Everolimus (Afinitor®)
(“e ver OH li mus”)

How drug is given: By mouth

Purpose: to slow the growth of cancer cells in kidney cancer and other cancers

How to take the drug by mouth

• Take with or without food and with a full glass of water. Take it the same way every time.

• Swallow each tablet whole; do not chew or crush the tablets. If you are unable to swallow, the pharmacist will give you specific instructions.

• If you miss a dose, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not double dose.

• Everolimus can interfere with many drugs, which may change how this works in your body. Talk with your doctor before starting any new drugs, including over-the-counter drugs, natural products, herbal supplement, or vitamins.

• Do not drink grapefruit juice or eat grapefruit. Side effects may be worse.

Storage

• Store this medicine at room temperature, away from heat and moisture. Keep this medicine in its original container, out of the reach of children and pets.

Things that may occur during treatment

1. Mild to moderate nausea and/or vomiting may occur. You may be given drugs to help with this.

2. Your blood cell counts may drop. This is known as bone marrow suppression. This includes a decrease in your:
   • Red blood cells, which carry oxygen in your body to help give you energy
   • White blood cells, which fight infection in your body
   • Platelets, which help clot the blood to stop bleeding

   If you have a fever of 100.5°F (39°C) or higher, chills, a cough, or any bleeding problems, tell your doctor or nurse right away.
3. Loose stools or diarrhea may occur within 3 days after the drug is started. You may take loperamide (Imodium A-D®) to help control diarrhea. You may buy this at most drug stores. It is also important to drink more fluids (water, juice, sports drinks). If these do not help, tell your doctor or nurse.

4. Skin changes such as dryness or a rash on your body or arms and legs may occur. Ask your doctor or nurse what lotions or creams you may use.

5. This drug may cause a change in your blood sugar and cholesterol levels. Normal levels usually return after treatment is stopped.

6. You may have a cough or shortness of breath. New or worsening cough or shortness of breath should be reported to your doctor or nurse.

7. Some patients may feel very tired, also known as fatigue. You may need to rest or take naps more often. Mild to moderate exercise can also be helpful in maintaining your energy. Talk with your doctor or nurse.

8. You may get mouth sores 7 to 10 days after this drug is started. It is important to keep your mouth clean. A soft-bristle toothbrush should be used for brushing your teeth. You may have a burning feeling and redness inside the mouth or on the lips. Use a baking soda mouth rinse 4 or 5 times a day.

<table>
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<tr>
<th>Mouth Rinse Recipe:</th>
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<tr>
<td>Mix: 1 tsp salt or baking soda with 8 oz. glass of water</td>
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Other mouth rinses may be ordered by your doctor. Do not use mouth washes that have alcohol in them because they will dry out the mouth. If you cannot eat or swallow because of this, let your doctor or nurse know. Check with your doctor before having any dental work done.

9. Your body may not be able to get rid of extra fluid. This is called edema. You may notice some swelling in your arms or legs.

10. You may get a fever even when you do not have an infection. Your muscles may ache or be tired. These can be treated with acetaminophen (Tylenol®).

11. You may get a headache. Please talk to your doctor or nurse about what you can take for this.

12. It is very important to use birth control if you are having sex since this drug may be harmful to an unborn baby. Women should not breast-feed while receiving everolimus. If you are concerned about any of this, please talk with your doctor or nurse.

The above information includes some, but not necessarily all, of the possible side effects of this medication. The side effects in this teaching sheet may not be the same ones you experience. Your side effects may be different, depending on how often you receive treatment (your schedule) and how much you receive each time (your dosage). Side effects may also vary if you take other medications. Please talk
with your doctor or nurse if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your health care team.

If you experience any significant change in your health during or after treatment, contact a member of your health care team right away.

Managing your oral chemotherapy schedule at home can be challenging. To help you with this, consider using tools to help you keep track of your schedule and any side effects you may have. You can find these tools online at www.dana-farber.org/OralChemoDiary.