



Apalutamide (Erleada®)

(*“a-pa-LOO-ta-mide”*)

How drug is given: By mouth.

Purpose: To treat prostate cancer

How to take this drug

1. Take this medication on an empty stomach (at least 1 hour before or 2 hours after food).
2. Swallow each tablet whole; do not crush or chew. If you have trouble swallowing the tablet, the pharmacist will give you specific instructions.
3. Apalutamide can interfere with many drugs, which may change how this works in your body. Talk with your cancer care team before starting any new drugs, including over-the-counter drugs, natural products, herbal supplements, and vitamins.
4. 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.**
5. Wash your hands after taking the medication. Avoid handling crushed or broken tablets.

Storage

1. Store at room temperature, away from heat and moisture.
2. Keep this medicine in its original container, out of reach of children and pets.
3. If you have unused oral chemotherapy pills (tablets or capsules), please return them to the pharmacy where the prescription was filled. Do not flush down the toilet, dump in the sink, or throw away in the trash.

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 cancer care team know right away.
2. Some patients may feel very tired, also known as fatigue. You may need to rest or take naps more often. Mild to moderate exercise may help you maintain your energy.

In some cases, fatigue may be a sign of hypothyroidism. This is a condition in which your thyroid gland does not produce enough thyroid hormone. If you feel fatigued and have symptoms such as an unusual sensitivity to cold or modest weight gain, talk with your cancer care team.

3. Skin changes, such as dryness or a rash on your body, may occur. Ask your cancer care team what lotions or creams you may use.
4. This drug may cause a change in your blood sugar and/or cholesterol levels. Normal levels usually return after treatment is stopped.
5. 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 can buy this at most drug stores. Be sure to also drink more fluids (water, juice, sports drinks). If these do not help within 24 hours, **call your cancer care team.**
6. Some important minerals called electrolytes are found in your blood and body fluids. They can be affected by this medicine. Your cancer care team will check your blood work periodically to monitor your potassium levels.
7. Rarely, some people's risk of heart problems may become higher, including having a heart attack or heart failure. Call your physician and go to the emergency room if you have chest pain, feel short of breath, have a racing heartbeat, or have major weakness.
8. Hot flashes and/or sweats may occur. As your body gets used to the drug, these may not bother you as much. Caffeine, spicy food, alcohol, or stress may cause these to get worse. Mild exercise may help.
9. Rarely, this drug may increase the risk of seizure.

The above information includes some, but not necessarily all, of the possible side effects of this medication. The side effects listed 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 are taking other medications. Please speak with your cancer care team if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your cancer care team about your treatment and side effects you may experience during and after treatment.

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If you experience any significant change in your health during or after treatment, contact a member of your cancer 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.

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



Oral Chemotherapy Fact Sheet

Oral chemotherapy medicines are given by mouth in the form of capsules, tablets, or liquid. These safety tips will help you understand what to do when you are taking oral chemotherapy.

Please note: If you are on a clinical trial, you may be given special instructions.

How to take this drug

- Swallow each tablet or capsule whole. Do not break, crush, or chew.
- Prepare your drug away from food and food prep areas.
- 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 the dose.
- If you are on a clinical trial, you will be given special instructions if you miss a dose.
- If you are unable to swallow the pill, speak with your nurse or pharmacist about other ways to take your medication.
- If you vomit or throw up your medication, call your physician for further instructions.
- Wash your hands after taking the medication. Avoid handling crushed or broken pills (tablets or capsules).

Storage

- Most oral chemotherapy medicine is stored at room temperature, away from excess heat and moisture. You will be told if the medication you are taking needs special storage or handling.
- Keep this medicine in its original container, in a safe place, away from other family medications. All medications need to be kept out of the reach of children and pets.

Disposal

- If you have unused oral chemotherapy pills (tablets or capsules), please return them to the pharmacy where the prescription was filled. Do not flush down the toilet, dump in the sink, or throw away in the trash.

Safe handling of body waste in the home after chemotherapy

- Chemotherapy stays in the body for hours or even days, and is found in vomit, urine, stool, and sweat (body wastes). Special care must be taken to prevent the patient's body waste from coming into accidental contact with the patient or caregiver.

Body wastes

Patient and caregiver:

- You can use the toilet (septic tank or city sewage) as usual. There is no research to support double flushing to prevent accidental contact (although this may be suggested for certain medications). Ask your doctor or nurse what they suggest for your medication.
- Wash your hands well with soap and water after using the toilet. If urine, vomit, or stool gets on your body, wash with soap and water. Always wear gloves when cleaning equipment or disposing waste from a urinal or commode.
- Pregnant caregivers should **not** handle patient body waste.
- It is safe for family and friends to use the same toilet, as long as all body waste is cleaned from the toilet.
- To absorb urine or stool, use a disposable, plastic-backed pad, diaper, or sheet. Change it immediately when soiled. Then wash skin with soap and water.
- If you have an ostomy, you or your caregiver may want to wear gloves when emptying or changing appliances.

Laundry

- Always wear disposable gloves when handling sheets or clothes that have been soiled with body waste.
- Soiled items should be kept and washed separately from the other laundry.

Oral chemotherapy is a serious drug that requires extra caution. If you have questions or concerns about your oral chemotherapy, do not hesitate to call your clinician. For more tips, tools and short videos to help you manage oral chemotherapy visit our web page at <http://www.dana-farber.org/oralchemo>



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