

THIS GUIDE IS ONLY FOR PATIENTS PRESCRIBED

KEYTRUDA[®]

(pembrolizumab)

Information for patients

The information in this booklet does not replace information provided to you by your healthcare team. If you have any questions about KEYTRUDA or your condition, speak to your healthcare team.



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Introduction

Understanding your diagnosis and the available treatment options can feel overwhelming at times, but you're not alone.

Use this guide to help you and your healthcare team discuss your treatment with KEYTRUDA and its role in your treatment.



How does KEYTRUDA work?

Your doctor has prescribed KEYTRUDA to help treat your cancer. KEYTRUDA is an immunotherapy that contains the active medicine called pembrolizumab.

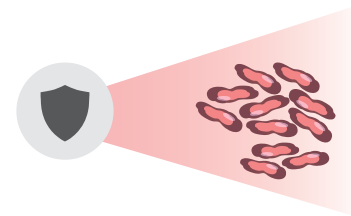
As an immunotherapy, KEYTRUDA helps your immune system do what it is designed to do – help your own body fight your cancer.

The immune system is a network of cells, chemicals, tissues and organs that tries to protect the body from infections and from abnormal cells, such as cancer cells. However, in some cases, it is not able to kill all the abnormal cells and they develop into cancer. Cancer cells also sometimes find ways to “hide” from the immune system, stopping it from recognising and destroying them.

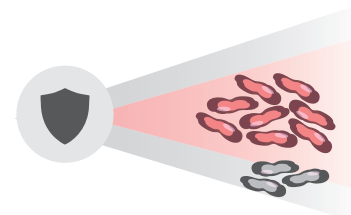
KEYTRUDA works by blocking one of these mechanisms that cancer cells use to “hide” from the immune system, which can help your immune system find and fight the cancer cells.

KEYTRUDA is not chemotherapy – chemotherapy involves the use of medicines that are designed to kill cancer cells or shrink a tumour to help improve symptoms. Chemotherapy works differently than immunotherapy.

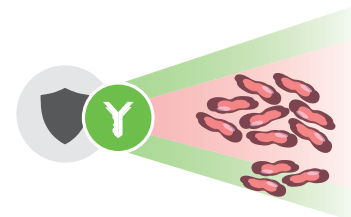
KEYTRUDA may be used across a variety of different types and stages of cancer. You may get KEYTRUDA if your cancer has spread or cannot be taken out by surgery. If you are able to have surgery for your cancer, you may get KEYTRUDA before and after, or sometimes only after, the surgery.



The immune system finds and fights cancer cells as they grow, before they form tumours.



The immune system destroys some cancer cells, but other cancer cells may hide from the immune system. These hiding cancer cells can then form tumours.



KEYTRUDA helps the immune system find and fight cancer cells.



Scan the QR code and use access code **key123** to access further KEYTRUDA resources, including a video on how immunotherapies work



To access this website, you must be a current patient being treated with KEYTRUDA in Australia and be 18 years or older.

Effects on fertility, pregnancy and breastfeeding

Fertility: It is not known if KEYTRUDA has effects on fertility. Talk with your treatment team about options for managing fertility before starting treatment.

Pregnancy: KEYTRUDA can cause harm or death to your unborn baby. Women who are able to have children should use effective contraception during treatment with KEYTRUDA, and for at least 4 months after the last dose of KEYTRUDA. Check with your doctor if you are pregnant or intend to become pregnant.

Breastfeeding: Talk to your doctor if you are breastfeeding or intend to breastfeed. Do not breastfeed while taking KEYTRUDA.

Tell your doctor if you:

- have an autoimmune disease (a condition where the body attacks its own cells) like Crohn's, ulcerative colitis or lupus
- had an organ transplant (like a kidney transplant) or a bone marrow (stem cell) transplant that used donor stem cells (allogeneic)
- have pneumonia or swelling of your lungs (called pneumonitis)
- have liver damage.

KEYTRUDA acts on your immune system and may cause inflammation in parts of your body. If you already have an autoimmune disease, your risk of these side effects may be higher. You may also experience flares of your autoimmune disease, which in the majority of cases are mild.

How is KEYTRUDA given?

KEYTRUDA is given by intravenous infusion (an injection in your arm) over 30 minutes. Your treatment will usually be given by your oncologist or oncology nurse in a hospital clinic.

Adults may be given KEYTRUDA every 3 weeks at a dose of 200 mg or every 6 weeks at a dose of 400 mg. You and your doctor will decide which dose is right for you.



**Intravenous
infusion**



**Over
30 minutes**



**Once every 3 weeks
or every 6 weeks,
depending on the dose
you are given**

In some cases, you may be given KEYTRUDA in combination with another cancer treatment (e.g. chemotherapy or a targeted therapy). If you have any questions about these specific medicines, please ask your doctor.

SIDE EFFECTS WITH KEYTRUDA

Medication can impact different people in different ways. You won't know whether KEYTRUDA will affect your day-to-day life until your treatment has started. Like all medicines, KEYTRUDA may cause side effects, although not everybody gets them.

When you get KEYTRUDA, you can have some serious side effects. These side effects can sometimes become life-threatening and can lead to death.

Speak to your doctor if you have any of the following side effects listed and they worry you.

Very common side effects with KEYTRUDA (may affect more than 1 in 10 people)

- Diarrhoea
- Nausea
- Itching
- Rash
- Joint pain
- Back pain
- Feeling tired
- Cough
- Patches of skin which have lost colour
- Stomach pain
- Decreased sodium levels in the blood
- Fever
- Infections of the upper respiratory tract
- Low levels of thyroid hormone
- A decreased number of white blood cells (which are important in fighting infection) in patients with primary mediastinal B-cell lymphoma

The most common side effects when KEYTRUDA is given alone to children

- Fever
- Vomiting
- Headache
- Stomach area (abdominal) pain
- Decrease in number of red blood cells
- Cough

Very common side effects when KEYTRUDA is given in combination with chemotherapy or chemotherapy with radiation therapy (may affect more than 1 in 5 people)

- Hair loss
- Feeling tired
- Diarrhoea
- Vomiting
- Rash
- Fever
- Decrease in white blood cell count
- Decreased appetite
- Joint pain
- Swelling of the lining of the digestive system (for example mouth, intestines)
- Mouth sores
- Decrease in red blood cell count
- Nausea
- Constipation
- Weight loss
- Decrease in number of platelets in the blood
- Elevated liver enzymes
- Low levels of thyroid hormone
- Urinary tract infection

Common side effects when KEYTRUDA is given in combination with lenvatinib

- Low levels of thyroid hormone
- High blood pressure
- Feeling tired
- Diarrhoea
- Joint and muscle pain
- Nausea
- Decreased appetite
- Vomiting
- Mouth sores
- Weight loss
- Stomach area (abdominal) pain
- Urinary tract infection
- Protein in your urine
- Constipation
- Headache
- Bleeding
- Blisters or rash on the palms of your hands and soles of your feet
- Hoarseness
- Rash

The most common side effects when KEYTRUDA is given in combination with axitinib

- Diarrhoea
- Fatigue
- High blood pressure
- Liver problems
- Low levels of thyroid hormone
- Decreased appetite
- Blisters or rash on the palms of your hands and soles of your feet
- Nausea
- Hoarseness
- Rash
- Cough
- Constipation
- Mouth sores or swelling of the lining of the mouth, nose, eyes, throat, intestines, or vagina

When KEYTRUDA is given in combination with enfortumab vedotin

- Rash is more common than when KEYTRUDA is given alone

Less common side effects can happen.

It's important to let your healthcare team know about any side effects you experience. These side effects may happen any time during treatment or even after your treatment has ended. You may experience more than one side effect at the same time. Your doctor may do blood tests to check for side effects.

Side effects associated with KEYTRUDA may be managed in different ways. Your KEYTRUDA treatment may be temporarily or permanently stopped and/or you may be given other medicines. Your doctor will decide how to best manage your side effects.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

Serious side effects or complications associated with transplants



- Possible rejection of a transplanted organ in people who have received a transplant (your doctor will tell you what to monitor)
- Complications, including graft-versus-host-disease (GVHD), in people with bone marrow (stem cell) transplant that uses donor stem cells (allogeneic). These can be severe and can sometimes become life-threatening and lead to death (your doctor will monitor you for skin rash, liver inflammation, abdominal pain, and diarrhoea)

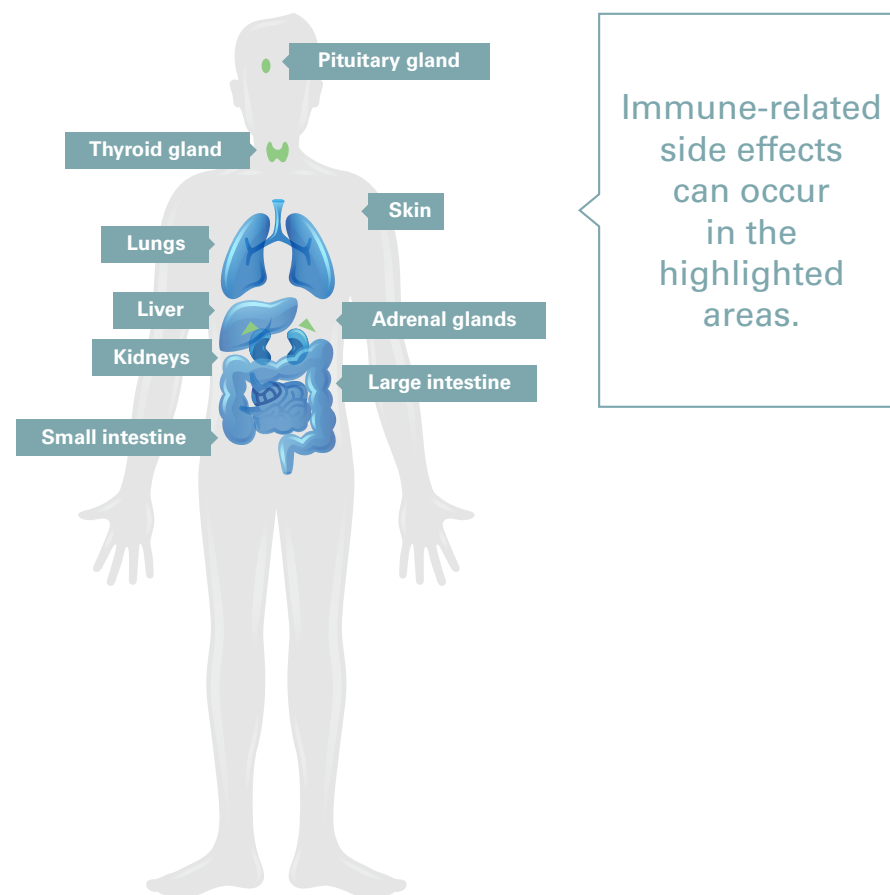
Call or see your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.

Immune-related side effects

As KEYTRUDA works with your immune system, there are specific side effects that may result from its action on your immune system.

It is important to watch for these immune-related side effects so they can be treated quickly, which may allow you to continue treatment with KEYTRUDA.

You may not have to stop KEYTRUDA treatment if your side effects are manageable.



Serious side effects to look out for

If you have any of the following symptoms, call or see your doctor right away, or go straight to the Emergency Department at your nearest hospital. Do NOT wait for your next appointment.



Signs and symptoms of infusion (IV) reactions:

- shortness of breath
- itching or rash
- dizziness
- fever



Signs and symptoms of hormone gland problems (especially the thyroid, pituitary, and adrenal glands):

- rapid heartbeat
- weight loss
- increased sweating
- weight gain
- hair loss
- feeling cold
- constipation
- your voice gets deeper
- muscle aches
- dizziness or fainting
- headaches that will not go away or unusual headache



Signs and symptoms of liver problems:

- nausea or vomiting
- feeling less hungry
- pain on the right side of your stomach
- your skin looks yellow
- the whites of your eyes look yellow
- dark urine
- you bleed or bruise more easily than normal



Signs and symptoms of skin problems:

- rash
- itching
- skin blistering, peeling or sores
- ulcers in mouth or in lining of nose, throat, or genital area



Signs and symptoms of lung problems:

- shortness of breath
- chest pain
- coughing



Signs and symptoms of problems with your intestines:

- diarrhoea or more bowel movements than usual
- your stools are black, tarry, sticky or have blood or mucus
- severe stomach pain or tenderness



Signs and symptoms of problems in other organs:

- muscle pain or weakness
- changes in eyesight
- stomach area pain with nausea and vomiting (pancreatitis)
- confusion, fever, memory problems, or seizures (encephalitis)
- swollen lymph nodes, rash or tender lumps on skin, cough, or eye pain (sarcoidosis)
- shortness of breath, irregular heartbeat, feeling tired, or chest pain (myocarditis)
- inflammation of the heart muscle, which may present as shortness of breath, irregular heartbeat, feeling tired, or chest pain (pericarditis)
- inflammation of the covering of the heart and accumulation of fluid around the heart (pericardial effusion)
- inflammation of the nerves that may cause pain, weakness, and paralysis in the arms and legs (peripheral neuropathy)
- pain, numbness, tingling, or weakness in the arms or legs; bladder or bowel problems including needing to urinate more frequently, urinary incontinence, difficulty urinating and constipation (myelitis)
- inflammation of the blood vessels (vasculitis)
- decreased function of the parathyroid gland, which may include muscle cramps or spasms, fatigue and weakness (hypoparathyroidism)
- inflammation of the stomach lining, which may include severe stomach pain or tenderness, nausea or vomiting (gastritis)
- destruction of red blood cells, which may include dark urine, pale or yellow skin/eyes, lightheadedness, feeling tired, rapid heartbeat, or shortness of breath (haemolytic anaemia)
- pain in the upper right part of the stomach, swelling of the liver or spleen, fatigue, itching or yellowing of the skin or the whites of the eyes (sclerosing cholangitis)
- decreased ability of the pancreas to make digestive enzymes, which may include diarrhoea with loose and oily stools, weight loss, metabolic bone disease, and vitamin or mineral deficiencies (exocrine pancreatic insufficiency)
- decreased production of blood cells, which may result in weakness, shortness of breath, dizziness, fast or irregular heartbeat, frequent infections, unexplained or easy bruising, or bleeding from gums or other tissues (aplastic anaemia)
- changes in the amount or colour of your urine
- feeling more hungry or thirsty
- needing to urinate more often
- weight loss

Tell your doctor if you notice anything else that may be making you feel unwell. Do not try to diagnose or treat side effects by yourself.

YOUR HEALTHCARE TEAM

Your needs may change over the course of your treatment journey. Support may come from other healthcare professionals, from people close to you, and even from others in the cancer community.

Your cancer healthcare team is available to help you with treatment decisions and answer any questions you have along the way:

Medical oncologist

A doctor who specialises in the treatment of cancer with medicines such as chemotherapy, targeted therapy and immunotherapy.

Surgeon

A doctor who performs surgery to remove cancer and may specialise in one part of the body.

Oncology nurse

A nurse who specialises in treating and caring for people who have cancer. They work with your doctors to identify your specific needs, monitor your physical condition, and help you manage side effects.

Pharmacist

A healthcare professional who dispenses medicines and provides advice and education on how to use them.

Talking with your healthcare team can help you understand your diagnosis and treatment.



Need extra support? Your feelings and opinions are important for decisions about your care. Ask about other support that may be available to you such as a patient organisation, social worker, psychologist, physical therapist, dietitian, or community support group.

Use the space below to record the names and telephone numbers of the people in your cancer healthcare team and other important healthcare professionals.

My medical oncologist _____



My surgeon _____



My oncology nurse _____



My pharmacist _____



My general practitioner (GP) – looks after your general health and coordinates treatment by working with your specialists.



My physiotherapist or occupational therapist (OT) – provides help with physical and practical challenges such as restoring movement after treatment.



My exercise physiologist – prescribes and monitors an individualised exercise program that helps you improve your physical and mental health and wellbeing.



What to keep in mind during treatment

You are as much a part of your healthcare team as your oncologist. To make the most of your treatment and to ensure that you are receiving the best possible care, make sure you:



Keep your healthcare team informed about how you feel.

Tell your doctor if you experience any side effects, so that they can help you manage them. This may help your symptoms resolve or prevent them from becoming more serious, so that they are less likely to compromise your treatment.



Keep your appointments.

If you can't make an appointment, reschedule it as soon as possible.



Maintain a healthy lifestyle.

Eat well, exercise appropriately, and look after your emotional health. If you don't know what's best for your health, ask a member of your healthcare team for advice.



Tell other healthcare professionals that you are taking KEYTRUDA.

This includes all the doctors, nurses, pharmacists and dentists involved in your healthcare.



Consult your doctor before taking other medicines.

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

It is especially important to tell your doctor or pharmacist if you take other medicines that make your immune system weak. Examples of these may include steroids, such as prednisone.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect KEYTRUDA.

Questions for your doctor

Use the questions below to help guide your conversation about your treatment plan with KEYTRUDA.



Questions to ask your doctor

- When will I need to attend the clinic for my treatment with KEYTRUDA?
- What are the possible side effects of KEYTRUDA?
- How might this treatment impact my everyday life?
- Can the possible side effects be prevented or controlled? Are they temporary or permanent?
- Will the treatment affect my fertility/ability to have children?
- Are there any complementary therapies that I can or cannot have?
- What if this treatment does not work?
- How can I report any side effects?

MORE INFORMATION

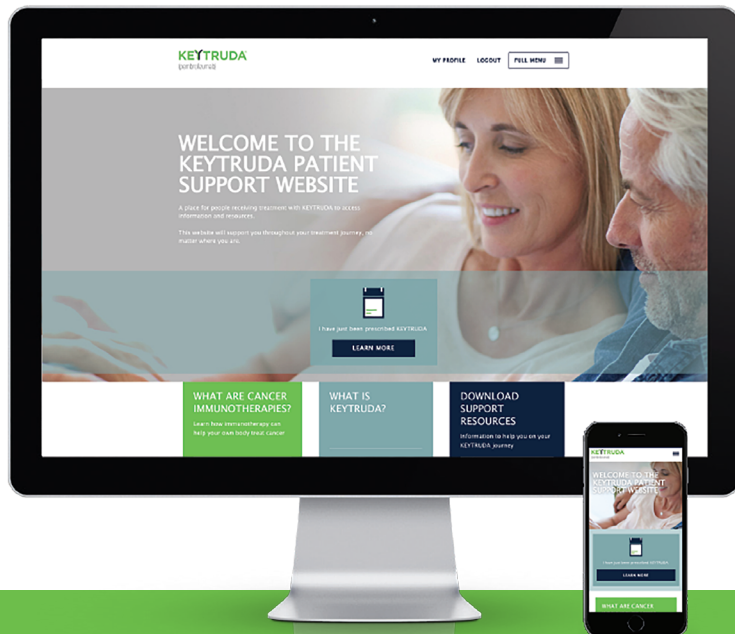
KEYTRUDA website

The KEYTRUDA website has information and resources for people who have been prescribed KEYTRUDA, including a video about how immunotherapies work. This video is available in different languages.

The KEYTRUDA website is only available for people aged 18 years or older, who are currently being treated with KEYTRUDA in Australia.



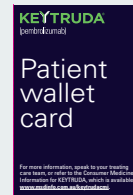
Visit www.keytruda.com.au or scan this QR code to help you on your treatment journey with KEYTRUDA. When prompted for an **access code use: key123**



KEYTRUDA WEBSITE ACCESS CODE: **key123**

Always carry your KEYTRUDA Patient Wallet Card with you and remember to read the Consumer Medicine Information

KEYTRUDA resources



KEYTRUDA Patient Wallet Card

Always carry this card with you to assist in telling healthcare professionals, such as your doctors, dentists and pharmacists, that you are being treated with KEYTRUDA.

Download it by scanning the QR code.



KEYTRUDA Consumer Medicine Information

This important document provides further information on KEYTRUDA.

Download it by visiting msdinfo.com.au/keytrudacmi or scanning the QR code.





References

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