



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 doctor 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** doctors, dentists, 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 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 Ideas to Help Manage Diarrhea</i>.*
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.	If hot flashes are troublesome: <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 doctor for more advice if your hot flashes continue to bother you. There may be medications available.
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 doctor 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.

SIDE EFFECTS	MANAGEMENT
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>Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue</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>For the Patient: Hair Loss Due to Chemotherapy</i> .*

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

STOP TAKING ENZALUTAMIDE AND 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**.

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 **kidney problems** such as lower back or side pain, swelling of feet or lower legs, or pink or red urine.

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

- Uncontrolled nausea, vomiting, or diarrhea.
- Headache not controlled with acetaminophen (e.g., **TYLENOL®**).
- Anxiety, forgetfulness, problems concentrating or solving problems, or seeing/hearing things that aren't there.
- Trouble sleeping or dizziness.
- Swelling of hands, feet, or lower legs.
- Numbness or tingling of hands or feet.
- Dry skin or itching.
- Muscle weakness.

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
