

# Medical Oncology

## Drug Information Sheet

***Ixazomib (Ninlaro)***: a drug to treat your cancer.

### What should I avoid while receiving *Ixazomib (Ninlaro)*?

- Do not take St. John's Wort with this drug.

### Dose and Schedule:

- You will take this medicine by mouth.
  - Your dose may vary, but the usual dose of *Ixazomib (Ninlaro)* should be taken once a week for 3 weeks, followed by 1 week off-treatment.
  - This medicine should be taken on the same day of the week and the same time on that day.
  - The dose may be changed by your care provider based on your individual needs.
  - *Ixazomib (Ninlaro)* should be taken by mouth on an empty stomach at least 1 hour before **or** 2 hours after food
  - *Ixazomib (Ninlaro)* should not be taken at the same time as *Dexamethasone (Decadron)*. *Ixazomib* needs to be taken when your stomach is empty. *Dexamethasone* must be taken with food).
  - Keep taking this drug as you have been told by your doctor or other health care provider, even if you feel well.
  - Swallow the capsule(s) whole with water. Do not crush, open, break, chew or dissolve the medicine in water.
  - If you have any unused *Ixazomib (Ninlaro)*, do not throw it in the trash and do not flush it down the sink or toilet. Talk to your doctor or pharmacist about proper disposal of *Ixazomib (Ninlaro)*.
  - *Ixazomib (Ninlaro)* has many drug interactions. Tell your doctor all the prescription medicines, over-the-counter medicines, vitamins, and herbal products you are taking.
  - Your doctor may change your dose, briefly stop or completely stop treatment with *Ixazomib (Ninlaro)* if you have side effects.
  - **DO NOT START A NEW CYCLE WITHOUT TALKING TO YOUR DOCTOR FIRST.**
  - Capsules should not be opened. If capsules are accidentally opened or damaged, do not inhale contents or allow contents to come into contact with the skin or mucous membranes.
  - If the inside contents are touched or they get in the eyes, wash hands or eyes right away.
  - If the inside contents are accidentally inhaled, move to fresh air and call your doctor right away.
- If you miss a dose of *Ixazomib (Ninlaro)*.
- Only take a delayed or missed dose if the next dose is more than 72 hours (3 days) away. Do not take a missed dose within 3 days of the next scheduled dose.
  - If vomiting occurs after taking a dose, do not repeat the dose. Take your next dose of *Ixazomib (Ninlaro)* on the next scheduled day and time.
  - Do not take an extra dose or two doses at one time.
  - Write down if you miss a dose and let your doctor know about any missed doses.

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<b>Storage and Handling:</b>	
<ul style="list-style-type: none"> <li>• You will get this drug from a special pharmacy through the mail. We will help you through the process.</li> <li>• The drug must be kept in a secure place out of reach of children and pets, so no one else can take this drug. Never share <i>Ixazomib (Ninlaro)</i> with anyone else.</li> <li>• Store <i>Ixazomib (Ninlaro)</i> at room temperature in a dry place and away from light. Do not store in a bathroom.</li> <li>• Keep in original bottle: do NOT place tablets in a pill box.</li> </ul>	
<ul style="list-style-type: none"> <li>• Whenever possible, give <i>Ixazomib (Ninlaro)</i> to yourself and follow the steps below. If a family member, friend or caregiver gives <i>Ixazomib (Ninlaro)</i> to you, they also need to follow these steps               <ul style="list-style-type: none"> <li>○ Wash hands with soap and water</li> <li>○ Put on gloves to avoid touching the medicine (gloves are not needed if you <i>Ixazomib (Ninlaro)</i> to yourself).</li> <li>○ Do not let women who are pregnant or who may get pregnant touch the tablets without wearing gloves.</li> <li>○ Carefully remove <i>Ixazomib (Ninlaro)</i> from its package to a small disposable cup.</li> <li>○ Do not lay the medicine on the counter.</li> <li>○ Take the medicine immediately by mouth with water.</li> <li>○ Remove gloves and do not use them for anything else.</li> <li>○ Throw gloves and disposable cup in household trash.</li> <li>○ Wash hands with soap and water.</li> <li>○ Do not touch or handle crushed or broken tablets.</li> </ul> </li> </ul>	

You **MAY OR MAY NOT** experience the side effects listed below

<b>Possible Side Effects:</b>	<b>What to do:</b>
<b>Increased risk for infection due to decreased blood counts</b>	<ul style="list-style-type: none"> <li>• Avoid contact with people who have infections, colds or flu.</li> <li>• Wash your hands often.</li> <li>• Report chills or a fever of 100.4° or higher to your doctor right away, day or night.</li> <li>• Report any signs or symptoms of infection, such as cough, burning with urination, skin redness or sores.</li> <li>• Call your doctor before taking any medicine for a fever or chills.</li> </ul>
<b>Constipation</b>	<ul style="list-style-type: none"> <li>• Drink water and other fluids frequently during the day.</li> <li>• Eat foods high in fiber.</li> <li>• Do mild exercise such as walking.</li> <li>• Talk to your pharmacist about over the counter medicines.</li> <li>• Report if over the counter medicines are not working.</li> </ul>

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Possible Side Effects:	What to do:
<p><b>Increased risk for bleeding due to decreased blood counts</b></p>	<ul style="list-style-type: none"> <li>• Report signs of bleeding or bruising.</li> <li>• Avoid taking aspirin or aspirin products unless your doctor tells you to take it.</li> <li>• Use soft toothbrush.</li> <li>• Use electric razor.</li> <li>• Talk to your doctor before any scheduled medical or dental procedures.</li> <li>• Call your doctor if you have:               <ul style="list-style-type: none"> <li>○ Severe headache.</li> <li>○ Blood in stools or urine.</li> <li>○ Bleeding for a long period.</li> <li>○ Uncontrolled bleeding</li> <li>○ Bruising</li> </ul> </li> </ul>
<p><b>Diarrhea</b></p>	<ul style="list-style-type: none"> <li>• Happens most often during first month.</li> <li>• Keep well hydrated with water or fluids.</li> <li>• Take over the counter anti-diarrhea medicine (Immodium A-D™ or loperamide HCL). Use the “<i>Helpful Tips for Diarrhea after Chemotherapy or Radiation Therapy</i>” instruction sheet.</li> <li>• Call your doctor if you have:               <ul style="list-style-type: none"> <li>○ More than 4 loose stools in 24 hours</li> <li>○ A fever of 100.4° or higher</li> <li>○ bad stomach pain or cramps</li> <li>○ dizziness or feel faint</li> <li>○ bloody stools (dark, tarry or sticky)</li> </ul> </li> </ul>
<p><b><i>Ixazomib (Ninlaro)</i> will be in urine and stool for 48 hours.</b></p>	<ul style="list-style-type: none"> <li>• Caregivers will need to handle soiled linens and clothing wearing gloves or using a bag as a barrier.</li> <li>• Keep your soiled items separate from others’ dirty laundry and wash right away.</li> <li>• Women who are pregnant should not handle your soiled clothing or linens.</li> <li>• Wash any skin that body waste has touched with soap and water.</li> <li>• You may use the same toilet that you normally use.</li> <li>• If the toilet or toilet seat becomes dirty with urine, stool or vomit, clean the surfaces before other people use the toilet</li> <li>• Wash hands with soap and water after using the toilet.</li> <li>• <b>It is safe to hug and kiss.</b></li> </ul>

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Possible Side Effects:	What to do:
<b>Avoid pregnancy</b>	<ul style="list-style-type: none"> <li>• Women should not become pregnant and men should not get a partner pregnant while taking <i>Ixazomib (Ninlaro)</i>.</li> <li>• Use non-hormonal birth control that you can trust to prevent pregnancy while taking this drug and for <b>3 months</b> after stopping this drug.</li> <li>• Hormone contraceptives alone may not work as well. Women using hormonal contraceptives should also use a barrier method (for example, diaphragm or condom) form of contraception. You should use the barrier method while taking this drug and for <b>3 months</b> after stopping this drug.</li> <li>• This drug may cause harm to the unborn baby if you take it while you are pregnant.</li> <li>• If you or your sex partner gets pregnant while taking this drug or within <b>3 months</b> after stopping this drug, call your doctor right away.</li> <li>• May cause fertility problems.</li> </ul>

### Less common side effects that may happen

Less common side effects	What to do:
<b>Skin rash or itching</b>	<ul style="list-style-type: none"> <li>• Use moisturizing lotions to keep skin hydrated after bathing.</li> <li>• Use tepid water, rather than hot water.</li> <li>• Wear loose-fitting cotton clothing.</li> <li>• Use over-the-counter anti-inflammation and anti-itch creams (hydrocortisone cream or diphenhydramine).</li> <li>• Apply cool, wet cloth to soothe skin.</li> <li>• Avoid using perfumes and cologne.</li> <li>• Avoid rubbing and scratching.</li> <li>• Drink water and non-caffeine beverages.</li> <li>• Notify your doctor of rash, itching or swelling. This may occur on the face and can be around your eyes.</li> </ul>
<b>Liver problems</b>	<ul style="list-style-type: none"> <li>• Lab results will be checked.</li> <li>• Call your doctor if you have: <ul style="list-style-type: none"> <li>○ dark urine (tea colored)</li> <li>○ severe right sided stomach pain</li> <li>○ light colored stools</li> <li>○ bruising or if you start to bleed easily</li> <li>○ yellowing of skin or eyes</li> <li>○ severe nausea or throwing up</li> <li>○ unexplained weight gain</li> <li>○ your belly feels big or bloated</li> </ul> </li> </ul>

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Less common side effects	What to do:
<b>Fluid retention or swelling</b>	<ul style="list-style-type: none"> <li>• Do not stand for long periods of time.</li> <li>• Keep your legs elevated when sitting or lying down.</li> <li>• Avoid eating salty foods, which can increase swelling.</li> <li>• Avoid wearing tight-fitting clothes and shoes.</li> <li>• Call your doctor right away if you:               <ul style="list-style-type: none"> <li>○ Notice swelling in your body, especially in your hands, legs or feet.</li> <li>○ Shortness of breath or trouble breathing.</li> <li>○ Have a dry cough.</li> <li>○ Have chest pain when taking a deep breath.</li> <li>○ Gain 5 pounds or more in one week.</li> </ul> </li> </ul>
<b>Nausea or vomiting</b> <b>Decreased appetite</b>	<ul style="list-style-type: none"> <li>• Take nausea medicine as instructed. Let your doctor know if it is not working for you.</li> <li>• Eat smaller, frequent meals.</li> <li>• Try liquid nutrition supplements (Boost, Ensure).</li> <li>• A dietitian is available to talk with you.</li> </ul>
<b>Neuropathy</b> Numbness or tingling in hands or feet	<ul style="list-style-type: none"> <li>• Tell the doctor if this occurs or worsens.</li> <li>• Be careful because you may not feel an injury to your hands or feet that have reduced feeling or numbness.</li> <li>• Check areas that are numb for redness or open sores. Do this every day.</li> <li>• Apply cream or lotion to your hands and feet.</li> <li>• Avoid wearing tight footwear.</li> <li>• Avoid standing for long periods of time.</li> <li>• May continue even after treatment has stopped.</li> <li>• These nerve problems can get worse the more times you get this drug.</li> <li>• Sometimes, these nerve problems have not gone back to normal.</li> </ul>
<b>Tiny blood clots in small blood vessels (TTP or HUS)</b>	Call your doctor if you: <ul style="list-style-type: none"> <li>○ become very tired or weak</li> <li>○ have any signs of bleeding or bruising</li> <li>○ notice a change in the color of your urine</li> <li>○ notice a change in how much urine is passed</li> <li>○ have a fever</li> <li>○ have swelling of the face, hands, feet or body</li> </ul>
<b>These are not all of the side effects that may occur. If you have questions about side effects, call your doctor.</b>	