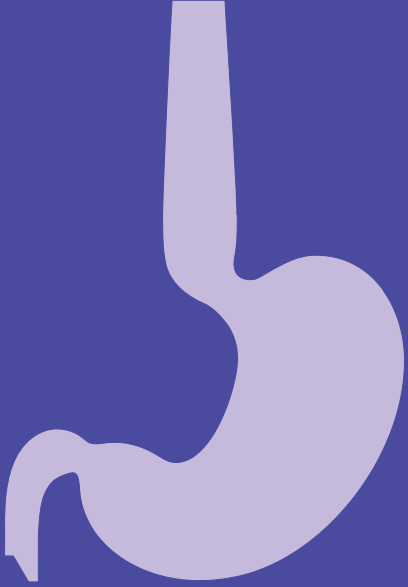
IMFINZI®
durvalumab
50 mg/mL concentrate for solution for infusion



# Understanding your treatment with durvalumab

*Your doctor has prescribed durvalumab to treat your cancer*

This information is given by AstraZeneca for educational purposes only and should not take the place of talking with your doctor or healthcare professional.

This booklet does not replace the Patient Information Leaflet (PIL), which should be read carefully as it contains other important details about your medicine

**Licensed Therapeutic Indication for GC/GOJC in the United Kingdom:**

**Durvalumab** is used to treat gastric cancer (GC; also called stomach cancer), or gastro-oesophageal junction adenocarcinoma (GOJC) that can be removed by surgery. It is used in combination with chemotherapy prior to surgery (neoadjuvant treatment) and after surgery, followed by durvalumab alone (adjuvant treatment).

**Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. Adverse events should also be reported to AstraZeneca at **https://contactazmedical.astrazeneca.com/**. You can also report side effects directly via the Yellow Card Scheme at **https://yellowcard.mhra.gov.uk/**. By reporting side effects you can help provide more information on the safety of this medicine.

This booklet has been produced and funded by AstraZeneca and is intended for UK patients who have been prescribed durvalumab by a healthcare professional.

GB-76057 | August 2026

AstraZeneca

# What is in this booklet?

**You have been given this booklet because you will be receiving a medicine called durvalumab to treat your cancer.**

**This booklet will answer the following:**





# What is gastric and gastro-oesophageal junction cancer?

## Understanding cancer

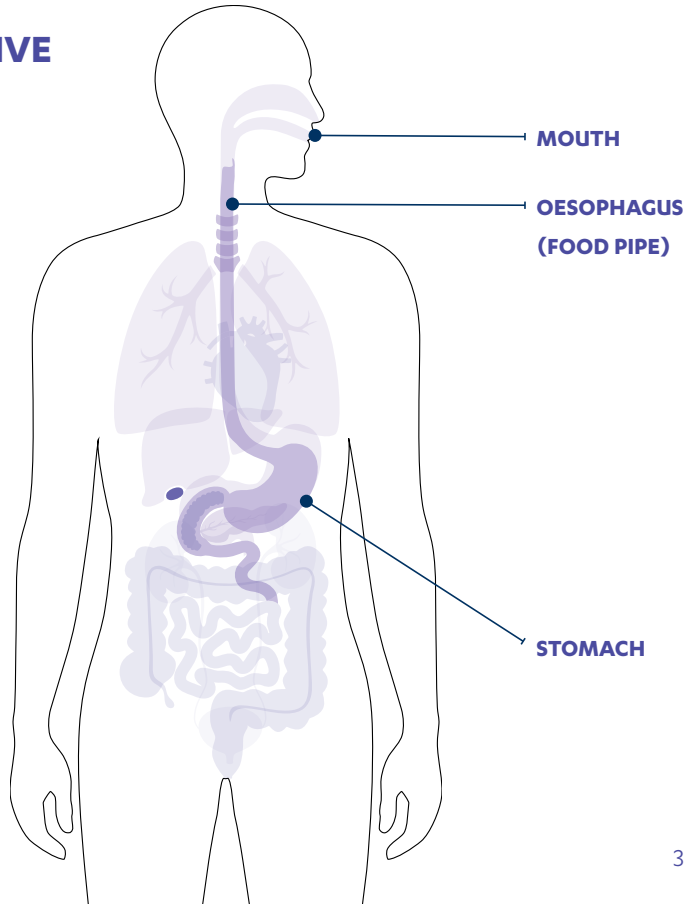
Our bodies are made up of tiny building blocks called cells. Inside each cell is DNA, which acts like an instruction manual telling the cell what to do.

Cancer starts when the DNA in a cell changes. Usually, our bodies can fix these changes or stop damaged cells from growing. However, sometimes the change makes the cell grow out of control. When many of these cells grow together, they form a lump called a tumour.

## Your stomach and food pipe

Your stomach is the part of your body that digests food after you swallow it. Food travels down a tube called the oesophagus (food pipe) to reach your stomach.

**YOUR DIGESTIVE SYSTEM**



# Gastric and gastro-oesophageal junction cancer

## Gastric cancer

Gastric cancer (GC) is a cancer that starts anywhere in your stomach.

## Gastro-oesophageal junction cancer

Gastro-oesophageal junction (GOJ) cancer is a type of cancer that starts where your food pipe (oesophagus) joins your stomach. There are three types of gastro-oesophageal junction cancer; the type depends on where the cancer is.

**Type 1:**

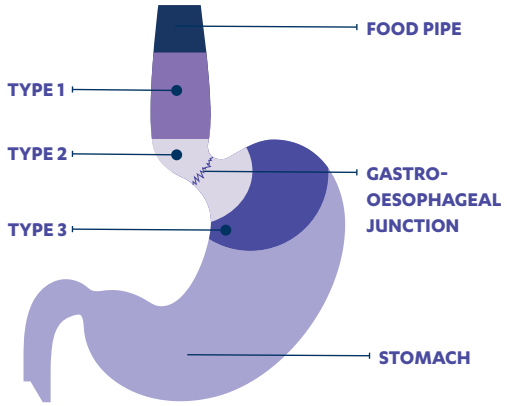
The cancer is in the lower part of your food pipe, just above where it joins your stomach (1–5 cm above the junction)

**Type 2:**

The cancer is at the junction where your food pipe meets your stomach

**Type 3:**

The cancer starts in the top part of your stomach and may spread up towards your food pipe (2–5 cm below the junction)




## Your diagnosis

Your doctor will have done tests and scans to understand your cancer. This helps them understand:

- Where the cancer is
- How big it is
- If it has spread to other parts of your body (this is known as metastatic cancer)

Your healthcare team uses this information to plan out your treatment.

If you have questions about your test results or diagnosis, speak to your healthcare team.



# What is durvalumab?

Durvalumab (dur-VAL-yoo-mab) is a type of medicine called immunotherapy. This means it helps your body's immune system to recognise and fight cancer. Your doctor may also call durvalumab by its other name, **"IMFINZI"**.

**It is important for you to know that durvalumab:**

- Is not chemotherapy
- May sometimes cause your immune system to attack normal, healthy organs and tissues in any areas of your body
- Side effects can happen at any time during treatment or after treatment has ended
- Side effects may be different to side effects of other cancer treatments

**Tell your doctor straight away if you are experiencing any side effects or symptoms. This is important for them to know so they can treat the condition early when it is often easier to manage**

Information about side effects can be found on page 10 of this booklet or in your Patient Information Leaflet.

## How does durvalumab work?

Normally, your body's immune system will recognise and attack cancer as it develops.

However, sometimes cancer can hide from your body's immune system using a protein called PD-L1, which acts like a disguise.

Durvalumab blocks PD-L1, removing the disguise. This means your immune system can recognise and attack the cancer cells more easily.

## Your treatment plan

Your treatment plan combines durvalumab with chemotherapy before and after surgery, and then is followed by durvalumab alone.

Durvalumab and chemotherapy (called FLOT) work together to kill cancer cells and help make your tumour smaller.

FLOT is made up of four chemotherapy medicines: fluorouracil (floor-oh-YOOR-uh-sil), leucovorin (loo-koh-VOR-in), oxaliplatin (ok-SA-lih-pla-tin), docetaxel (DOH-she-TAK-sil).

## Before surgery (sometimes called neoadjuvant treatment):

Your treatment includes durvalumab and FLOT chemotherapy. You will have up to 2 treatment cycles, and each cycle lasts 4 weeks. Durvalumab is given once every 4 weeks and FLOT is given once every 2 weeks.

On Day 1 of each cycle, you will have two infusion appointments:

## After surgery (sometimes called adjuvant treatment):

Your treatment includes durvalumab and FLOT chemotherapy. You will have up to 12 treatment cycles, and each cycle lasts 4 weeks. Durvalumab is given once every 4 weeks for up to 12 cycles, and FLOT is given once every 2 weeks and only for the first 2 cycles.

**BEFORE SURGERY** *(2 cycles)*

- Durvalumab (Day 1 of each cycle)
- FLOT (Day 1 and Day 15 of each cycle)

**BREAK**

**SURGERY**

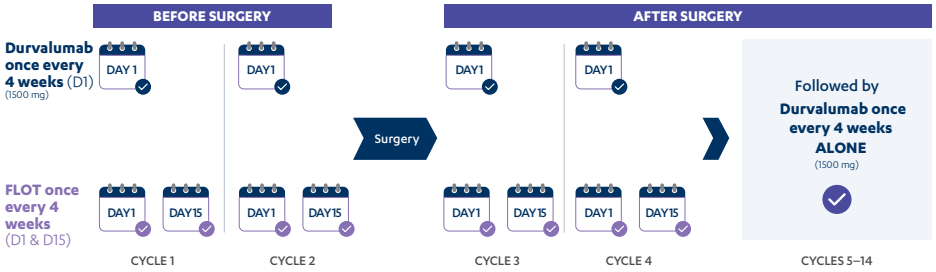
**BREAK**

**AFTER SURGERY** *(2 cycles)*

- Durvalumab (Day 1 of each cycle)
- FLOT (Day 1 and Day 15 of each cycle)

*Followed by, up to 10 cycles, every 4 weeks:*

- Durvalumab alone




**Every person is different. Your doctor will decide how long you will receive these medicines for and how many treatments you need.**



# How will durvalumab be given?

Durvalumab is given as an intravenous (IV) infusion. This means it goes directly into your vein through a drip.

It will be given to you in a hospital or clinic under the supervision of an experienced healthcare professional.

## What happens during treatment?

**Durvalumab infusion:**

- The infusion with durvalumab is given before chemotherapy
- It usually lasts one hour

**Chemotherapy infusion:**

- After your durvalumab infusion is done, chemotherapy will be given
- The chemotherapy infusion will take around 3–5 hours
- One of your chemotherapy medicines (fluorouracil) will be given over 24 hours through a small pump. Once the pump is connected, you may be able to go home.

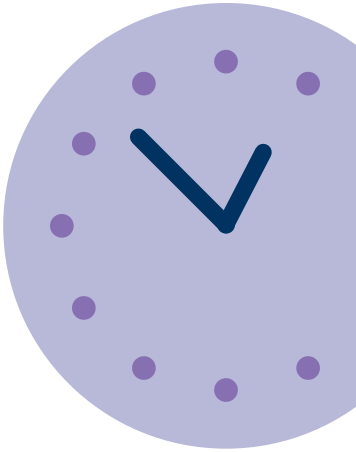
These are the approximate times for how long each infusion will take. Your full visit will likely take longer to include time for premedication, hydration and monitoring.

## What should I do if I miss an appointment to get these medicines?

**If you miss an appointment, call your doctor straight away to reschedule.**

If you have any further questions about your treatment, please talk to your doctor.

**Please consult the Patient Information Leaflet (PIL) for more information on how durvalumab will be administered to you.**



# How can I prepare for my treatment?

## Before treatment:

- Drink plenty of water
- Eat a small meal
- Dress comfortably in loose-fitting clothes
- Write down any questions you have for your healthcare team
- Organise travel to and from the hospital
- Tell your doctor about any other medicines, herbal medicines, or non-prescription medicines you are taking
- Make plans for someone to accompany you to your appointment

## Things to bring with you that may be useful on treatment day:

- A water bottle and snacks
- List of medications you are currently taking
- A jumper or blanket as the treatment centre can be cold
- Lip balm and hand cream to soothe dry lips/skin
- An activity to keep you occupied (e.g. podcasts, music, books, journaling, puzzles, colouring, knitting) as you may sit in a chair for a few hours

## After treatment:

- These medicines are generally not likely to affect your ability to drive or operate machines. However, if side effects impact your concentration, please exercise caution. Try to arrange a lift home
- Make sure you know when your next appointment is with your medical team
- Make sure you have the contact details for your healthcare team
- Make plans to see or speak on the phone with a friend or family member so you are not alone
- Try to take it easy for the rest of the day

# Are there any side effects?

## All medicines have side effects.

Side effects are unwanted effects that can happen when a person takes a medicine. Side effects can occur during or after treatment. Side effects after treatment can sometimes happen weeks or months later.

Each person's reaction to cancer treatment is different.

### HEAD AND NECK

- **Common:** Fungal infection in the mouth
- **Common:** Tooth and mouth soft tissue infections
- **Common:** Hoarse voice (dysphonia)

### LUNGS

- **Common:** Serious lung infections (pneumonia)
- **Common:** Inflammation of the lungs (pneumonitis)

### LIVER

- **Common:** Abnormal liver tests (increased AST and ALT)
- **Common:** Inflammation of the liver (hepatitis) that can cause nausea or feeling less hungry

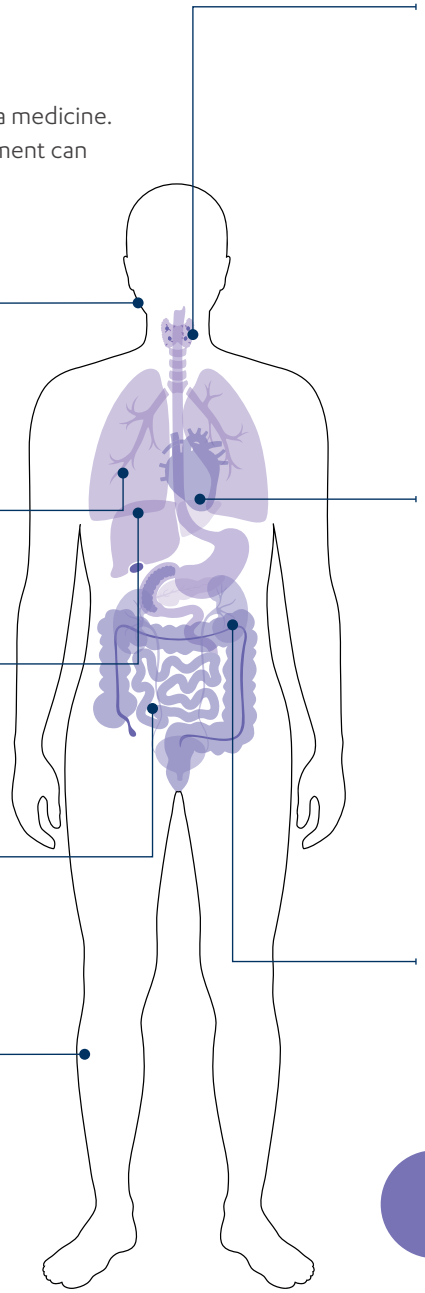
### BOWEL AND BLADDER

- **Very common:** Changes to how you poo including going to poo too frequently (diarrhoea) or finding it hard to poo (constipation)
- **Common:** Painful when weeing (dysuria)

### BLOOD

- **Very common:** Low number of white blood cells
- **Very common:** Low number of red blood cells
- **Very common:** Low number of blood platelets

Please consult the Patient Information Leaflet (PIL) for the full list of side effects.



### GLANDS

- **Very common:** Feeling sick (nausea), being sick (vomiting)
- **Very common:** Hair loss
- **Very common:** Feeling less hungry
- **Very common:** Feeling tired or weak
- **Very common:** Lack of energy; general feeling of discomfort or illness
- **Very Common:** Flu-like illness, productive cough
- **Very common:** Underactive thyroid that can cause tiredness and weight gain
- **Common:** Overactive thyroid gland that can cause fast heart rate or weight loss
- **Common:** Night sweats

**Very common** side effects may affect **more than** 1 in 10 people, whereas **common** side effects may affect **up to** 1 in 10 people

### SKIN/BODY

- **Very common:** Inflammation of the nerves causing numbness, weakness, tingling or burning pain of the arms and legs (neuropathy peripheral)
- **Very common:** Skin rash or itchiness
- **Very common:** Joint pain
- **Common:** Inflammation of the skin (dermatitis)
- **Common:** Muscle pain (myalgia)
- **Common:** Swelling of the legs (oedema peripheral)
- **Common:** Reaction to the infusion of the medicine that can cause fever or flushing of the skin

### KIDNEYS

- **Common:** Abnormal kidney function tests (increased blood creatinine)

**Keep track of your symptoms and tell your healthcare team about any side effects**

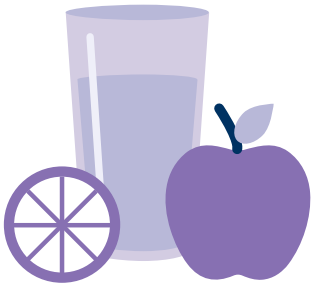
Keeping track of your side effects and recording how you feel whilst receiving treatment can help you notice patterns and trends over time, ensuring you spot new symptoms early to share with your doctor.

By reporting early side effects to your healthcare team, they will be better able to support you and may provide other medicines to help reduce your symptoms.

# Self-care tips to help manage side effects

While your healthcare team will help manage your side effects, there are some things you can do at home that may help you feel better.

**These tips are suggestions, not requirements. Do what feels right for you.**



## Keep a healthy, balanced diet

- Eat foods that may help to reduce nausea and diarrhoea
- Drink plenty of water to stay hydrated

## Remain active if you're able

- Gentle activity can help with tiredness, mood and some side effects. But it is important to listen to your body
- You can try gentle exercises like taking short walks or doing simple desk/chair yoga stretches

### Talk to your doctor

For maintaining a balanced diet, speak to your healthcare team; they may recommend speaking to a dietician to ensure what you are eating suits your needs whilst on your medication



# Keeping your healthcare team in the loop

Your healthcare team is here to support you, you are not alone in your treatment journey. **They will work together to provide you with the best possible care, including:**

- Performing routine tests to monitor you and your treatment, managing any side effects you may experience and answering your questions/addressing any concerns

If you have any questions or concerns at any time, please speak to your healthcare team.

Along with other healthcare professionals, your core healthcare team will meet as a **multidisciplinary team (MDT)** to discuss your treatment and optimise your care, including:

**Surgical team:** The team that carries out operations to remove the cancer

**Oncology team:** The team that provide the medical treatment (durvalumab and FLOT) to kill the cancer

**Physiotherapist:** A movement specialist who helps you improve your strength before surgery and rebuild your strength after surgery

**Dietitian:** A nutrition expert who advises on how to best eat throughout your treatment to maintain your strength and manage symptoms

**Clinical nurse specialist (CNS):** A specialist oncology or surgical clinical nurse who provides information, support and coordinates your care throughout treatment

### Pregnancy and fertility:

Durvalumab is not recommended during pregnancy

**Tell your doctor if:**

- You are pregnant or think you may be pregnant, are planning to have a baby, or are breastfeeding or planning to breastfeed

**If you could become pregnant:**

- Use effective contraception during treatment and ensure to continue contraception for at least **three months** after your last dose

# Emergency contact numbers

**If you have urgent concerns or severe symptoms:** _____

**Hospital emergency number:** _____

**Out-of-hours number:** _____

**111** For non-emergency medical advice (available 24/7)

**999** For medical emergencies

## Where can I find support?

### Useful resources and support organisations

You are not alone. There are many organisations and support groups that can help you. They can offer:

- Additional information about your diagnosis and treatment journey
- Helpful tips managing day-to-day life
- Emotional support by connecting you with other people who have cancer

**Macmillan Cancer Support**
Provides information, practical advice and emotional support
**0808 808 00 00** (a free, confidential support line)
**https://www.macmillan.org.uk/**

**Maggie's Centres**
Provides practical and emotional support, including support groups
**https://www.maggies.org/**

**OPA**
Provides support for patients and their caregivers, including support groups
**0121 704 9860** (a free, confidential support line)
**https://opa.org.uk/**

**Ask your healthcare team about local support groups.**



# Abbreviations

**AE:** Adverse event
**ALT:** Alanine aminotransferase
**AST:** Aspartate aminotransferase
**CNS:** Clinical nurse specialist
**FLOT:** Fluorouracil, leucovorin, oxaliplatin, docetaxel
**GC:** Gastric cancer
**GI:** Gastrointestinal
**GOJ:** Gastro-oesophageal junction
**GOJC:** Gastro-oesophageal junction cancer
**IV:** Intravenous
**MDT:** Multidisciplinary team
**PD-L1:** Programmed death-ligand 1
**PIL:** Patient Information Leaflet

# More Information

Please consult the Patient Information Leaflet (PIL) provided by your doctor or pharmacist for full information about your treatment with durvalumab.

If you have any questions about durvalumab or GC/GOJC, or any other issues regarding your treatment, please talk to your doctor.

**Scan or click the QR code to visit the PIL:**

## Reporting of side effects

If you get any side effects, talk to your doctor. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: **https://yellowcard.mhra.gov.uk/** or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of these medicines.

**Talk to your doctor straight away if you get any of the side effects.**

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