



BC Cancer Agency
CARE + RESEARCH
An agency of the Provincial Health Services Authority

For the Patient: Ibrutinib
Other names: **IMBRUVICA®**

- **Ibrutinib** (eye broo' ti nib) is a drug that is used to treat some types of cancer. It is a capsule that you take by mouth.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to ibrutinib before taking ibrutinib.
- **Blood tests** 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** ibrutinib exactly as directed by your doctor. Make sure you understand the directions.
- You may **take** ibrutinib with food or on an empty stomach as long as you take it the same way with each dose.
- If you **miss a dose** of ibrutinib, 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 ibrutinib, do not take a second dose. Skip the missed dose and go back to your usual dosing times. Call your doctor during office hours for advice as a medication to prevent nausea may be required for future doses.
- Other drugs such as ketoconazole (NIZORAL®) and rifampin (RIFADIN®) may **interact** with ibrutinib. 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 ibrutinib.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of ibrutinib.
- Ibrutinib may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with ibrutinib and for 3 months after your last dose. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment.
- **Store** ibrutinib 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 ibrutinib before you receive any treatment from them.
- If you are planning to have **surgery**, you should stop taking ibrutinib 3-7 days before and after surgery. This helps to lower the risk of bleeding. Check with your doctor before restarting ibrutinib.

Changes in blood counts

Ibrutinib may cause temporary changes in your blood counts. Your doctor will be following these changes carefully by performing blood tests. Adjustment of your treatment may be needed in certain circumstances.

BLOOD COUNTS	MANAGEMENT
<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®) to a maximum of 4 g (4000 mg) per day.

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 sometimes occur. Most people have little or no nausea.	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>Food Choices to Help Control Nausea</i>.*
Skin rashes may sometimes occur.	If very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.
Fever and chills may sometimes occur.	<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.
Bruising and minor bleeding , such as nosebleeds , may sometimes occur.	For nosebleeds: <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
Diarrhea commonly occurs.	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>.*
Constipation may sometimes occur.	<ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of fluids. • Try ideas in <i>Suggestions for Dealing with Constipation</i>.*
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 ½ teaspoon baking soda or 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>.*
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.
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 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.
You may sometimes have trouble sleeping .	<ul style="list-style-type: none"> • Talk to your doctor if you continue to have trouble sleeping. • This will return to normal when you stop taking ibrutinib.
Loss of appetite may sometimes occur.	Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i> .*
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>.*

SIDE EFFECTS	MANAGEMENT
Numbness or tingling of the fingers or toes may sometimes occur.	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot, or cold. • Tell your doctor at your next visit, especially if you have trouble with buttons, writing, or picking up small objects.
Hair loss does not occur with ibrutinib.	

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

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

- 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); runny, stuffy nose; 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 problems** such as fast or uneven heartbeat.
- 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.

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.
- Signs of **gout** such as joint pain.
- Signs of **skin changes** such as a new wart, a sore or reddish bump that bleeds or does not heal, or a change in size, shape, or colour of a mole, or thick or rough, scaly patches of the skin.

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

- Diarrhea.
- Redness, swelling, pain, or sores on your lips, tongue, mouth, or throat.
- Skin rash.
- Blurred vision.
- Dizziness.
- Stomach pain or upset stomach.
- Muscle spasms.
- Shortness of breath or cough that doesn't go away.
- Feelings of anxiety.

