How drug is given: By mouth

Purpose: Treatment of transplant rejection and some cancers

How to take this drug by mouth

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

• Swallow tablets whole, do not crush or chew tablets. If you are unable to swallow the tablet, 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.

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

Storage

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

Things that may occur during treatment

1. Your blood pressure may go up. If this happens, you may be given medication to help with this. If you have headaches or dizziness, let your doctor or nurse know right away.

2. 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.

3. You may feel pain or weakness in your joints or muscles. If these bother you, ask your doctor or nurse what type of drugs you may use to help with this pain.

4. Skin changes such as dryness or a rash on your body may occur. Ask your doctor or nurse what lotions or creams you may use.
5. 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.

6. Mild to moderate nausea, vomiting, and loss of appetite may occur. Drugs to help with this may be given to you.

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

8. Mild constipation may occur after treatment begins. Please increase your fluid intake and increase fiber in your diet by eating fresh fruits and vegetables. A daily stool softener, such as docusate (Colace®) and/or laxatives such as senna (Senakot®) may be helpful. If these do not help within 48 hours, tell your doctor or nurse. Do not use bulk forming laxatives such as Metamucil® without talking with your doctor or nurse.

9. Loose stools or diarrhea may occur within a few 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.

10. This drug may cause a change in your cholesterol level. A normal level will usually return after treatment has stopped.

11. 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 sirolimus. 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](http://www.dana-farber.org/OralChemoDiary).

THIS SPACE RESERVED FOR WRITTEN COMMENTS OR NOTES FOR THE PATIENT AND FAMILY: