Vorinostat (Zolinza®)  
(“vor IN oh stat”)

How this drug is given: by mouth

Purpose: To kill cancer cells in lymphoma and other cancers

How to take this drug

- Take with food.
- Swallow whole. Do not chew, break, or crush.
- Drink plenty of liquids (water, juice, sport drinks) that do not contain caffeine. Please drink eight 8-ounce glasses of liquid daily.
- 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.
- Try to take each dose at the same time every day.

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. 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 liquids (water, juice, sports drinks). Eating small frequent meals, including bananas, rice, apple sauce, and toast, can be helpful in managing diarrhea. If these do not help within 48 hours, call your doctor or nurse.

2. Mild to moderate nausea and vomiting may occur. Drugs to help with this may be given to you.

3. Loss of appetite may occur; this may lead to weight loss.

4. Taste changes may occur; foods may taste different.
5. Some patients may feel very tired, also known as fatigue. You may need to rest or take naps more often.

6. Changes in your blood sugar may occur.

7. Your blood cell counts may drop (bone marrow suppression), so your blood cell counts will be checked often. This change in counts may include a decrease in:
   - 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, **call your doctor or nurse right away**.

8. You may have changes in your heartbeat. EKGs will be done to check your heart. If you feel any strange changes in your heartbeat, **call your doctor or nurse right away**.

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 and legs.

10. Mild constipation may occur within 1 to 2 weeks 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.

11. Some of your hair may fall out with treatment. You may lose hair on your head as well as facial and body hair. Hair may grow back during treatment.

12. You are at an increased risk of blood clots in the lungs and legs. If you feel chest pain, shortness of breath, or your heart beats faster than usual please **tell your doctor or nurse right away**. If you have pain, swelling, and/or warmth in one leg, **call your doctor or nurse right away**.

13. It is still very important to use birth control if you are having sex since this drug could hurt an unborn baby.

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: