



Temsirolimus (Torisel®) (“tem-sir-OH-li-mus”)

How drug is given: By vein (IV)

Purpose: To stop the growth of cancer cells in the kidney and treat other cancers

Things that may occur during or within hours of treatment

1. Mild to moderate nausea, vomiting, and loss of appetite may occur. You may be given medicine to help with this.
2. 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.**

Things that may occur a few days to weeks after treatment

1. 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

This may happen 7 to 14 days after the drug is given. After that, your blood counts should return to normal. 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. This drug may cause a change in your blood sugar and cholesterol levels. Normal levels usually return after treatment is stopped.
3. You may get mouth sores 7 to 10 days after this drug is given. Be sure to keep your mouth clean. Use only a soft-bristle toothbrush for brushing your teeth. You may have a burning feeling and redness in the mouth or on the lips. Use a **baking soda mouth rinse** 4 or 5 times a day.

Mouth Rinse Recipe:

Mix: 1 tsp **salt or baking soda** with 8 oz. glass of **water**

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 cancer care team know. Check with your doctor before having any dental work done.

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. Taste changes may occur. Foods may taste different.
6. Your blood pressure may go up. If this happens, you may be given medication to help with this. If you have headaches or dizziness, tell your cancer care team right away.
7. 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.
8. Mild constipation may occur after treatment begins. Be sure to 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 with your cancer care team.
9. You may feel pain or weakness in your joints, muscles or other areas in your body. If these bother you, ask your cancer care team what type of drugs you may use to help with this pain.
10. If you develop a new or worsening cough or shortness of breath, tell your cancer care team.
11. You may get a headache. Talk to your cancer care team about what you can take for this.
12. You may have difficulty sleeping. Please talk to your cancer care team if you cannot sleep.

Things that may occur after your treatment ends (even months to years later):

Fertility and Related Precautions:

- It is very important to use birth control if you are having sex, because this drug may be harmful to an unborn baby.
- Women should not breastfeed while receiving this drug.
- If you are concerned about any of this, talk with your cancer care team.

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

The information in this document 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.

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

