



Provincial Health Services Authority

**For the Patient: Idelalisib**  
Other names: ZYDELIG®

- Idelalisib (eye del' a lis' ib) is a drug that is used to treat some types of cancer. It is a tablet that you take by mouth.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to idelalisib before taking idelalisib.
- **Blood tests** may be taken regularly during treatment. The dose and timing of your treatment may be changed based on the test results and/or other side effects.
- It is important to **take** idelalisib exactly as directed by your doctor. Make sure you understand the directions.
- You may **take** idelalisib with food or on an empty stomach.
- If you **miss a dose** of idelalisib, take it as soon as you can if it is within 6 hours of the missed dose. If it is more than 6 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- If you **vomit** the dose of idelalisib, do not take a second dose. Call your doctor during office hours for advice. You will be told whether you need to take another dose.
- Other drugs such as ketoconazole (NIZORAL®) and rifampin (RIFADIN®) may **interact** with idelalisib. Tell your doctor if you are taking these or any other drugs as you may need extra blood tests or your dose may need to be changed. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of idelalisib.
- Idelalisib may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with idelalisib and for one month after treatment. Do NOT use hormonal birth control as it may not work as well while you are taking idelalisib. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment.
- **Store** idelalisib tablets out of the reach of children, at room temperature, away from heat, light, and moisture. [Keep in original packaging.](#)

- **Tell** doctors, dentists, and other health professionals that you are being treated with idelalisib before you receive any treatment from them.

### Changes in blood counts

Idelalisib may cause temporary changes in your blood counts. Your doctor will be following these changes carefully by performing blood tests. Adjustment of your treatment may be needed in certain circumstances.

BLOOD COUNTS	MANAGEMENT
<p>Normal white blood cells protect your body by fighting bacteria (germs) that cause infection. <b>When they are low, you are at greater risk of having an infection.</b></p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> <li>• Wash your hands often and always after using the bathroom.</li> <li>• Avoid crowds and people who are sick.</li> <li>• Call your doctor <b>immediately</b> at the first sign of an infection such as fever (over 100°F or 38°C by an oral thermometer), chills, cough, or burning when you pass urine.</li> </ul>
<p>Normal platelets help your blood to clot normally after an injury (e.g., cut). <b>When the platelet count is low, you may be more likely to bruise or bleed.</b></p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> <li>• Try not to bruise, cut, or burn yourself.</li> <li>• Clean your nose by blowing gently. Do not pick your nose.</li> <li>• Avoid constipation.</li> <li>• Brush your teeth gently with a soft toothbrush as your gums may bleed more easily.</li> </ul> <p>Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> <li>• Do not stop taking any medication that has been prescribed by your doctor (e.g., <b>ASA for your heart</b>).</li> <li>• For minor pain, try acetaminophen (e.g., TYLENOL®) first, but occasional use of ibuprofen may be acceptable.</li> </ul>

Side effects are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
<p><b>Diarrhea</b> may occur. You may have loose stools or more stools than usual.</p>	<p><b>Call your doctor at the first sign of diarrhea. Diarrhea must be treated <i>immediately</i> with loperamide 2 mg tablets (e.g., IMODIUM®):</b></p> <ul style="list-style-type: none"> <li>• Take <b><i>TWO tablets</i></b> at the first sign of loose or more frequent stools than usual.</li> <li>• Then take <b><i>ONE tablet</i></b> every <b><i>FOUR hours or after each loose stool</i></b> until diarrhea has stopped for 12 hours.</li> <li>• At night, you may take <b><i>ONE tablet</i></b> every <b><i>FOUR HOURS</i></b> (set your alarm) during the time you usually sleep.</li> <li>• <b><i>This dose is much higher than the package directions. It is very important that you take this higher dose to stop the diarrhea.</i></b></li> <li>• Always keep a supply of loperamide (e.g., have 48 tablets on hand). You can buy loperamide at any pharmacy without a prescription.</li> <li>• If diarrhea does not improve 24 hours after starting loperamide or lasts more than 36 hours, call your doctor.</li> <li>• If you have <b>4 stools a day more than usual</b>, stop taking idelalisib and call your doctor as soon as possible (within 24 hours).</li> </ul> <p>To help diarrhea:</p> <ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Eat and drink often in small amounts.</li> <li>• Avoid high fibre foods as outlined in <i>Food Choices to Help Manage Diarrhea</i>.* </li></ul> <p>A dietitian can give you more suggestions for dealing with diarrhea.</p>

SIDE EFFECTS	MANAGEMENT
<b>Nausea</b> and <b>vomiting</b> may occur after your treatment. Most people have little or no nausea.	You may be given a prescription for antinausea drug(s) to take at home. <b>It is easier to prevent nausea than treat it once it has occurred</b> , so follow directions closely. <ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Eat and drink often in small amounts.</li> <li>• Try the ideas in <i>Practical Tips to Manage Nausea</i>.*</li> </ul>
<b>Skin rashes</b> may sometimes occur.	If very irritating or painful, call your doctor. Otherwise, be sure to mention it at your next visit.
Your <b>skin may sunburn</b> more easily than usual.	Refer to <i>Your Medication Sun Sensitivity and Sunscreens*</i> or the <i>BC Health Guide</i> for more information. <ul style="list-style-type: none"> <li>• After sun exposure, if you have a severe sunburn or skin reaction such as itching, rash, or swelling, contact your doctor.</li> </ul>
<b>Fever</b> and <b>chills</b> may sometimes occur.	<ul style="list-style-type: none"> <li>• Take acetaminophen (e.g., TYLENOL®) every 4-6 hours, to a maximum of 4 g (4000 mg) per day.</li> <li>• If you have fever (over 100°F or 38°C by an oral thermometer) <b>plus</b> another sign of infection, call your doctor <b>immediately</b>. Other signs of infection include chills, cough, or burning when you pass urine.</li> </ul>
<b>Headache</b> may sometimes occur.	Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.
<b>Sugar control</b> may sometimes be affected in diabetics.	Check your blood sugar regularly if you are diabetic.
<b>Swelling</b> of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.	If swelling is a problem: <ul style="list-style-type: none"> <li>• Elevate your feet when sitting.</li> <li>• Avoid tight clothing.</li> </ul>
You may sometimes have <b>trouble sleeping</b> .	<ul style="list-style-type: none"> <li>• Talk to your doctor if you continue to have trouble sleeping.</li> <li>• This will return to normal when you stop taking idelalisib.</li> </ul>
<b>Loss of appetite</b> can sometimes occur.	Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i> .*

SIDE EFFECTS	MANAGEMENT
<b>Tiredness</b> and lack of energy may sometimes occur.	<ul style="list-style-type: none"> <li>Do not drive a car or operate machinery if you are feeling tired.</li> <li>Try the ideas in <i>Fatigue/Tiredness – Patient Handout</i> or <i>Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue</i>.*</li> </ul>
<b>Hair loss</b> does not occur with idelalisib.	
<b>Increase in cholesterol or triglycerides</b> (one of the types of fat in the blood) may sometimes occur.	<p>Discuss this with your doctor if you have:</p> <ul style="list-style-type: none"> <li>A history of heart disease.</li> <li>High blood pressure.</li> <li>High cholesterol or triglycerides.</li> </ul> <p>You may need to have your cholesterol level checked a few months after starting idelalisib.</p>

\*Please ask your chemotherapy nurse or pharmacist for a copy.

### STOP TAKING IDELALISIB AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores.
- Signs of **lung problems** such as new or worsening cough, shortness of breath, wheezing or difficulty in breathing.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- Signs of an **allergic reaction** (rare) soon after a dose including rash, hives, face swelling, or breathing problems.
- Severe **diarrhea** such as watery, bloody stools, or four stools a day more than usual; or severe **abdominal pain** or **cramps**.
- Trouble walking** or **clumsiness**; trouble finding words; memory loss, confusion, or problems thinking; changes in your mood or personality.

### SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- Skin rash that blisters, peels, or is painful.**

