



Provincial Health Services Authority

For the Patient: Cabozantinib
Other names: CABOMETYX®

- **Cabozantinib** (ka" boe zan' ti nib) 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 cabozantinib before taking cabozantinib.
- **Blood tests, urine 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** cabozantinib exactly as directed by your doctor. Make sure you understand the directions.
- **Take** cabozantinib on an empty stomach.
- If you **miss a dose** of cabozantinib, take it as soon as you can if it is within 12 hours of the missed dose. If it is more than 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- If you **vomit** the dose of cabozantinib, do not take a second dose. Call your **healthcare team** 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 cabozantinib. 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.
- **Avoid grapefruit and grapefruit juice** for the duration of your treatment, as these may interact with cabozantinib.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of cabozantinib.
- Cabozantinib may affect **fertility** in men and women. If you plan to have children, discuss this with your doctor before being treated with cabozantinib.
- Cabozantinib may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with cabozantinib and for at least

four months after your last dose. Hormonal birth control may not work as well while you are taking cabozantinib. Talk to your doctor about which birth control options are best for you. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment.

- **Store** cabozantinib 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 cabozantinib before you receive any treatment from them.
- If you are planning to have **surgery**, including dental surgery, you should stop taking cabozantinib at least 4 weeks prior to surgery. Restart cabozantinib only after your doctor says your wounds have healed.

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
Nausea and vomiting may occur. If you are vomiting and it is not controlled, you can quickly become dehydrated.	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. <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>.* Tell your healthcare team if nausea or vomiting continues or is not controlled with your antinausea drug(s).
Diarrhea commonly occurs. If you have diarrhea and it is not controlled, you can quickly become dehydrated.	If diarrhea is a problem: <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in <i>Food Choices to Help Manage Diarrhea</i>.* Call your healthcare team for advice if the diarrhea is watery or you have soft stools many times a day. Tell your healthcare team if you have diarrhea for more than 24 hours.

SIDE EFFECTS	MANAGEMENT
Skin rashes may sometimes occur.	If itching is very irritating, call your healthcare team . Otherwise, be sure to mention it at your next visit.
Constipation may sometimes occur.	<ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of fluids. • Try ideas in <i>Food Choices to Manage Constipation.*</i>
High blood pressure may sometimes occur. This can happen very quickly after starting treatment.	<p>Your blood pressure will be checked by your healthcare team during your visit.</p> <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.
Headache may sometimes occur.	Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.
Sore mouth may sometimes occur. Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. Mouth sores or bleeding gums can lead to an infection.	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste. • Make a mouthwash with $\frac{1}{4}$ teaspoon baking soda AND $\frac{1}{4}$ teaspoon salt in 1 cup warm water and rinse several times a day. • Try the ideas in <i>Food Ideas to Try with a Sore Mouth.*</i>
Muscle or joint pain 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.
Swelling 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"> • Elevate your feet when sitting. • Avoid tight clothing.

SIDE EFFECTS	MANAGEMENT
<p>Your white blood cells may decrease. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom. • Avoid crowds and people who are sick. • Stop taking cabozantinib and call your healthcare team immediately 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.
<p>Your platelets may decrease. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself. • Clean your nose by blowing gently. Do not pick your nose. • Avoid constipation. • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene. <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"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart). • For minor pain, try acetaminophen (e.g., TYLENOL®) first, to a maximum of 4 g (4000 mg) per day, but occasional use of ibuprofen may be acceptable.
<p>Taste alteration may sometimes occur.</p>	<p>Try the ideas in <i>Food Ideas to Cope with Taste and Smell Changes.*</i></p>
<p>Loss of appetite and weight loss sometimes occur.</p>	<p>Try the ideas in <i>Food Ideas to Help with Decreased Appetite.*</i></p>
<p>Tiredness and lack of energy may sometimes occur.</p>	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. <p>Try the ideas in <i>Fatigue/Tiredness – Patient Handout.*</i></p>

SIDE EFFECTS	MANAGEMENT
<p>Hand-foot skin reaction may sometimes occur during cabozantinib treatment. The palms of your hands and soles of your feet may tingle, become red, numb, painful, or swollen. Skin may also become dry or itchy. You may not be able to do your normal daily activities if blisters, severe pain, or ulcers occur.</p>	<ul style="list-style-type: none"> Avoid tight-fitting shoes or rubbing pressure to hands and feet, such as that caused by heavy activity. Avoid tight-fitting jewellery. Clean hands and feet with lukewarm water and gently pat to dry; avoid hot water. Apply a sunscreen with an SPF (sun protection factor) of at least 30. Apply lanolin-containing creams (e.g., BAG BALM®, UDDERLY SMOOTH®) to hands and feet, liberally and often. Tell your cancer doctor or your nurse at the next visit if you have any signs of hand-foot skin reaction. <p>Stop taking cabozantinib and call your cancer doctor if the skin reaction is painful, as your dose may need to be changed.</p>
<p>Hair loss rarely occurs with cabozantinib. Hair will grow back once you stop treatment with cabozantinib. Colour and texture may change.</p>	<p>If hair loss is a problem, refer to <i>Resources for Hair Loss and Appearance Changes – Patient Handout.*</i></p>
<p>Problems with the jaw bone may rarely occur.</p>	<p>Refer to <i>Patient Handout - Bisphosphonates and Oral Health.*</i></p>
<p>Blood clots may rarely occur. This is more likely to happen if you have had blood clots before. Signs to watch for include tenderness or hardness over a vein, calf tenderness, sudden onset of cough, chest pain, or shortness of breath.</p>	<p>To help prevent blood clots:</p> <ul style="list-style-type: none"> Keep active. Drink plenty of fluids. Avoid tight clothing. Do not sit with your legs crossed at the knees.

*Please ask your nurse or pharmacist for a copy.

STOP TAKING CABOZANTINIB 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, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.

- Signs of a **blood clot** such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath.
- 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.
- **Seizures or loss of consciousness (fainting)** with or without **confusion, headache, or changes in eyesight**.
- Sudden **back, chest, neck, or abdominal pain** or tenderness.
- Signs of a **stroke** such as sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg.

CHECK WITH YOUR HEALTHCARE TEAM 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.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- **Painful hand-foot skin reaction** such as painful redness, peeling, tingling, numbness, swelling or blistering of the palms of your hands and/or the bottoms of your feet.
- **Pain** in your mouth, teeth, or jaw, or **poor healing** of your gums or mouth after a dental procedure.
- Increased **sore throat or mouth** that makes it difficult to swallow comfortably.

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

- Uncontrolled diarrhea.
- Headache not controlled with acetaminophen (e.g., TYLENOL®).
- Easy bruising or minor bleeding.
- Sores or wounds that do not heal or are slow to heal.
- Signs of thyroid problems, such as unusual weight gain, feeling cold, or unusual tiredness or weakness.
- Skin rash or itching.
- Voice changes or cough.
- For **patients with diabetes**: uncontrolled blood sugars.

REPORT ADDITIONAL PROBLEMS TO YOUR HEALTHCARE TEAM
