



Provincial Health Services Authority

For the Patient: **Palbociclib**

Other names: **IBRANCE®**

- **Palbociclib** (pal" boe sye' klib) 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 palbociclib before taking palbociclib.
- A **blood test** may be taken before each 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** palbociclib exactly as directed by your doctor. Make sure you understand the directions.
- You may **take** palbociclib **tablets** with food or on an empty stomach.
- If you **miss a dose** of palbociclib, skip the missed dose and go back to your usual dosing times.
- If you **vomit** the dose of palbociclib, do not take a second dose. Skip the missed dose and go back to your usual dosing times. Let your **healthcare team** know as a medication to prevent nausea may be required for future doses.
- Other drugs such as **simvastatin (ZOCOR®)**, (itraconazole (SPORONOX®), and rifampin (RIFADIN®) may **interact** with palbociclib. 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 palbociclib.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of palbociclib.
- Palbociclib may decrease **fertility** in men. If you plan to have children, discuss this with your doctor before being treated with palbociclib.
- Palbociclib may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with palbociclib. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment.

- **Store** palbociclib tablets out of the reach of children, at room temperature, away from heat, light, and moisture. Keep in the original packaging.
- **Tell** your doctor, dentist, and other health professionals that you are being treated with palbociclib 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 and vomiting may sometimes occur while you are taking palbociclib. <i>If you are vomiting and it is not controlled, you can quickly become dehydrated.</i>	<p>It is easier to prevent nausea than treat it once it has occurred.</p> <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>.* <p><i>Tell your healthcare team if nausea or vomiting continues or is not controlled with your anti-nausea drug(s).</i></p>
Minor bleeding, such as nosebleeds , may sometimes occur.	<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. <p>Get emergency help if a nosebleed lasts longer than 20 minutes.</p>
Diarrhea may sometimes occur. <i>If you have diarrhea and it is not controlled, you can quickly become dehydrated.</i>	<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 Choices to Help Manage Diarrhea</i>.* <p><i>Tell your healthcare team if you have diarrhea for more than 24 hours.</i></p>

SIDE EFFECTS	MANAGEMENT
Your white blood cells may decrease during your treatment. They usually return to normal after your last treatment. 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.	To help prevent infection: <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 palbociclib 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.
Your platelets may decrease during your treatment. They usually return to normal after your last treatment. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.	To help prevent bleeding problems: <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. Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) may increase your risk of bleeding. <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.
Skin rashes may sometimes occur.	If rash is very irritating, call your healthcare team . Otherwise, be sure to mention it at your next visit.
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.
Loss of appetite may sometimes occur.	Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i> .*
Tiredness and lack of energy commonly occurs.	<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>.*

SIDE EFFECTS	MANAGEMENT
Sore mouth may sometimes occur a few days after treatment. 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>.*
Fever 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 (38°C or 100°F by an oral thermometer) plus another sign of infection, call your healthcare team immediately. Other signs of infection include chills, cough, or burning when you pass urine.
Numbness or tingling of the fingers or toes may sometimes occur. This will slowly return to normal once your treatments are over. This may take several months.	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot, or cold. • Be careful when walking on uneven surfaces or doing activities that need you to balance or be steady. • Tell your healthcare team at your next visit, especially if you have trouble with buttons, writing, picking up small objects, walking, or have fallen.
Hair loss is rare with palbociclib. If you lose hair, it will grow back once you stop treatment with palbociclib. 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 PALBOCICLIB AND CHECK WITH YOUR HEALTHCARE TEAM OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **infection** such as fever ($\text{over } 38^{\circ}\text{C}$ 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

- Signs of **anemia** such as unusual tiredness or weakness.
- **Numbness or tingling** in feet or hands.

- Headache not controlled with acetaminophen (e.g., **TYLENOL®**).
- Increased sore throat or mouth that makes it difficult to swallow comfortably.
- Easy bruising or minor bleeding.
- Skin rash or itching.
- Changes in eyesight such as blurred vision, or dry or watery eyes.

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