MyelomaUK

Teclistamab (Tecvayli®)

Treatment Guide

What is teclistamab?

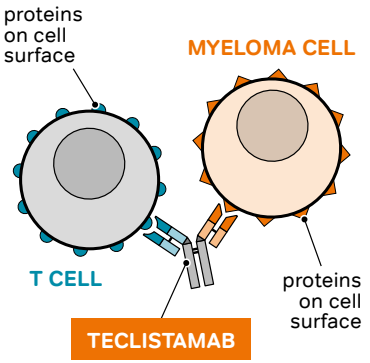
Teclistamab also known as Tecvayli®, is an immunotherapy used in the treatment of myeloma. It belongs to a class of immunotherapies called bispecific antibodies.

How does it work?

Teclistamab works by using cells from the body's own immune system, called T cells. These T cells can kill abnormal cells in the body, including myeloma cells.

Teclistamab binds to proteins on the surface of the T cells and proteins on myeloma cells at the same time.

Once bound together, the T cells and myeloma cells are brought into close contact. The T cells then become active and kill the myeloma cells.



Teclistamab binding to a myeloma cell and a T cell. The T cell becomes active and kills the myeloma cell

How is teclistamab given?

Teclistamab is given as a subcutaneous injection (under the skin).

Teclistamab is usually given on its own (monotherapy).

Teclistamab is usually given in increasing doses for the first 2 weeks. You will have 2 doses in your first week, then the full dose, once a week from week 2. After 6 months, you may have it once every 2 weeks.

Teclistamab 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

Teclistamab 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

Risk of infection

Teclistamab 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.

Infections can become serious if not treated quickly. Contact your healthcare team or out of hours service immediately if you think you have an infection.

For more information see the **Infection and myeloma Infosheet** from Myeloma UK.

Infusion reaction (cytokine release syndrome)

This is a common side effect of teclistamab and usually occurs within a few hours of having treatment. Symptoms include: chills, fever, fast heartbeat, feeling short of breath and feeling dizzy. You will be given medicines alongside your teclistamab to reduce the risk of an infusion reaction. If you notice any of these side effects, report them to your healthcare team immediately.

Nervous system problems

Teclistamab can cause changes to your nervous system known as Immune Effector Cell-Associated Neurotoxicity Syndrome (ICANS). This can cause symptoms including: feeling confused, feeling sleepy or less alert, and difficulty writing or speaking.

If you think you have ICANS symptoms, contact your healthcare team or out of hours service immediately.

Peripheral neuropathy

Teclistamab 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 teclistamab is reduced or stopped.

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

Anaemia and bleeding

Teclistamab can decrease the number of red blood cells, causing anaemia. Symptoms include: looking pale, shortness of breath and fatigue. Teclistamab 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 see the **Fatigue and myeloma Infoguide** and **Thrombocytopenia and myeloma Infosheet** from Myeloma UK.

Gut problems

Teclistamab 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.

Teclistamab 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.

These side effects may also reduce your appetite. If you start losing weight, or are concerned about your appetite, ask to be referred to a dietician. They may be able to offer high-calorie food and drink supplements.

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

Fatigue

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

For more information see the **Fatigue and myeloma Infoguide** from Myeloma UK.

Headaches

Teclistamab can cause headaches. Try to drink plenty of fluids and speak to your healthcare team about suitable painkillers.

Important information about teclistamab

You must not take teclistamab 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 5 months after treatment has finished. If your partner could become pregnant, you must use effective contraception during treatment and for 3 months after treatment.

You should not breastfeed when taking teclistamab and for 5 months after treatment has finished, as it is not known if it could pass to the milk.

Teclistamab may make you feel dizzy or confused. You shouldn't drive or operate heavy machinery for at least 48 hours after your first 3 doses, or until advised by your healthcare team.

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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MyelomaUK

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

Trusted Information Creator
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/pifeedback** or email any comments to **patientinfo@myeloma.org.uk**

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