

### Warning

This fact sheet aims to let you know the side effects most commonly seen following the administration of your treatment. Please note that when you take any medication, there is a possibility that it causes rare side effects and it is difficult to predict which patients will be affected.

## General information for patient Rituximab - Idelalisib

**Date:** February 2017

**Revision:**

Medication	Administration
Rituximab	Intravenous infusion over a few hours  <i>Every 2 weeks for 5 doses, then every 4 weeks for 3 doses (8 doses total: weeks 0, 2, 4, 6, 8, 12, 16 and 20)</i>
Idelalisib	Tablet to be taken by mouth once a day, twice daily, every 12 hours, with or without food  <i>On a continuous basis</i>

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## General Information associated with your treatment

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- › These medications are used to prevent the multiplication of abnormal cells and destroy them.
- › A **blood test** will be done before each intravenous treatment and regularly during treatment. Depending on the results and side effects of the previous treatment, the dose of the medication might be adjusted or the treatment might be delayed.
- › You may experience **fatigue** during your treatments. This is usually only temporary and may be related to different reasons (medication, stress, the disease). Maintain a good level of activity but rest when you feel the need to.
- › Your **appetite may diminish**. Eat more often, in smaller quantities.
- › Your **sense of taste may be altered**. Enhance foods with *finest herbs* or lemon juice. Eating fruits and non sugared candies, chewing non-sugared gums, etc., may mask the metallic taste.
- › **Alcohol** (in small quantities) is permitted and will not affect the efficacy of the treatments.
- › You can have an **active sexual** life during your treatment. However, a decrease in your sexual drive may occur during this period. This may also be influenced by different factors (fatigue, stress, etc.)
- › In **pre-menopausal female patients**, this treatment may cause irregularities or cessation of the **menstrual cycle**. The menstrual cycle may restart or return to normal after the end of treatment. The menstrual cycle may also stop permanently. However, a pregnancy remains possible and treatment administered during pregnancy may harm the embryo. Birth control method is strongly recommended during treatment and up to 1 month after the end of treatment. Idelalisib may reduce the efficacy of birth control pills, therefore another method is recommended. Breast-feeding is contra-indicated during treatment.
- › For **male patients**, the sperm count may be affected and negative effects on the embryo may occur. In fact, the production of spermatozooids may be reduced or completely absent during treatments. In certain patients, this reduction of fertility may be permanent, may get better or return to normal after the treatments have stopped. This reduction of **fertility** does not prevent erection or sexual activity. A pregnancy remains possible. If you have sex with a woman of childbearing age it is strongly recommended to use a birth control method during the treatment and up to 1 month after the end of treatment.
- › Consult your doctor or pharmacist before you take other medications (even over the counter medications available without a prescription), natural health products or if you need to receive a vaccine. These may provoke an interaction with your treatment and diminish its efficacy or increase side effects.
- › Follow the instructions given by your cancer center about the right way to handle and dispose of biological fluids (for example urine, stools) in order to protect the environment and your relatives.
- › Be sure to always have on hand the complete list of your medications, dietary supplements, vitamins and other natural health products. Give it to your doctor and your pharmacist. It is important to make them aware of any change.

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## Adverse effects and their management

Adverse effects	Management
<b>Nausea</b> , usually light, may occur during your treatment.	<ul style="list-style-type: none"><li>› You may be prescribed medication to be taken at home as needed.</li><li>› Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.</li></ul>
Depending on the individual, <b>thinning of the hair</b> may occur. In general, this happens 2 to 3 weeks after the start of the treatment. However, don't worry; your hair will grow back after treatments have ended.	<ul style="list-style-type: none"><li>› Use gentle shampoo.</li><li>› Avoid brushing hair vigorously.</li><li>› Avoid hair spray, dyes and perms.</li></ul>
A decrease in the <b>white blood cells</b> will occur during your treatment.  Moreover, during your treatment and for many months after its completion, your immune system will be impaired and you will be at higher risk of <b>infections</b> .	<ul style="list-style-type: none"><li>› Wash your hands often.</li><li>› During this period, avoid coming into contact with people who have contagious diseases.</li><li>› Antibiotics will be prescribed to decrease the risk of infection.</li><li>› Consult your doctor or go immediately to the Emergency Room if you have a fever 38,3 °C (101°F) once or 38 °C (100,4 °F) twice an hour apart.</li><li>› Contact a member of your healthcare team quickly if you notice any signs of infection (fever, chills, cough, sore throat, pain while urinating...).</li><li>› In case of fever, do not take acetaminophen (Ex: Tylenol®, Atasol®) and anti-inflammatory medication (Ex : Motrin®, Advil®, Aleve®,...).</li></ul>
A decrease in <b>platelets</b> will occur during your treatment. You may bruise or bleed more easily than you normally do.	<ul style="list-style-type: none"><li>› Use a tooth brush with soft bristles.</li><li>› Check with your pharmacist before taking medications with Aspirin®, Ibuprofen or other anti-inflammatory drugs.</li><li>› Contact a member of your healthcare team if you bruise more easily than you normally do or if you have a tendency to bleed easily from the nose or the gums.</li></ul>

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<b>Diarrhea</b> can sometimes occur, usually at the beginning of treatment, but can also happen many months into your treatment.	<p><b>Diarrhea should be treated with loperamide (Imodium®).</b></p> <p><b>If diarrhea is light (2 to 3 more loose stools per day than before starting idelalisib):</b></p> <ul style="list-style-type: none"><li>› Follow the directions written on the package of loperamide: Take 2 tablets first then one tablet after each loose stool (maximum 8 tablets in a 24 hours period).</li><li>› Contact a member of your healthcare team if the diarrhea does not improve after taking loperamide for 24 hours.</li></ul> <p><b>If you have moderate to severe diarrhea (more than 4 loose stools per day compared to before starting):</b></p> <ul style="list-style-type: none"><li>› <b>Stop taking idelalisib</b> and contact a member of your health care team.</li><li>› Start loperamide: Take 2 tablets first then one tablet after each loose stool (maximum 8 tablets in a 24 hours period).</li></ul> <p><b>Other actions to take :</b></p> <ul style="list-style-type: none"><li>› Drink lots of fluids (8 to 10 glasses a day) unless otherwise instructed by your doctor.</li><li>› Eat and drink often but in small quantities.</li><li>› If you have <b>diarrhea</b> with <b>abdominal pain</b> and <b>mucus or blood in stools</b>, contact a member of your healthcare team immediately or go to Emergency Room.</li></ul>

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You may experience <b>infusion-related reactions</b> with rituximab, usually within 30 minutes to 2 hours of the start of the infusion. The most common reactions are fever and chills but hives, itching, hot flashes, difficulty breathing, headache, dizziness, nausea, swelling of tongue or throat may also happen. These symptoms, usually mild to moderate, are more frequent during the first infusion and less common with subsequent infusions.	<ul style="list-style-type: none"><li>› Medication to prevent allergic reactions will be prescribed prior to treatment.</li><li>› Notify the nurse if these symptoms occur during the administration of the drug. Medication can be given to alleviate these symptoms.</li></ul>
A <b>skin rash</b> may occur following your treatment and may be associated with itchiness.	<ul style="list-style-type: none"><li>› Use a non-perfumed moisturizing cream as needed.</li><li>› Avoid going into the sun.</li></ul>
Your <b>skin</b> may become <b>drier</b> . Redness and itchiness may develop.	<ul style="list-style-type: none"><li>› Use sun screen with SPF 30 or higher.</li><li>› Wear a hat.</li></ul>
Your skin may become more <b>sensitive to the sun</b> .	<ul style="list-style-type: none"><li>› If these symptoms occur and bother you, consult a member of your healthcare team who will suggest appropriate measures.</li><li>› If these <b>symptoms are severe or extended</b>, either associated with <b>blisters</b> or your <b>skin is peeling</b>, stop taking idelalisib and immediately contact a member of your healthcare team.</li></ul>
<b>Rare adverse effects that can be severe or serious to communicate quickly to your doctor</b>	
If you experience a <b>cough</b> and/or <b>persistent fever</b> with <b>sudden difficulty breathing</b> .	<ul style="list-style-type: none"><li>› Consult immediately a member of your healthcare team or go to the Emergency Room.</li></ul>
Rarely, you may experience <b>pain or abdominal cramps</b> . This may happen mainly in the first weeks of your treatment.	<ul style="list-style-type: none"><li>› Notify a member of your healthcare team as soon as possible and consult your doctor.</li></ul>

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## Special Considerations

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- › If you are taking **high blood pressure medication**, your healthcare team may advise you to **stop taking them at least 12 hours prior the administration of rituximab**. Your pharmacist or your doctor will advise you on how to take them.
- › It is very important to drink plenty of fluids, especially during the first weeks of treatment. Furthermore, a medication (allopurinol) could be prescribed to decrease the risks of experiencing problems associated with the rapid destruction of abnormal cells.
- › Take your idelalisib tablets as prescribed, twice daily about every 12 hours. Take your tablets with a large glass of water with or without food. If you have difficulty tolerating it, take it while you eat.
- › Tablets must be taken whole. Do not chew or crush them.
- › **If you forget a dose**, you may take it as soon as you remember as long as there is a 6 hour gap until your next dose. If not, don't take it and don't double your next dose. Try, however, to take your tablets at the same time every day and in the same way (i.e. with or without food).
- › Wash your hands immediately after handling your tablets
- › Keep your medication at room temperature, out of the reach of children and protected from light, heat or moisture.
- › Don't throw away unused medication at home. Bring it back to your pharmacy to be destroyed safely.
- › You must avoid consuming grapefruit, Seville orange, starfruit, pomelo, pomegranate or foods containing them because of an interaction that could increase the side effects of idelalisib.

**Pharmacist:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

from \_\_\_\_ h to \_\_\_\_ h (Monday to Friday)