



Ibrutinib (Imbruvica®)

("eye-BROO-ti-nib")

How drug is given: by mouth

Purpose: to stop the growth of cancer cells in lymphoma and other cancers

How to take the drug

- Take each dose at the same time every day, with or without food. Take with water.
- Swallow each capsule whole; do not open or chew. If you have trouble swallowing the capsule, 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.**
- Ibrutinib 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 or supplements, including over-the-counter drugs, natural products, herbal supplements, and vitamins.
- Do not drink **grapefruit juice** or eat **grapefruit**. Also, do not take St. John's wort. Consuming these may increase the amount of medication in your body and worsen side effects.
- Wash your hands after taking the medication. Avoid handling broken or opened capsules.

Storage

- Store at room temperature, away from heat and moisture.
- Keep this medicine in its original container, out of reach of children and pets.
- If you have unused oral chemotherapy 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.



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Things that may occur during treatment

1. Your blood cell counts may drop. This is known as bone marrow suppression. This includes 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 (38°C) or higher**, chills, a cough, or any bleeding problems, **call your cancer care team right away**.

2. Loose stools or diarrhea may occur within a few days after the drug is started. You can take loperamide (Imodium A-D®) to help control diarrhea. You can 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 cancer care team.
3. Mild constipation may occur after treatment begins. Please increase your fluid intake and get more 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 Cancer care team Do not use bulk-forming laxatives such as Metamucil® without first talking to your cancer care team.
4. 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.
5. 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 also help you maintain your energy.
6. Your kidneys could be hurt by this drug and may not work as well. Your kidneys will be watched closely with blood and urine tests.
7. You may have an increased risk of bleeding events. **Call your cancer care team right away** if you feel new or sudden dizziness, lightheadedness, severe headache, or feel like you are passing out.

Call your doctor for:

- Blood in your urine and/or stool
- A nosebleed that does not stop in 10-15 minutes
 - For a nosebleed, sit with your head tipped slightly forward and lightly pinch the soft part of your nose between the thumb and forefinger for a full 10 minutes. Ice applied to the bridge of the nose may help.

Check with your cancer team if you have a procedure planned that might result in prolonged bleeding from this drug.



8. You may feel pain or weakness in your joints or muscles. If these bother you, ask your cancer care team what types of drugs you may use to help with this pain.
9. Mild to moderate nausea, vomiting, and loss of appetite may occur. You may be given medicine to help with this.
10. If you develop a new or worsening cough or shortness of breath, report this to your cancer care team
11. 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.
12. You may have a fast or unusual heartbeat. If you feel any changes in your heartbeat, tell your cancer care team **right away**.
13. In rare cases, you may be at risk for getting another type of cancer.

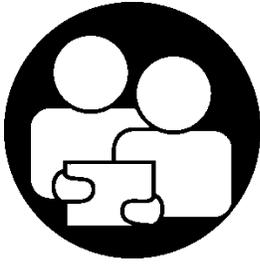
The above information includes some, but not necessarily all, of the possible side effects of this medication. The side effects listed in this teaching sheet may not be the same ones you experience. Your side effects may be different, depending on how often you receive treatment (your schedule) and how 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 place of conversations with members of your cancer care team.

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

Managing your oral chemotherapy schedule at home can be challenging. To help 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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