



Provincial Health Services Authority

For the Patient: Abiraterone tablets

Other names: ZYTIGA®

- **Abiraterone** (a" bir a' ter one) is a drug that is used to treat prostate cancer. In men, abiraterone decreases testosterone (a male sex hormone). It is a tablet that you take by mouth.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to abiraterone before taking abiraterone.
- **Blood tests** and **blood pressure measurements** 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** abiraterone exactly as directed by your doctor. Make sure you understand the directions.
- Take abiraterone on an **empty stomach**.
- If you **miss a dose** of abiraterone, skip the missed dose and go back to your usual dosing times.
- Other drugs such as dextromethorphan (DM®, DELSYM®) may **interact** with abiraterone. 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 abiraterone.
- Abiraterone may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with abiraterone. Male patients must use a **condom** and another effective birth control method when having sexual activity with a woman who is pregnant or can become pregnant while taking abiraterone and for one week after the last dose of abiraterone. Tell your doctor right away if your partner becomes pregnant. Do not breastfeed during treatment.
- **Store** abiraterone tablets out of the reach of children, at room temperature, away from heat, light, and moisture.
- **Tell** doctors, dentists, and other health professionals that you are being treated with abiraterone before you receive any treatment from them.

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>Nausea and vomiting may occur. Most people have little or no nausea.</p>	<p>You may be given a prescription for antinausea drug(s) to take at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Try the ideas in <i>Practical Tips to Manage Nausea</i>.*
<p>Hot flashes (sudden sweating and feelings of warmth) may sometimes occur when you first start taking abiraterone. This usually improves as your body adjusts to abiraterone.</p>	<p>If hot flashes are troublesome:</p> <ul style="list-style-type: none"> • Take your abiraterone at bedtime. • If night sweats interfere with sleep, try taking abiraterone in the morning. • Some people find it helpful to avoid alcohol, spicy food, and caffeine (coffee, tea, colas, chocolate). • Follow a regular exercise program. • Try staying in a cool environment. • Wear layers so that if you do experience a hot flash, the outer layers may be removed. <p>Ask your doctor for more advice if your hot flashes continue to bother you. There may be medications available.</p>
<p>Muscle or joint pain may sometimes occur.</p>	<p>You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day or ibuprofen (e.g., ADVIL®) for mild to moderate pain. Tell your doctor if the pain interferes with your activity.</p>
<p>Swelling of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.</p>	<p>If swelling is a problem:</p> <ul style="list-style-type: none"> • Elevate your feet when sitting. • Avoid tight clothing.

SIDE EFFECTS	MANAGEMENT
High blood pressure may sometimes occur. This can happen very quickly after starting treatment.	Your blood pressure will be checked during your visits to your doctor. <ul style="list-style-type: none"> You may be asked to check your blood pressure frequently between visits. Your doctor may give you medication if your blood pressure is high. Tell your doctor if you are already on blood pressure medication. Your doctor may have to adjust your dose.
Tiredness and lack of energy may sometimes occur.	<ul style="list-style-type: none"> Do not drive a car or operate machinery if you are feeling tired. Try the ideas in <i>Fatigue/Tiredness – Patient Handout</i> OR <i>Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue</i>.*
Hair loss does not occur with abiraterone.	

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

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

- Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of feet or lower legs, or fainting.

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

- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- Signs of **bladder problems** such as changes in urination, painful burning sensation, presence of blood, or abdominal pain.

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled diarrhea.
- Headache not controlled with acetaminophen (e.g., TYLENOL®).
- Cough.
- Heartburn or indigestion.

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
