



Provincial Health Services Authority

For the Patient: Everolimus tablets

Other names: AFINITOR®

- **Everolimus** (e" ver oh' li mus) 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 everolimus, sirolimus, or temsirolimus before taking everolimus.
- It is important to **take** everolimus exactly as directed by your doctor. Make sure you understand the directions. Everolimus should be taken at about the same time each day, preferably in the morning. You may **take** everolimus on an empty stomach or after a small fat-free meal.
- Do not chew or crush everolimus tablets. **Swallow whole.**
- If you **miss a dose** of everolimus, take it as soon as you can if it is within six hours of the missed dose. If it is more than six hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- If you **vomit** the dose of everolimus within 1 hour of taking it, do not take a second dose. Call your doctor during office hours for advice. You will be told whether you need to take another dose.
- Other drugs such as ketoconazole (NIZORAL®), erythromycin (ERYTHROCIN®), and ramipril (ALTACE®) may **interact** with everolimus. 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 everolimus.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of everolimus.
- Everolimus may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with everolimus and at least 8 weeks after stopping treatment. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment.
- **Store** everolimus 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 everolimus before you receive any treatment from them, including vaccinations.
- If you are planning to have surgery, tell your surgeon that you are receiving everolimus. You may need to stop receiving everolimus prior to surgery and restart it 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
<p>Nausea and vomiting may occur after your treatment. 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 Practical Tips to Manage Nausea.*
<p>Fever may sometimes occur.</p>	<ul style="list-style-type: none"> • Take acetaminophen (e.g., TYLENOL®) every 4-6 hours, to a maximum of 4 g (4000 mg) per day. • If you have fever (over 100°F or 38°C by an oral thermometer) plus another sign of infection, call your doctor immediately. Other signs of infection include chills, cough, or burning when you pass urine.
<p>Minor bleeding, such as nosebleeds, may sometimes occur.</p>	<ul style="list-style-type: none"> • Sit up straight and tip your head slightly forward. Tilting your head back may cause blood to run down your throat. • Pinch your nostrils shut between your thumb and forefinger or apply firm pressure against the bleeding nostril for 10 full minutes. • After 10 minutes, check to see if your nose is still bleeding. If it is, hold it for 10 more minutes. • Stay quiet for a few hours and do not blow your nose for at least 12 hours after the bleeding has stopped. • Get emergency help if a nosebleed lasts longer than 20 minutes.

SIDE EFFECTS	MANAGEMENT
<p>Skin rashes, dryness, or itchiness may sometimes occur.</p>	<p>If itching is very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.</p>
<p>Diarrhea may sometimes occur.</p>	<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 Food Choices to Help Manage Diarrhea.* <p>Note: If lactose in milk usually gives you diarrhea, the lactose in the tablet may be causing your diarrhea. Take LACTAID® tablets just before your everolimus dose.</p>
<p>Normal 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. • Call your doctor immediately at the first sign of an infection such as fever (over 100°F or 38°C by an oral thermometer), chills, cough, or burning when you pass urine.
<p>Normal platelets help your blood to clot normally after an injury (e.g., cut). When the platelet count is low, you may be more likely to bruise or bleed</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. <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, but occasional use of ibuprofen may be acceptable.

SIDE EFFECTS	MANAGEMENT
<p>Sore mouth commonly occurs. 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.</p>	<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>.*
<p>Headache may sometimes occur.</p>	<p>Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.</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. Tell your doctor if the pain interferes with your activity.</p>
<p>Sugar control may be affected.</p>	<p>Check your blood sugar regularly if you are diabetic.</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.
<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>Fatigue (tiredness) and lack of energy may commonly occur.</p>	<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>.*
<p>Hair loss does not occur with everolimus.</p>	

Increase in cholesterol or triglycerides (one of the types of fat in the blood) may sometimes occur.

Discuss this with your doctor if you have:

- A history of heart disease.
- High blood pressure.
- High cholesterol or triglycerides.

You may need to have your cholesterol level checked a prior to starting and periodically after starting everolimus.

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

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

- Signs of an **allergic reaction** (rare) soon after a treatment including flushing, face swelling, chest pain or breathing problems.
- Signs of an **infection** such as fever (over 100°F or 38°C 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 **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, or fainting.

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

- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- **Numbness or tingling** in feet or hands.
- Increased **sore throat or mouth** that makes it difficult to swallow comfortably.
- **Eye pain or swelling.**

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

- Uncontrolled nausea, vomiting, or diarrhea.
- Headache or other pain not controlled with acetaminophen (e.g., **TYLENOL®**).
- Easy bruising or minor bleeding.
- Redness, swelling, pain, or sores on your lips, tongue, mouth, or throat.
- Skin rash or itching.
- Cough.
- For diabetic patients: Uncontrolled blood sugars.

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR