

ORAL CHEMOTHERAPY EDUCATION



ENZALUTAMIDE

Name of your medication

Generic name — enzalutamide (EN-zuh-LOO-tuh-mide)
Brand name — Xtandi® (ek-STAN-dee)

Approved uses

Enzalutamide is used to treat men with prostate cancer.

Dose and schedule

Taking enzalutamide as instructed is important to allow your treatment to be as effective as possible, so here are some key points to remember.

- Your dose may vary, but the usual dose of enzalutamide is 160 milligrams (160 mg) to be taken by mouth at a scheduled time once a day.
- Enzalutamide can be taken with or without food but at the same time each day.
- Enzalutamide should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow enzalutamide, talk to your care provider or pharmacist for possible options.
- If you miss a dose of enzalutamide, **do not** take an extra dose or two doses at one time. Simply take your next dose at the regularly scheduled time. Be sure to write down if you miss a dose and let your care provider know about any missed doses.

Storage and handling

Handle enzalutamide with care. Just like when chemotherapy is given into the vein, this drug can be toxic, and exposure of the drug to others should be limited.

- Store enzalutamide at room temperature (68°F–77°F) in a dry location away from light.
- Keep enzalutamide out of reach of children and pets.
- Leave enzalutamide in the provided packaging until it is ready to be taken.
- Whenever possible, give enzalutamide to yourself and follow the steps below. If a family member, friend, or caregiver needs to give enzalutamide to you, they also need to follow these steps:
 1. Wash hands with soap and water.
 2. Put on gloves to avoid touching the medication. (Gloves are not necessary if you give the drug to yourself.)
 3. Gently transfer the enzalutamide from its package to a small medicine or other disposable cup.
 4. Administer the medicine immediately by mouth with water.
 5. Remove gloves and do not use them for anything else.
 6. Throw gloves and medicine cup in household trash.
 7. Wash hands with soap and water.

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- A daily pill box or pill reminder is **not** recommended for use with enzalutamide.
- If you have any unused enzalutamide, **do not** throw it in the trash and **do not** flush it down the sink or toilet. Talk to your care provider or pharmacist about proper disposal of enzalutamide.
- If you are traveling, put your enzalutamide in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

Handling body fluids and waste

Enzalutamide remains in your body for several days after it is taken, so some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take enzalutamide, it is important to follow the instructions below every day for as long as your treatment lasts. This will keep yourself, loved ones, and the environment as safe as possible.

- Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- Toilet and septic systems
 - You may use the same toilet, septic tank, and/or sewer that you usually use. If you have a low-flow toilet, close the lid and flush twice to ensure all waste has been discarded.
 - If the toilet or toilet seat becomes soiled with urine, stool, or vomit, clean the surfaces before other people use the toilet.
 - Wash hands with soap and water after using the toilet.
- If you need a bedpan, be sure your caregiver knows to wear gloves to assist with cleanup and to wash the bedpan with soap and water every day.
- If you do not have good control of bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb body waste.
- Wash any skin that has been exposed to body waste or enzalutamide with soap and water.
- Linens or clothing that are soiled with body fluids or body waste should be washed separately from other linens and clothing. If you do not have a washer, place the soiled linens in a plastic bag until they can be washed.
- Wash hands with soap and water after touching linens or clothing that may be soiled with body fluids.

Drug and food interactions

- Enzalutamide has many drug interactions. Inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products that you are taking.
- Talk with your care provider or pharmacist before taking new medications or supplements, or receiving any vaccines.

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Side Effects of Enzalutamide

The common side effects that have been known to happen in more than 30% of patients taking enzalutamide are listed in the left side of this table. You **MAY NOT** experience these side effects. Options to help manage any side effects that do occur are included on the right side of this table. These should be discussed with your care provider. If you experience any side effect you cannot manage or that is not listed here, contact your care provider.

Possible Side Effect	Management
Fatigue	<p>You may be more tired than usual or have less energy.</p> <ul style="list-style-type: none">• Stay as active as possible, but know it is okay to rest as needed, too.• Try to do some activity every day.• Plan your activities and do them at a time of day when you feel a bit more energetic.• Avoid operating heavy machinery if you feel too tired.

If you experience ANY uncontrolled side effect, call your physician or healthcare center immediately:

_____ (INSTITUTIONAL CONTACT INFO)

Pregnancy, sexual activity, and contraception

- Women should not become pregnant and men should not get a partner pregnant while taking enzalutamide. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of three months after the last dose of enzalutamide.
- Inform your care provider if you become pregnant.
- It is safe to hug and kiss. Special precautions may be needed for sexual activity while on enzalutamide, and you are encouraged to ask your care provider.

Obtaining medication

Talk with your care provider about how to obtain your enzalutamide.

_____ Urology Austin Pharmacy 512-410-3770 (PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

Additional resources

Product website: www.xtandi.com

Product prescribing information: www.astellas.us/docs/us/12A005-ENZ-WPI.pdf?v=1

Product resources: www.xtandi.com/patient-videos

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Additional instructions

Important notice: The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources. This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the medications whatsoever, and any and all decisions, with respect to such medications, are at the sole risk of the individual consuming the medication. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

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