

Medication Information Sheet

vorinostat (vor-IN-o-stat)

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: Zolinza®

Appearance: White capsule

What is this medication for?

- For treating effects on the skin in T-cell lymphoma (also known as CTCL)

What should I do before I have this medication?

- Tell your doctor if you have/had significant medical condition(s), especially if you have / had diabetes, liver problems, blood clots, heart disease (including any family history of irregular heartbeat or sudden death), abnormal electrolytes, eating disorders, or any allergies.
- People who have cancer or leukemia are at a higher risk of developing other cancers/leukemias (usually some years later) or blood clots. Some cancer medications may increase these risks, especially if used for a prolonged period of time. You should discuss any concerns with your doctor.

How will this medication affect sex, pregnancy and breastfeeding?

- Vorinostat can harm the unborn baby. 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 taking this drug. Keep using birth control until **6 months** after the last dose (general recommendation). Discuss with your healthcare team.
- Tell your doctor right away if you or your partner becomes pregnant.
- Do not breastfeed while on vorinostat.
- Effects on Fertility: Probable

How is this medication given?

- Vorinostat is usually taken once a day.
- Take it exactly as directed by your doctor. Make sure you understand the instructions.
- Do not crush or open the capsules.
- Swallow whole with a glass of water.
- Take vorinostat after a meal.

*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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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.
 - Talk to your health care team first before starting ibuprofen (Advil®, Motrin®), naproxen (Aleve®) or aspirin (acetylsalicylic acid, ASA), since these may increase your chance of bleeding.
 - If you are already taking aspirin regularly, such as for heart conditions; Do not stop it- talk to your health care team first.
 - If you feel unwell, take your temperature before using any of these drugs. They may hide a fever. **Phone 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.
- Drink at least 8 glasses (8 x 250 mL) of liquid every day to prevent dehydration.

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?

The following side effects are common or severe. You may not have all of the side effects. Other side effects may occur. If you have any unusual or bothersome symptoms, discuss with your doctor.

Side effects and what to do	When to contact doctor?
More Common Side Effects	
<p>Diarrhea</p> <ul style="list-style-type: none"> • Drink plenty of clear fluids. Limit hot, spicy, fried foods, foods/drinks with caffeine, orange or prune juice. Try a low-fiber BRAT diet (Bananas, white Rice, Apple sauce, Toast made with white bread). • Take anti-diarrhea drug(s) if given to you by your doctor. • Also see Diarrhea pamphlet.* 	Contact your health care team if no improvement or if severe
<p>Tiredness</p> <ul style="list-style-type: none"> • Rest often; take naps if needed. Move slowly when getting up. • Eat well-balanced meals and drink plenty of fluids. Light exercise may help. • Do not drive a motor vehicle or operate machinery when feeling tired. 	Contact your health care team if no improvement or if severe
<p>Nausea and vomiting (generally mild)</p> <ul style="list-style-type: none"> • Drink clear fluids and avoid large meals. Get fresh air and rest. • Limit spicy, fried foods or foods with a strong smell. • Take anti-nausea drug(s) exactly as directed by your doctor. It is easier to prevent nausea than to treat it. • Contact your doctor if nausea lasts more than 48 hours or vomiting for more than 24 hours. • Also see Nausea & Vomiting pamphlet.* 	Contact your health care team if no improvement or if severe
<p>Poor Appetite; don't feel like eating; weight loss</p> <ul style="list-style-type: none"> • Eat foods that you like and try to eat regular small meals. • Use meal supplements if possible. See a dietitian. 	Contact your health care team if no improvement or if severe
<p>Unusual taste, dry mouth</p> <ul style="list-style-type: none"> • Chewing gum or sucking on ice chips may help. 	Contact your health care team if no improvement or if severe
<p>Hair thinning or loss</p> <ul style="list-style-type: none"> • Use a gentle soft brush; care should be taken with hair sprays, bleaches, dyes and perms. • Your hair usually grows back after your treatment ends, but the texture or colour may change. 	
<p>Muscle pain or spasms</p>	Contact your health care team if no improvement or if severe

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More Common Side Effects	
<p>Abnormal kidney function lab tests</p> <ul style="list-style-type: none"> Your doctor may monitor your kidney function regularly. Call your doctor or get emergency medical help if you have signs of kidney problems such as body swelling, passing little or no urine, or recent unusual weight gain. 	Contact your health care team if no improvement or if severe
<p>Constipation</p> <ul style="list-style-type: none"> Eat a balanced diet with fibres such whole grains, fruit and raw vegetables. Drink plenty of fluids. Try light exercise regularly. Speak to your doctor if no bowel movement for 3 or more days. Also see Constipation Pamphlet.* 	Contact your health care team if no improvement or if severe

Side effects and what to do	When to contact doctor?
Less Common Side Effects, but may be Severe	
<p>Blood clot (limb pain or swelling, hardened vein in limb), may occur in lungs (sudden start of coughing, breathing problems, chest pain, coughing blood)</p>	Get emergency medical help right away
<p>Unusual bleeding or bruising (black stools, coughing up blood, purple or red dots on skin, bleeding that will not stop)</p> <ul style="list-style-type: none"> May occur in days to weeks after treatment starts. May be due to low platelets, but may occur even with normal platelets. Use a soft toothbrush. Be careful not to cut or bruise yourself. Check with your doctor before any surgery or dental work. Also see Low Platelets pamphlet.* 	Get emergency medical help right away
<p>Blockage of an artery (blood vessel) in your heart, brain, chest, belly, or limbs; this may result in stroke (sudden loss of vision, speech, or the use of your limb(s)) or heart attack (chest pain, shortness of breath), or pain in chest, belly or limb</p>	Get emergency medical help right away
<p>Rupture in stomach or intestine wall (Sudden, severe pain in belly or stomach area)</p> <p>Abnormal connections forming between body organs (severe pain, sudden bowel or digestion changes)</p>	Get emergency medical help right away

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Less Common Side Effects, but may be Severe	
<p><i>Immune system attacking spinal nerves</i></p> <ul style="list-style-type: none"> • Watch for any tingling and or weakness that started in your feet or toes and is now spreading to your upper body, • Difficulty catching your breath or choking on saliva • Severe weakness or unable to move 	Get emergency medical help right away
<p><i>Allergic reaction</i> (severe rash, itchiness, swollen face, lip or tongue, chest or throat tightness; may occur during or shortly after the drug is given)</p>	Get emergency medical help right away
<p><i>Irregular heartbeat</i></p> <ul style="list-style-type: none"> • Also watch for chest pain, fainting, swelling in legs/ankles/belly, shortness of breath 	Get emergency medical help right away
<p><i>Inflammation of blood vessels in the brain, kidney or skin</i></p>	Contact your health care team as soon as possible

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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