

LONQUEX[®] (lipegfilgrastim)

Supporting you on your treatment journey

In addition to this booklet, please read the LONQUEX Consumer Medicine Information leaflet for more detailed information.



REFERENCES:

1. Crawford J, et al. *Risk and Timing of Neutropenic Events in Adult Cancer Patients Receiving Chemotherapy: The Results of a Prospective Nationwide Study of Oncology Practice*; J Natl Compr Canc Netw. 2008;6:10–118.
2. Freifeld AG, et al. *Clinical Practice Guidelines for the Use of Antimicrobial Agents in Neutropenic Patients with Cancer: 2010 Update by the Infectious Diseases Society of America*; 2011;52(4):e56–93.
3. Lonquex CMI

If you wish to report a side effect, please contact Drug Safety on 1800 28 8382.

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LONQUEX[®]
lipegfilgrastim

About this booklet

You have been given this booklet because your doctor has prescribed LONQUEx (pronounced LON-KWEX) for you. This booklet will help you understand why you are using LONQUEx, how it works, how to use it and possible side effects you may or may not experience.

If there is anything you're concerned about, or if you have any questions, please make a note of these in the *Other questions or notes* section at the back of this booklet. You can go through these with your doctor at your next appointment.

What this booklet includes

Part I: Answers to common questions

- Q:** Why is my doctor prescribing LONQUEx for me?
- Q:** How likely am I to develop neutropenia after chemotherapy?
- Q:** If I develop neutropenia, how likely am I to develop an infection?
- Q:** What signs and symptoms of infection should I look out for?
- Q:** Why is it important that I don't get an infection?
- Q:** How will LONQUEx help me avoid getting an infection?
- Q:** How should I use LONQUEx, how often and for how long?
- Q:** Am I likely to experience side effects with LONQUEx?
- Q:** As well as using LONQUEx, is there anything else I can do to avoid an infection?

Part II: My support

- Useful contact information
- Example questions to ask my doctor
- Other questions or notes



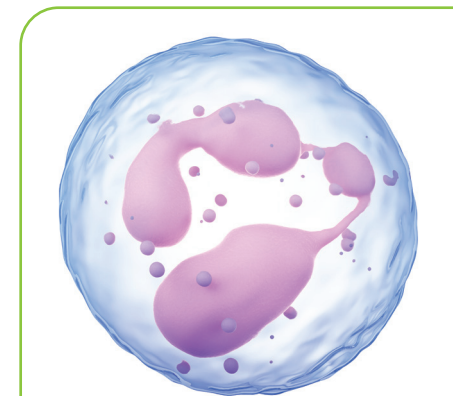
Part I: Answers to common questions

Why is my doctor prescribing LONQUEx for me?

LONQUEx reduces the duration of neutropenia (pronounced *noo-troh-pea-nee-uh*), and the incidence of febrile neutropenia (when this condition occurs with a fever). Put simply, neutropenia is a low white blood cell count.

The number of white blood cells in your body can decrease after chemotherapy, as they are very sensitive to this form of cancer treatment. With fewer of these infection-fighting white blood cells, the risk of developing an infection may be higher.

You have been prescribed LONQUEx because your doctor may consider you to be at risk of developing neutropenia (see risk factors for developing neutropenia, below).



A neutrophil is a type of white blood cell in your body that helps your body fight infections that can make you sick (eg, bacteria).

How likely am I to develop neutropenia after chemotherapy?

Developing neutropenia after having chemotherapy is common. Research has shown that at least one in four people with a major cancer type experienced neutropenia during their first three cycles of chemotherapy.¹

However, your individual risk of developing neutropenia will depend on many factors, including:

- The type of chemotherapy you're having
- Your age, general health and activity levels
- Presence of other illnesses

Your doctor will take all these factors into account and decide on the best course of action for you.

If I develop neutropenia, how likely am I to develop an infection?

In people who developed neutropenia with fever, research shows that at least one in five developed an infection.² The most common infections were in the digestive system, lungs and skin.

What signs and symptoms of infection should I look out for?

If you develop any of the following signs or symptoms, it's highly likely you have an infection. You then need to seek urgent medical attention so that you can be treated right away.

- Fever
- Chills; rash; sore throat; diarrhoea
- Earache; difficult or painful breathing, coughing or wheezing

Why is it important that I don't get an infection?

If you develop an infection, it's highly likely you'll need to go into hospital immediately to be treated with antibiotics. This could delay your next chemotherapy cycle or you may be required to lower your doses of chemotherapy to less than what you actually need.¹

How will LONQUEX help me avoid getting an infection?

LONQUEX contains the active substance lipegfilgrastim (pronounced *li-peg-fil-gra-stim*), a chemical messenger designed to be similar to the naturally-occurring protein called granulocyte-colony stimulating factor (G-CSF) produced by your own body.

It works by stimulating your bone marrow (the tissue where your new blood cells are made) to produce more neutrophils. Increasing these white blood cell counts can reduce your risk of developing an infection.



How should I use LONQUEX, how often and for how long?

As with all medications, you need to use LONQUEX exactly as your doctor or nurse has explained.

Using a pre-filled syringe, you need to inject LONQUEX just under your skin (subcutaneous injection). Your doctor or nurse will show you how to do this. Do not attempt to give yourself LONQUEX injections before receiving proper training.

The usual dose for LONQUEX is one injection 24 hours after each chemotherapy cycle. Your doctor will tell you exactly when to start and stop your LONQUEX treatment. If you forget to have your injection, you need to let your doctor or nurse know as soon as possible. If you have injected more LONQUEX than you need, it's important to contact your doctor or nurse immediately.

Am I likely to experience side effects with LONQUEX?

All medications can have side effects. You may or may not experience any of those listed, but if you do feel unwell after using LONQUEX, you need to let your doctor know.

Very common (may affect more than 1 in 10 people)³

Musculoskeletal pains, such as bone pain and pain in the joints, muscles, limbs, chest, neck or back.

Your doctor can advise you what to take to ease bone pain.

The musculoskeletal system is made up of bones, muscles, ligaments and tendons.

Common (may affect up to 1 in 10 people)³

- A reduction in blood platelets, which increases the risk of bleeding or bruising
- Headache
- Skin reactions, such as redness or rash
- Low blood levels of potassium, which can cause muscle weakness, twitching or an abnormal heart rhythm
- Chest pain

Platelets are cells that help the blood clot.

As well as using LONQUEX, is there anything else I can do to avoid getting an infection?



Wash your hands frequently; avoid large crowds and sick people



Don't share food, drinks and personal hygiene products such as toothbrushes



Take regular showers/baths and use an unscented moisturiser to prevent your skin from becoming dry and cracking



Eat food that is washed well (fruits/vegetables), and is well cooked, especially meat and eggs

Part II: My support

Useful contact information

Clinic details: _____

Doctor details: _____

Pharmacy details: _____

Emergency contact details: _____

Other details: _____

Cancer Council Helpline: _____

Websites: _____

Example questions to ask my doctor

Q. How often will I need to have my blood counts done?

A: _____

Q. If I develop neutropenia after one chemotherapy cycle, does this mean I'll develop it after every cycle?

A: _____

Q. If the risk of developing neutropenia depends on the type of chemotherapy given, can I receive one that poses the least risk?

A: _____

Q. I am really nervous about injecting myself. Is there another medication I can use that doesn't require an injection?

A: _____

Q. How do I know if I'm injecting myself correctly?

A: _____

Q. What should I do if some of the LONQUEX liquid comes out of the injection site?

A: _____

Q. My children attend day care/school and often get sick. How can I avoid catching germs from them?

A: _____

Other questions or notes
