



Provincial Health Services Authority

For the Patient: Enzalutamide

Other names: XTANDI®

- **Enzalutamide** (en" za loo' ta mide) is a drug that is used to treat prostate cancer. It blocks the effect of testosterone which is a male sex hormone. It is a capsule that you take by mouth. The capsule contains sorbitol.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to enzalutamide, sorbitol, or fructose before taking enzalutamide.
- It is important to **take** enzalutamide exactly as directed by your doctor. Make sure you understand the directions.
- You may **take** enzalutamide with food or on an empty stomach. Enzalutamide may be taken at **any** time of the day but should be taken at about the same time each day.
- Do not chew or crush enzalutamide capsules. **Swallow whole.**
- If you **miss a dose** of enzalutamide, 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. Do NOT double your dose to make up for the dose you miss. Let your healthcare team know if you miss taking enzalutamide for more than one day.
- Other drugs such as gemfibrozil (LOPID®), warfarin (COUMADIN®), and omeprazole (LOSEC®) may **interact** with enzalutamide. 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** may increase your risk of certain side effects (seizures). Discuss with your doctor before being treated with enzalutamide.
- Enzalutamide may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with enzalutamide and for three months after the last dose of enzalutamide. It is best for male patients to use a **condom** during sexual activity with a pregnant woman, and a condom plus one other effective birth control method during sexual activity with a woman who may become pregnant. Tell your doctor right away if your partner becomes pregnant.

- **Store** enzalutamide capsules 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 enzalutamide 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
Nausea does not usually occur with enzalutamide.	
Diarrhea may sometimes occur. If you have diarrhea and it is not controlled, you can quickly become dehydrated.	<p>If diarrhea is a problem:</p> <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 Ideas to Help Manage Diarrhea</i>.* <p>Tell your healthcare team if you have diarrhea for more than 24 hours.</p>
Hot flashes (sudden sweating and feelings of warmth) sometimes occur when you first start taking enzalutamide. This usually improves as your body adjusts to enzalutamide.	<p>If hot flashes are troublesome:</p> <ul style="list-style-type: none"> • Take your enzalutamide at bedtime. • If night sweats interfere with sleep, try taking enzalutamide 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. • Ask your healthcare team for more advice if your hot flashes continue to bother you. There may be medications available.

SIDE EFFECTS	MANAGEMENT
High blood pressure may sometimes occur. This can happen very quickly after starting treatment.	Your blood pressure will be checked by your healthcare team during your visit. <ul style="list-style-type: none"> You will be asked to check your blood pressure frequently between visits. Your doctor may give you a prescription for blood pressure medication if your blood pressure is high. Tell your doctor if you are already on blood pressure medication as they may need 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.
Back, 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 or ibuprofen (e.g., ADVIL®) 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.	If swelling is a problem: <ul style="list-style-type: none"> Elevate your feet when sitting. Avoid tight clothing.
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>.*
Hair loss is rare with enzalutamide. If you lose hair, it will grow back once you stop treatment with enzalutamide. Colour and texture may change.	If hair loss is a problem, refer to <i>Resources for Hair Loss and Appearance Changes – Patient Handout</i> .*

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

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

- Signs of a **heart rhythm problem** such as fast or uneven heartbeat, dizziness, or fainting.
- **Seizures** or **loss of consciousness (fainting)**.

CHECK WITH YOUR HEALTHCARE TEAM 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.

