

Medication Information Sheet

enzalutamide (EN-za-LOO-ta-mide)

This document provides general information about your medication. It does not replace the advice of your health care professional. Always discuss your therapy with your health care professional and refer to the package insert for more details.

Other Name: Xtandi®

Appearance: white capsule

What is this medication for?

- For treating prostate cancer

What should I do before I have this medication?

- Tell your doctor and pharmacist if you have or had significant medical condition(s) such as:
 - seizures or at risk of having seizures
 - liver, kidney or heart problems (including irregular heartbeat)
 - high blood pressure
 - low salt levels in the blood
 - any allergies
- People with cancer have a higher risk of getting other cancers or developing blood clots. Some cancer medications may increase these risks, especially if used for a long period of time. Discuss any concerns about this medication with your health care team.

How will this medication affect sex, pregnancy and breastfeeding?

- The use of this medication may cause harm to the unborn baby if pregnancy occurs. Let your health care team know if your partner is pregnant, becomes pregnant during your treatment, or is breastfeeding.
- While this may not be directly applicable to you, if there is **ANY** chance that your partner may become pregnant, you and your partner together must:
 - ► **Use 2 effective forms of birth control at the same time while taking this drug:** Keep using birth control until **3 months** after the last dose. Discuss with your healthcare team.
- This medication may affect fertility (ability to get your partner pregnant)

How is this medication given?

- This medication is usually taken once a day by mouth.
- Swallow whole with a glass of water, with or without food.
- Do not crush or open the capsules.
- If a dose is missed for the day, take it as soon as it is remembered on the same day. If it is forgotten for the whole day, skip this dose and take the next usual dose. Do not double the dose to make up for the missed one.

What else do I need to know while on this medication?

- This medication can interact with other medications and can result in the treatment not working as well or cause severe side effects.
- Make sure your health care team knows about all your medications (prescription, over-the-counter, herbals and supplements). Check with your health care team before starting or stopping any of them.
- For mild aches and pain:
 - You may take acetaminophen (Tylenol®) tablets. Ask your health care team about the right dose for you.
 - Ibuprofen (Advil®, Motrin®), naproxen (Aleve®) or aspirin (acetylsalicylic acid, ASA), including low dose aspirin for heart conditions, may increase your chance of bleeding.
 - Talk to your health care team before you start or stop these medications.
 - If you feel unwell, take your temperature before taking any of these medications. They may hide a fever.
 - **Talk to your health care team or go to the closest emergency room right away if you have a fever.** See the [Fever](#) pamphlet for more information.
- Drinking alcohol and smoking during your treatment may increase some side effects and make your medication less effective. Speak to your health care team about smoking and drinking alcohol while on treatment.

How should I safely store this medication?

- Keep this medication in the original packaging at room temperature in a dry place, away from heat and light. Keep out of sight and reach of children and pets.
- Do not throw out any unused medications at home. Bring them to your pharmacy to be thrown away safely.

What are the side effects of this medication?

You may not have all of the side effects below. You may have side effects that are not listed.

Side effects and what to do	When to contact doctor?
Common Side Effects (25-49 out of 100 people)	
<p>Fatigue (tiredness)</p> <ul style="list-style-type: none"> • Be active and aim to get 30 minutes of moderate exercise (you are able to talk comfortably while exercising) on most days. Check with your health care team before starting any new exercise. • Pace yourself, do not rush. Put off less important activities. Rest when you need to. • Eat well and stay hydrated by drinking at least 6 to 8 glasses of water or other liquids every day (unless your doctor told you to drink more or less). • Avoid driving or using machinery if you are feeling tired <p>See our Fatigue pamphlet for more information.</p>	<p>Contact your health care team if no improvement or if severe</p>
<p>Mild joint, muscle pain or cramps</p> <ul style="list-style-type: none"> • Take your pain medication as prescribed by your doctor. • You can take acetaminophen (Tylenol®) tablets as needed for mild aches and pains. Ask your doctor or pharmacist about the right dose for you. • Talk to your doctor or pharmacist first before taking ibuprofen (Advil®, Motrin®), naproxen (Aleve®) or aspirin. These medication may increase bleeding risk. • Rest often and try light exercise as it may help. 	<p>Contact your health care team if no improvement or if severe</p>

*The most updated version and more symptom control information can be found on: <http://www.cancercare.on.ca/druginfo>

Prepared with input from the Cancer Care Ontario-Medication Information Sheets Working Group.

November 2016

Side effects and what to do	When to contact doctor?
Less Common Side Effects (10-24 out of 100 people)	
<p>Diarrhea</p> <p>May happen days to weeks after you get your treatment.</p> <p>If you have diarrhea :</p> <ul style="list-style-type: none"> • Take anti-diarrhea medication if your health care team prescribed it. • Avoid foods or drinks with artificial sweetener (e.g. chewing gum, “diet” drinks), coffee and alcohol. • Eat many small meals and snacks instead of 2 or 3 large meals. • Drink at least 6 to 8 cups of liquids each day. Talk to your health care team if you can’t drink 6-8 cups of liquids each day when you have diarrhea. You may need special liquids with salt and sugar, called Oral Rehydration Therapy. <p>See the Diarrhea pamphlet for more information.</p>	<p>Contact your health care team if no improvement or if severe</p>
<p>Hot flashes, feeling or wave of warmth</p> <p>To help prevent hot flashes:</p> <ul style="list-style-type: none"> • Avoid triggers such as spicy food, alcohol and caffeine (tea, coffee, and soft drinks), • Exercise regularly. Ask your health care team what exercises are appropriate for you before you start any new exercise. • Quitting smoking may also help. <p>If you have hot flashes:</p> <ul style="list-style-type: none"> • Keep cool; dress lightly or in layers that you can easily remove and drink plenty of liquids unless you have been told otherwise. • Hot flashes may improve over time. <p>Other symptoms of having low testosterone levels:</p> <ul style="list-style-type: none"> • Decreased sexual function or desire to have sex • Breast swelling or tenderness • Low energy • Mood changes, depression 	<p>Contact your health care team if no improvement or if severe</p>

Side effects and what to do	When to contact doctor?
Less Common Side Effects (10-24 out of 100 people)	
<p>Mild swelling in arms and legs; puffiness</p> <p>To help prevent swelling :</p> <ul style="list-style-type: none"> • Eat a low-salt diet. • Avoid tight fitting clothing. <p>If you have swelling in your legs, keep your feet up when sitting.</p>	Contact your health care team if no improvement or if severe
<p>High blood pressure (may be severe)</p> <ul style="list-style-type: none"> • Check your blood pressure regularly. Your doctor may prescribe medication to treat high blood pressure. • If you have a severe headache, severe dizziness, or if you faint get emergency help right away as it may be a sign your blood pressure is too high or too low. 	Contact your health care team if no improvement or if severe
<p>Dizziness, headache</p> <ul style="list-style-type: none"> • You may feel light headed. • Lay down if this happens. • Get up and move slowly once you feel better. • Do not drive a motor vehicle or use machinery if you feel dizzy. 	Contact your health care team if no improvement or if severe

Other rare, but serious side effects are possible.

If you experience ANY of the following, speak to your health care provider or get emergency medical help right away:

- feeling anxious or confused
- hallucinations (seeing things that are not there)
- passing out or seizures
- severe or unusual bone pain
- unusual bleeding or bruising
- fever or chills
- irregular heartbeat

For more links on how to manage your symptoms go to www.cancercare.on.ca/symptoms.

The information set out in the medication information sheets, regimen information sheets, and symptom management information (for patients) contained in the Drug Formulary (the "Formulary") is intended to be used by health professionals and patients for informational purposes only. The information is not intended to cover all possible uses, directions, precautions, drug interactions or side effects of a certain drug, nor should it be used to indicate that use of a

*The most updated version and more symptom control information can be found on: <http://www.cancercare.on.ca/druginfo>

Prepared with input from the Cancer Care Ontario-Medication Information Sheets Working Group.

November 2016

particular drug is safe, appropriate or effective for a given condition.

A patient should always consult a healthcare provider if he/she has any questions regarding the information set out in the Formulary. The information in the Formulary is not intended to act as or replace medical advice and should not be relied upon in any such regard. All uses of the Formulary are subject to clinical judgment and actual prescribing patterns may not follow the information provided in the Formulary.

*The most updated version and more symptom control information can be found on: <http://www.cancercare.on.ca/druginfo>

Prepared with input from the Cancer Care Ontario-Medication Information Sheets Working Group.

November 2016