

Medication Information Sheet

iBRUtinib (eye-BROO-tih-nib)

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: Imbruvica®

Appearance: capsule

What is this medication for?

- For treating blood cancers such as chronic lymphocytic leukemia (CLL), mantle cell lymphoma (MCL) and Waldenström's macroglobulinemia (WM).

What should I do before I have this medication?

- Tell your doctor and pharmacist if you have or had significant medical condition(s), especially if you have or had:
 - bleeding problems,
 - high blood pressure,
 - liver, kidney or heart problems (including irregular heartbeat),
 - recent infection or surgery,
 - or have any allergies.
- People with cancer have a higher risk of getting other cancers. Some cancer medications may increase these risks, especially if used for a long 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 in men or women may cause harm to the unborn baby if pregnancy occurs. Let your health care team know if you or your partner is pregnant, becomes pregnant during treatment, or if you are breastfeeding.
- If there is ANY chance that you or your partner may become pregnant, you and your partner together must:
 - ► **Use 2 effective forms of birth control at the same time** while receiving this drug: Keep using birth control until at least **3 months** after the last dose. Discuss with your healthcare team.

*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.

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- Do not breastfeed while taking this drug.
- We do not know if this medication affects fertility (ability to get 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 you miss a dose of ibrutinib, take it as soon as possible on the same day. Follow your usual schedule the next day. Do not take extra capsules to make up for a missed dose.

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.
- Do not eat or drink grapefruit, starfruit, Seville oranges or their juices (or products that contain these) while taking this drug. They may increase the amount of drug in your blood and increase side effects.
- 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.
- Make sure your health care team knows about all your medications (prescription, over-the-counter, herbals and supplements), especially blood thinners, anti-seizure medications, antibiotics and St. John's wort. Check with your doctor or pharmacist before starting or stopping any of them.

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?

Some side effects may be more likely with one type of cancer compared to another. Talk to your health care team about side effects that are more likely to occur with your cancer.

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?
Very Common Side Effects (50 or more out of 100 people)	
High white blood cell count <ul style="list-style-type: none"> • You may have a severe headache, unsteady gait, and fatigue 	Contact your health care team as soon as possible

Side effects and what to do	When to contact doctor?
Common Side Effects (25 to 49 out of 100 people)	
Diarrhea (may be severe) May happen days to weeks after you get your treatment. If you have diarrhea : <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. 	Contact your health care team if no improvement or if severe

Side effects and what to do	When to contact doctor?
Common Side Effects (25 to 49 out of 100 people)	
See the Diarrhea pamphlet for more information.	
<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>	Contact your health care team if no improvement or if severe
<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>Cough; feeling short of breath</p> <p>You may have cough and feel short of breath without any signs of infection, such as a sore throat or a stuffed nose.</p>	Contact your health care team if no improvement or if severe
<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. 	Contact your health care team if no improvement or if severe
<p>Nausea and vomiting</p> <p>May occur in hours to days after your treatment.</p> <p>If you have nausea or vomiting:</p> <ul style="list-style-type: none"> • Take anti-nausea medication(s) as prescribed to you by your doctor. • Drink clear liquids and have small meals. Get fresh air and rest. 	Contact your health care team if no improvement or if severe

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Side effects and what to do	When to contact doctor?
Common Side Effects (25 to 49 out of 100 people)	
<ul style="list-style-type: none"> • Do not eat spicy, fried foods or foods with a strong smell. • Limit caffeine (e.g. coffee, tea) and alcohol. • Contact your health care team if the prescribed anti-nausea medications are not helping to control your nausea and vomiting. <p>Also see Nausea & Vomiting pamphlet for more information.</p>	

Side effects and what to do	When to contact doctor?
Less Common Side Effects (10 to 24 out of 100 people)	
<p>Rash; dry, itchy skin</p> <p>Rash may be severe in some rare cases and cause your skin to blister or peel. If this happens, get emergency medical help right away.</p> <p>To prevent and treat dry skin,</p> <ul style="list-style-type: none"> • Use skin moisturizer. • Protect your skin from the sun and the cold. • Use sunscreen with UVA and UVB protection and a SPF of at least 30. 	<p>Contact your health care team if no improvement or if severe</p>
<p>Low appetite</p> <ul style="list-style-type: none"> • You may not feel like eating or you may lose weight. • Try to eat foods that you like and eat small meals throughout the day. • You may need to take meal supplements to help keep your weight up. • Talk to your health care team if you have a low appetite. • See our Loss of appetite pamphlet for more information. 	<p>Contact your health care team if no improvement or if severe</p>
<p>Unusual bleeding or bruising (may be severe)</p> <p>You may have black stools, cough up blood, blood in your urine, purple or red dots on your skin or bleeding that will not stop.</p> <p>Fever, chills, infection</p> <p>You have a fever if your temperature taken in your mouth (oral temperature) is:</p> <ul style="list-style-type: none"> • 38.3°C (100.9°F) or higher at any time OR • 38.0°C (or 100.4°F) or higher for at least one hour. <p>While you are getting chemotherapy treatments:</p>	<p>Get emergency medical help right away</p>

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Side effects and what to do	When to contact doctor?
Less Common Side Effects (10 to 24 out of 100 people)	
<ul style="list-style-type: none"> • Keep a digital thermometer at home and take your temperature if you feel hot or unwell (for example, chills). • Avoid taking medications that treat a fever before you take your temperature (for example, Tylenol®, acetaminophen, Advil® or ibuprofen) as they may hide a fever. • Do not eat or drink anything hot or cold right before taking your temperature. • Wash your hands often. • Check with your doctor before getting any vaccines, surgeries, medical procedures or visiting your dentist. <p>If you have a fever, talk to your health care team or go to the closest emergency room. See our Neutropenia (Low white blood cell count) pamphlet for more information.</p>	
<p>Mouth sores</p> <p>You may have round, painful, white or gray sores inside your mouth. They can occur on the tongue, lips, gums, or inside your cheeks. In more severe cases they may make it hard to swallow, eat or to brush your teeth. They usually last 1 to 2 weeks.</p> <p>To help prevent mouth sores:</p> <ul style="list-style-type: none"> • Take care of your mouth by gently brushing and flossing regularly. • Rinse your mouth often. Do not use mouthwashes with alcohol. • Instead, try a homemade mouthwash: • Mix 1 teaspoonful of baking soda and 1 teaspoonful of salt in 4 cups (1L) of water. <p>If you have mouth sores:</p> <ul style="list-style-type: none"> • Check with your health care team as soon as you notice mouth or lip sores or if it hurts to swallow. • Avoid hot, spicy, acidic, hard or crunchy foods.. Your doctor may prescribe a mouthwash to relieve mouth sores and prevent infection. <p>See the Mouth Care pamphlet for more information.</p>	<p>Contact your health care team as soon as possible</p>
<p>Constipation</p> <p>To help prevent constipation :</p>	<p>Contact your health care team if no improvement or</p>

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Side effects and what to do	When to contact doctor?
Less Common Side Effects (10 to 24 out of 100 people)	
<ul style="list-style-type: none"> • Drink more liquids and eat well. Drink at least 6 to 8 cups of liquids each day unless you have been told otherwise. • Be Active. Exercise can help to keep you regular. • Try to eat more fiber (e.g. fruits with skin, leafy greens and whole grains). If you take opioid pain medication, ask your health care team if eating more fibre is right for you. <p>To help treat constipation :</p> <ul style="list-style-type: none"> • If you have not had a bowel movement in 2 to 3 days you may need to take a laxative. Ask your health care team what to do. <p>See the Constipation Pamphlet for more information.</p>	if severe
<p>Heartburn; stomach upset</p> <p>To help prevent heartburn:</p> <ul style="list-style-type: none"> • Avoid fatty or spicy foods. • Remain upright after eating. • Drink clear liquids and eat small meals. 	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
<p>Eye problems</p> <ul style="list-style-type: none"> • You may have dry eyes, redness, irritation, pain, tearing, sensitivity to light or blurred vision. • Avoid wearing contact lenses. • You may try artificial tears or ointment. 	Contact your health care team as soon as possible
<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 	Contact your health care team as soon as possible

Other rare, but serious side effects are possible.

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

- Irregular heartbeat, fainting spells
- Chest pain, difficulty breathing or coughing up blood
- Signs of liver problems such as yellowish skin or eyes, unusually dark pee or pain on the right side of your belly
- Signs of allergy such as fever, itchiness, rash, swollen lips, face or tongue, chest and throat tightness
- Feeling confused, difficulty speaking, moving or problems with your balance
- Joint pain, fever, confusion and/or kidney problems (difficulty peeing, swelling, unusual weight gain)
- Unusual changes in your skin

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 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.

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