



A TREATMENT GUIDE FOR CAREGIVERS

The right support may help make space
for you and your loved one's needs
along the treatment journey

 **IMFINZI[®]**
durvalumab
Injection for Intravenous Use 50 mg/mL



TABLE OF CONTENTS

Supporting the treatment journey	4
Ways you can help as a caregiver	8
Finding your support role	12
Caring for yourself	17
Important Safety Information	20

How can I use this guide?

Support from caregivers like you can play a huge role in your loved one's treatment experience.

This guide is a dedicated space for you to access treatment information, organize important tasks, and reflect on the support you need.



Supporting the treatment journey

The more you know about your loved one's treatment, the more prepared you may feel. Learning about your loved one's diagnosis and what treatment might involve may help you navigate the next steps.



Knowledge is power

Scan the QR code or visit <http://www.IMFINZI.com> and select your loved one's diagnosis. You'll find detailed treatment information and more resources.

Helping infusion days go smoothly

When the person you're caring for is preparing for infusion days, a little planning ahead can create a smoother experience.



Reminding your loved one to drink plenty of water to stay hydrated



Bringing a notebook to write down what the doctor is saying



Making sure they eat a small meal before their treatment



Remembering to bring their insurance card and a list of medications they are on



Helping them pick comfortable clothing to wear for their infusion



Packing activities to keep you both occupied, such as reading materials, digital devices, and headphones





Supporting your loved one through possible side effects



When starting a treatment, it's important to look out for side effects or changes in how your loved one is feeling.

Your loved one's healthcare provider will check them for side effects during their treatment, but you can help look out for these, too.

Remember that side effects can happen anytime during treatment or even after treatment has ended. Getting medical treatment right away may help keep these problems from becoming more serious. Your loved one's healthcare provider may delay or completely stop treatment if they have severe side effects.

Help your loved one take note of how they are feeling on treatment. If they seem to be experiencing a side effect, including those listed on pages 20-25, encourage them to call or see their healthcare provider right away.

Help the person you're caring for stay on track:



Make sure they do not take other over-the-counter medications without talking to their doctor first.



Encourage them to do light exercises such as walks, bike rides, or yoga. Exercise may help with some of the common side effects such as tiredness and may help improve sleep. Always check with their doctor before starting new exercise programs.



As a caregiver, you play a critical role. Your support can give your loved one the hope and confidence they need while on treatment.



Ways you can help as a caregiver

Not all caregivers provide the same types of care or take on the same roles.

It's important to find what kind of help works best for you and the person you care for. Take a look at some of the ways you can support your loved one's treatment.



Having their back

Establish open communication from the start by letting your loved one know that you're there for them and are willing to listen.

Help them stay connected by encouraging normal day-to-day routines and planning fun activities with others.

Involve them in decisions big and small, from choosing a treatment plan to deciding what food to eat.

Consider starting a group chat to keep friends and family in the loop.



Keeping things organized

Record appointment times on a calendar you both can see.

Help plan travel for appointments by driving them yourself or arranging transportation services.

Prepare paperwork for appointments ahead of time and remember to bring it with you.

Take on or find support for regular house chores such as cleaning and meal preparation.



Supporting the care plan

Help them prepare questions they'd like to ask ahead of appointments. Don't forget to add any questions that you have too.

Help keep a record of the medical history and test results of the person you care for.

Track symptoms and side effects they tell you about or that you notice on your own. Let the healthcare team know about any changes.

Encourage your loved one to take any treatments as recommended by their doctor. Be sure to share any concerns you have about their treatment with the care team.



Remember that your role can shift over time depending on your loved one's needs throughout treatment.



M A K E S P A C E

for more than cancer

Click [here](#) for Important Safety Information.



Finding your support role

Planning how you can best show up for your loved one

can help you approach caregiving with a sense of purpose. Know that everyone has limits—it's normal to not be able to do it all. Use the prompts on these pages to brainstorm how you can offer care in different ways.

What are some practical tasks that I'd like to help my loved one with (cleaning, shopping, yard work, etc.)? What are some things they can continue to do on their own?

What are some ways I could emotionally support my loved one during a challenging week?

What are one or two healthy habits I can join my loved one in doing? How can we both make our health a priority?

How will I care for myself when I'm feeling drained?



Leaning on your community

You might be your loved one's main caregiver, but that doesn't mean you have to take on everything related to their care. Who else can you trust to help with getting them to and from appointments or to stop by for visits when they're feeling lonely? Use this page to help organize who can help take some of the weight off your shoulders.

Task: _____

How often: Daily _____ Weekly _____ Monthly _____ Every now and then _____

Who can help: _____

Task: _____

How often: Daily _____ Weekly _____ Monthly _____ Every now and then _____

Who can help: _____

Task: _____

How often: Daily _____ Weekly _____ Monthly _____ Every now and then _____

Who can help: _____

Task: _____

How often: Daily _____ Weekly _____ Monthly _____ Every now and then _____

Who can help: _____



Need additional support?

Professional services can help with tasks like transportation, meal preparation, and at-home care for your loved one. Ask the care team to connect you with organizations in your area.



The responsibilities of being a caregiver can weigh on you. As a caregiver, it's important that you care for yourself as well.

On the next page you'll find resources that can help you focus on your needs and process complicated feelings.



Caring for yourself

Taking care of yourself is a key part of being able to offer support to others.

It can be helpful to have a few strategies to come back to when you are feeling stressed, sad, or uncertain. Take a look at the suggestions below.

Express yourself

- Join a support group where you can share your story with others
- Write in a journal to help work through complex feelings
- Speak to someone about the ups and downs. There are many apps nowadays that can connect you with a virtual therapist

Stay connected

- Accept help from others
- Schedule fun activities to look forward to on days when your loved one is feeling more energetic
- Consider professional and volunteer services to help with certain tasks
- Don't forget about personal hobbies or finding new things to enjoy

Build healthy habits

- Find easy, nutritious recipes you can make in advance
- Try a workout class or other type of exercise that gives you time to yourself. Consult a doctor before making any lifestyle changes
- Explore stress-management techniques like yoga, or download a meditation app



Make a habit of doing a couple of things from this list on a weekly or monthly basis.

Making self-care a regular part of your life can help prevent burnout, which happens when we feel emotionally or mentally exhausted.



Important contacts on the care team

Use this space to write down important contacts from your loved one's care team.

Name: _____

Role: _____

Phone/Email: _____

Name: _____

Role: _____

Phone/Email: _____

Name: _____

Role: _____

Phone/Email: _____

Name: _____

Role: _____

Phone/Email: _____

Name: _____

Role: _____

Phone/Email: _____



It is not known if IMFINZI is safe and effective in children.

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Important Safety Information

What is the most important information I should know about IMFINZI® (durvalumab) and IMJUDO® (tremelimumab-actl)?

IMFINZI and IMJUDO are medicines that may treat certain cancers by working with your immune system. IMFINZI and IMJUDO can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen anytime during treatment or even after treatment has ended.

Call or see your healthcare provider right away if you develop any new or worsening signs or symptoms, including:



Lung problems: cough, shortness of breath, and chest pain



Intestinal problems: diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; and severe stomach-area (abdomen) pain or tenderness



Liver problems: yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach area (abdomen), dark urine (tea colored), and bleeding or bruising more easily than normal



Hormone gland problems: headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; and changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness



Kidney problems: decrease in your amount of urine, blood in your urine, swelling of your ankles, and loss of appetite



Skin problems: rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area; fever or flu-like symptoms; and swollen lymph nodes



Pancreas problems: pain in your upper stomach area (abdomen), severe nausea or vomiting, and loss of appetite



Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with IMFINZI and IMJUDO. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include: Chest pain, irregular heartbeats, shortness of breath or swelling of ankles; confusion, sleepiness, memory problems, changes in mood or behavior, stiff neck, balance problems; tingling, numbness or weakness of the arms or legs; double vision, blurry vision, sensitivity to light, eye pain, changes in eye sight; persistent or severe muscle pain or weakness, muscle cramps, joint pain, joint stiffness or swelling; and low red blood cells and bruising



Infusion reactions that can sometimes be severe or life-threatening.

Signs and symptoms of infusion reactions may include: chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, feel like passing out, fever, and back or neck pain



Complications, including graft-versus-host disease (GVHD), in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic). These complications can be serious and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with IMFINZI. Your healthcare provider will monitor you for these complications

Getting medical treatment right away may help keep these problems from becoming more serious. Your healthcare provider will check you for these problems during your treatment with IMFINZI and IMJUDO. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may also need to delay or completely stop treatment with IMFINZI and IMJUDO if you have severe side effects



Important Safety Information (continued)

Before you receive IMFINZI and IMJUDO, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant
- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. IMFINZI and IMJUDO can harm your unborn baby

Females who are able to become pregnant:

- Your healthcare provider will give you a pregnancy test before you start treatment with IMFINZI and IMJUDO.
- You should use an effective method of birth control during your treatment and for 3 months after the last dose of IMFINZI and IMJUDO. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you may be pregnant during treatment with IMFINZI and IMJUDO.
- are breastfeeding or plan to breastfeed. It is not known if IMFINZI and IMJUDO pass into your breast milk. Do not breastfeed during treatment and for 3 months after the last dose of IMFINZI and IMJUDO.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of IMFINZI and IMJUDO?

IMFINZI and IMJUDO can cause serious side effects (see [pages 20-21](#)).

The most common side effects of IMFINZI when used alone in adults with NSCLC that cannot be removed by surgery include cough, feeling tired, inflammation in the lungs, upper respiratory tract infections, shortness of breath, and rash.

The most common side effects of IMFINZI when used with platinum-containing chemotherapy in adults with NSCLC that can be removed by surgery include low red blood cells (anemia), nausea, constipation, feeling tired, muscle or bone pain, and rash.

The most common side effects of IMFINZI when used in combination with IMJUDO and platinum-containing chemotherapy in adults with metastatic NSCLC include nausea, feeling tired or weak, muscle or bone pain, decreased appetite, rash, and diarrhea.

The most common side effects of IMFINZI when used alone in adults with limited-stage small cell lung cancer (LS-SCLC) include inflammation in the lungs and feeling tired or weak.

The most common side effects of IMFINZI when used with etoposide and either carboplatin or cisplatin in adults with extensive-stage small cell lung cancer (ES-SCLC) include nausea, hair loss, and feeling tired or weak.

The most common side effects of IMFINZI when used with gemcitabine and cisplatin in adults with biliary tract cancer (BTC) include feeling tired, nausea, constipation, decreased appetite, stomach (abdominal) pain, rash, and fever.

The most common side effects of IMFINZI and IMJUDO in adults with unresectable hepatocellular carcinoma (uHCC) include rash, diarrhea, feeling tired, itchiness, muscle or bone pain, and stomach (abdominal) pain.


The most common side effects of IMFINZI when used with carboplatin and paclitaxel in adults with endometrial cancer include inflammation of the nerves causing numbness, weakness, tingling or burning pain of the arms and legs, muscle or bone pain, nausea, hair loss, feeling tired, stomach (abdominal) pain, constipation, rash, decreased level of magnesium in the blood, increased liver function tests, diarrhea, vomiting, cough, decreased level of potassium in the blood, shortness of breath, headache, and increased level of alkaline phosphate in the blood.

The most common side effects of IMFINZI when used with gemcitabine and cisplatin in adults with muscle-invasive bladder cancer (MIBC) include low red blood cells (anemia), low white blood cells, increased level of creatinine in the blood, decreased level of sodium in the blood, nausea, increased liver function tests, decreased level of calcium in the blood, decreased blood platelet counts, feeling tired, increase level of potassium in the blood, decreased lymphocyte counts, constipation, decreased level of magnesium in the blood, decreased appetite, increased level of alkaline phosphatase in the blood, rash, fever, diarrhea, vomiting and stomach (abdominal) pain.



Important Safety Information (continued)

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of IMFINZI and IMJUDO. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects related to AstraZeneca products.  If you prefer to report these to the FDA, either visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

What are IMFINZI and IMJUDO?

IMFINZI and IMJUDO are prescription medications that may treat certain cancers.

IMFINZI is used to treat adults with **a type of lung cancer called NSCLC**.

- IMFINZI may be used alone when your NSCLC has not spread outside your chest, cannot be removed by surgery, **and** has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.
- IMFINZI may be used in combination with chemotherapy that contains platinum prior to surgery and alone after surgery when your NSCLC is able to be removed by surgery, **and** your tumor does not have an abnormal “EGFR” or “ALK” gene.
- IMFINZI may be used in combination with IMJUDO and chemotherapy that contains platinum when your NSCLC has spread to other parts of your body (metastatic) **and** your tumor does not have an abnormal “EGFR” or “ALK” gene.

IMFINZI is used to treat adults with **a type of lung cancer called SCLC**.

- IMFINZI may be used alone when your LS-SCLC cannot be removed by surgery **and** has responded or stabilized after initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.
- IMFINZI may be used with the chemotherapy medicines etoposide and either carboplatin or cisplatin as your first treatment when your SCLC has spread within your lungs or to other parts of the body (extensive-stage small cell lung cancer, or ES-SCLC).

IMFINZI is used to treat adults with **a type of cancer called BTC**, including cancer of the bile ducts (cholangiocarcinoma) and gallbladder cancer. IMFINZI may be used in combination with chemotherapy medicines gemcitabine and cisplatin when your BTC has spread to nearby tissues (locally advanced), **or** has spread to other parts of the body (metastatic).

IMFINZI is used in combination with IMJUDO to treat adults with **a type of liver cancer that cannot be removed by surgery (unresectable hepatocellular carcinoma or uHCC)**.

IMFINZI is used in combination with the chemotherapy medicines carboplatin and paclitaxel followed by IMFINZI alone to treat adults with **a type of uterine cancer called endometrial cancer** that has spread (advanced) or has come back (recurred) and a laboratory test shows that your tumor is mismatch repair deficient (dMMR).

IMFINZI may be used in combination with the chemotherapy medicines gemcitabine and cisplatin prior to surgical removal of your bladder (neoadjuvant treatment) followed by IMFINZI alone after surgery (adjuvant treatment) **to treat a type of bladder cancer called muscle invasive bladder cancer (MIBC) that has spread into the muscle layer of the bladder but not to other parts of the body**.

It is not known if IMFINZI and IMJUDO are safe and effective in children.

Please see additional Important Safety Information on pages 20-24 and click the following for Full Prescribing Information including Medication Guide for IMFINZI and IMJUDO.



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IMFINZI resources, visit [IMFINZI.com](https://www.imfinzi.com)

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