



Provincial Health Services Authority

**For the Patient: Selinexor**  
Other names: XPOVIO ®

- **Selinexor** (sel' i nex' or) 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 selinexor before taking selinexor.
- **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** selinexor exactly as directed by your doctor. Make sure you understand the directions.
- You may **take** selinexor with food or on an empty stomach.
- If you **miss a dose** of selinexor, skip the missed dose and go back to your usual dosing times. Call your healthcare team during office hours for advice.
- If you **vomit** the dose of selinexor, do not take a second dose. Call your healthcare team during office hours for advice as a medication to prevent nausea may be required for future doses.
- Your healthcare team may tell you to **drink** extra fluids.
- Other drugs may **interact** with selinexor. 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 selinexor.
- Selinexor may affect **fertility** in men and women. If you plan to have children, discuss this with your doctor before being treated with selinexor.
- Selinexor may damage sperm and harm the baby if used during pregnancy. It is best to use **birth control** while being treated with selinexor and for at least one week after your last dose. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment and for one week after your last dose.
- **Store** selinexor tablets out of the reach of children, at room temperature, away from heat, light, and moisture.

- **Tell** your doctor, dentist, and other health professionals that you are being treated with selinexor before you receive any treatment from them.

### Changes in blood counts

Selinexor may cause temporary changes in your blood counts. Your doctor will be following these changes carefully by ordering regular 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 healthcare team <b>immediately</b> at the first sign of an infection such as fever (over 38°C or 100°F 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®).</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>Nausea</b> and <b>vomiting</b> may occur. If you are vomiting and it is not controlled, you can quickly become dehydrated.</p>	<p>You will 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.</p> <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> <p>Tell your healthcare team if nausea or vomiting continues or is not controlled with your antinausea drug(s).</p>
<p><b>Diarrhea</b> may sometimes occur. If you have diarrhea and it is not controlled, you can quickly become dehydrated.</p>	<p>If diarrhea is a problem:</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>Tell your healthcare team if you have diarrhea for more than 24 hours.</p>
<p><b>Loss of appetite</b> and <b>weight loss</b> may sometimes occur.</p>	<p>Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i>.*</p>
<p><b>Taste alteration</b> may sometimes occur.</p>	<p>Try the ideas in <i>Food Ideas to Cope with Taste and Smell Changes</i>.*</p>
<p>Minor bleeding, such as <b>nosebleeds</b>, may sometimes occur.</p>	<ul style="list-style-type: none"> <li>• Sit up straight and tip your head slightly forward. Tilting your head back may cause blood to run down your throat.</li> <li>• Pinch your nostrils shut between your thumb and forefinger or apply firm pressure against the bleeding nostril for 10 full minutes.</li> <li>• After 10 minutes, check to see if your nose is still bleeding. If it is, hold it for 10 more minutes.</li> <li>• Stay quiet for a few hours and do not blow your nose for at least 12 hours after the bleeding has stopped.</li> <li>• Get emergency help if a nosebleed lasts longer than 20 minutes.</li> </ul>

SIDE EFFECTS	MANAGEMENT
<b>Constipation</b> may sometimes occur.	<ul style="list-style-type: none"> <li>• Exercise if you can.</li> <li>• Drink plenty of fluids.</li> <li>• Try the ideas in <i>Food Choices to Manage Constipation</i>.*</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>Muscle, bone, or back pain</b> may sometimes occur.	You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day for mild to moderate pain. Tell your healthcare team if the pain interferes with your activity.
<b>Blurry vision</b> may sometimes occur and your eyes may be <b>sensitive to light</b> . Some patients develop a cataract (clouding of the lens in the eye). If you already have cataracts, you may notice your vision has gotten worse with selinexor.	<p>Tell your healthcare team if you notice changes in your eyesight as you may need an eye exam to check for cataracts.</p> <ul style="list-style-type: none"> <li>• If you have a cataract, you may need eye surgery to remove it. Your healthcare team will ask you to stop taking selinexor one day (24 hours) before your eye surgery and you will not restart selinexor until 3 days (72 hours) after your surgery.</li> </ul>
<b>Sugar control</b> may be affected in patients with diabetes.	<ul style="list-style-type: none"> <li>• Check your blood sugar regularly if you have diabetes.</li> </ul>
<b>Swelling</b> of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.	<p>If swelling is a problem:</p> <ul style="list-style-type: none"> <li>• Elevate your feet when sitting.</li> <li>• Avoid tight clothing.</li> </ul>
<b>Tiredness</b> and lack of energy may commonly 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>.*</li> </ul>

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

### STOP TAKING SELINEXOR AND CHECK WITH YOUR HEALTHCARE TEAM OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **infection** such as fever (over 38°C or 100°F by an oral thermometer), shaking chills; severe sore throat, difficulty in breathing, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine
- Signs of **bleeding problems** such as black or tarry stools, blood in urine, pinpoint red spots on skin, or extensive bruising.

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**CHECK WITH YOUR HEALTHCARE TEAM AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:**

- Repeated **vomiting** and cannot keep fluids or medications down.
- **Memory loss, trouble thinking** or you are feeling **confused**.
- **Drowsiness, trouble walking, or fainting**.
- Signs of **anemia** such as unusual tiredness or weakness.

**CHECK WITH YOUR HEALTHCARE TEAM IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:**

- Dizziness.
- Loss of appetite or weight loss.
- Dry mouth or increased thirst.
- Easy bruising or minor bleeding.
- Numbness or tingling in feet or hands.
- For patients with diabetes: uncontrolled blood sugars.

**REPORT ADDITIONAL PROBLEMS TO YOUR HEALTHCARE TEAM**

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