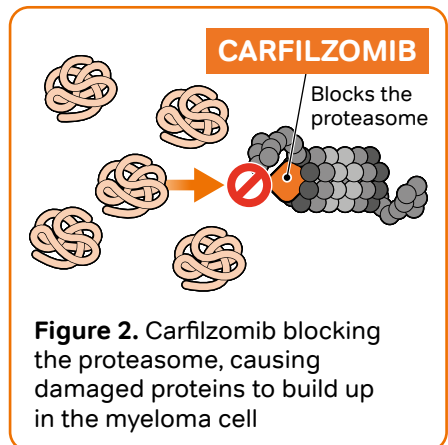
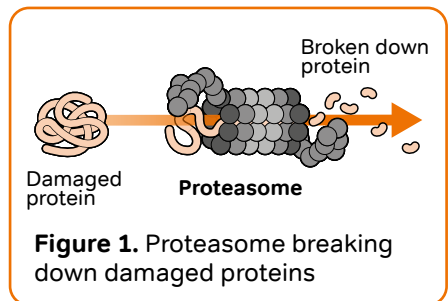
Carfilzomib, also known as Kyprolis[®], is a proteasome inhibitor used in the treatment of myeloma.

How does it work?

Carfilzomib works by blocking the actions of proteasomes. Proteasomes are found in all cells of the body and help to break down damaged and unwanted proteins. This is shown in Figure 1.

Carfilzomib blocks the proteasomes, stopping them from breaking down the damaged and unwanted proteins. This causes proteins to build up to toxic levels, killing the myeloma cell. This is shown in Figure 2.

Myeloma cells rely heavily on proteasomes, as they produce more proteins than normal healthy cells. They are therefore more sensitive to carfilzomib.



How is carfilzomib given?



Carfilzomib is given as an intravenous infusion (into the vein).



Carfilzomib can be given in combination with other anti-myeloma treatments.



Carfilzomib is usually given over two consecutive days each week for three weeks, followed by one week off in a 4 week cycle.



Carfilzomib is normally given until your myeloma starts to become more active. Individual treatment plans vary, your healthcare team will discuss your specific plan.

Possible side effects

Carfilzomib has a number of possible side effects which can vary from patient to patient. You will experience some side effects, but it is unlikely you will experience all of them, and most side effects will ease once treatment has finished. Always report any side effects to your healthcare team as soon as possible so they can be treated quickly.

The side effects listed here are those experienced most often. For a complete list of side effects please refer to the patient information leaflet which is included in the pack with the treatment. If you do not have this, ask your healthcare team for it.



Myeloma UK provides a wide range of information booklets about side effects and their management. Relevant booklets are signposted beneath each side effect on the following pages.

You can find these along with all of our information booklets online at myeloma.org.uk/library.

You can also find out more about the management of these side effects by asking your healthcare team or by contacting Myeloma UK.



0800 980 3332



AskTheNurse@myeloma.org.uk



myeloma.org.uk



Peripheral neuropathy

Carfilzomib can cause damage to nerves in the hands, feet, arms or legs. This is called peripheral neuropathy. This causes numbness, tingling and pain often in the hands or feet. These sensations can be eased with gentle massage, using hot or cold packs and nerve painkillers such as gabapentin and pregabalin. Symptoms generally improve or disappear after the dose of carfilzomib is reduced or stopped.



For more information see the **Peripheral neuropathy Infosheet** from Myeloma UK.



Heart problems

Carfilzomib can cause heart problems or worsen pre-existing heart conditions. You should report any palpitations or changes in your heartbeat to your healthcare team. It can also cause high blood pressure, so report any headaches, blurred vision or dizziness to your healthcare team.



Call 999 if you experience any severe chest pain or tightness.



Risk of infection

Carfilzomib may affect your immune system, increasing your risk of infection. Common signs include: high or low temperature (37.5°C or above, or below 36°C), feeling shivery or cold, passing urine more often or pain when passing urine, and cough or cold symptoms.



Blood clots

Carfilzomib can cause blood clots to form in the veins. These are most often in the legs, known as deep vein thrombosis (DVT), and they occasionally travel to the lungs causing a pulmonary embolism (PE). You may be prescribed an anticoagulant (anti-clotting) medicine to prevent or treat any blood clots. Common signs of DVT include areas of your body that are red, swollen, painful and hot to touch, often in your calf. Signs of a PE require immediate help and include: shortness of breath or chest pain.



Blood clots and infections can become serious if not treated quickly. Contact your healthcare team or out of hours service if you think you have an infection or clot. Call 999 if you have any chest pain or breathing difficulties.



For more information on infections and blood clots, see the **Infection and myeloma Infosheet** and the **Blood clots Infosheet** from Myeloma UK.



Skin rash

Carfilzomib can cause a skin rash which may be itchy and need treatment with steroid creams or antihistamines. Some rashes need urgent treatment, including: rashes with swelling of the eyes or mouth, or any problems breathing; rashes that start in one area but begin to spread widely; and rashes with high temperatures.



Gut problems

Carfilzomib can cause diarrhoea or constipation. Drinking at least 2 litres (3–4 pints) a day and having a balanced diet can help to ease these symptoms. You may also be prescribed laxatives to help you go to the toilet or medicine to reduce the diarrhoea.

Carfilzomib may also cause nausea or vomiting. You may be given anti-sickness (anti-emetic) medicine to prevent or reduce nausea and vomiting. You must take them as prescribed rather than waiting until you feel sick. There are several types of anti-sickness medicine and if the one you have is not effective, ask to try another.



For more information see the **Gastrointestinal disturbances Infosheet** from Myeloma UK.



Fatigue

Fatigue is a feeling of extreme tiredness that is not relieved by sleep. It usually resolves after treatment has finished. Your treatment, any side effects and your mental health can all impact on fatigue. Treating any medical causes such as anaemia can help to manage fatigue. Allowing time for rest, regular gentle exercise and complementary therapies such as massage may also help.



Anaemia and bleeding

Carfilzomib can decrease the number of red blood cells, causing anaemia. Symptoms include: looking pale, shortness of breath and fatigue. Carfilzomib can also decrease the number of platelets, increasing your risk of bleeding or bruising. Treatment for these side effects can ease symptoms and boost your blood cell counts.



For more information on fatigue, anaemia and bleeding, see the **Fatigue and myeloma Infoguide** and the **Thrombocytopenia and myeloma Infosheet** from Myeloma UK.

Important information about carfilzomib



You must not take carfilzomib during pregnancy as it is not known if it is safe for the baby. If you could become pregnant, you must use effective contraception during treatment, and for 1 month after treatment. If your partner could become pregnant or is already pregnant, you must use effective contraception during treatment and for 3 months after treatment has finished.



You should not breastfeed when taking carfilzomib as it is not known if it could pass to the milk.



Supplements or herbal medicines that have not been prescribed by your haematologist may cause harm when taken alongside your prescribed treatment.

You must speak to your healthcare team before taking any kind of supplement or alternative treatment, including herbal, traditional or natural medicines and remedies, and vitamins or wellbeing supplements, to ensure it is safe to do so.



If you have any questions about your treatment, speak to your healthcare team. They are the best people to ask if you have questions about your individual situation. The information in this publication is not meant to replace their advice.



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We're here for everything a diagnosis of myeloma brings

Get in touch to find out more about how we can support you

Call the Myeloma Infoline on



0800 980 3332

Email Ask the Nurse at

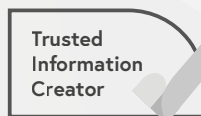


AskTheNurse@myeloma.org.uk

Visit our website at



myeloma.org.uk



Patient Information Forum

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We appreciate your feedback

Please fill in a short online survey about our patient information
at **myeloma.org.uk/pifedback** or email any comments to
patientinfo@myeloma.org.uk



For a list of references used to develop our resources, visit
myeloma.org.uk/references