

Enasidenib

Idhifa®

Cancer-directed targeted therapy in tablets

Understanding your treatment

What is targeted therapy?

This treatment targets specific molecules, which are inside or on the surface of cancer cells. By targeting cancer cells, the targeted therapy limits damage to healthy cells. This type of treatment can be used alone or in combination with other treatments such as chemotherapy.

How can a targeted therapy help you?

Depending on your type of cancer and the stage of the disease, a targeted therapy can be used to :

- **Destroy** cancer cells
- **Stop** the cancer from spreading
- **Slow** the growth of cancer cells

How will you feel while on a targeted therapy?

Even though those treatments target cancer cells and limit damage to healthy cells, side effects can still arise.

Not everyone has side effects and each person's experience may differ. Side effects and their severity are not representative of the treatment's effect or lack thereof.

This document presents the most frequent side effects that your targeted therapy causes.

Medication

Enasidenib

Tablets to take by mouth

Administration

To be taken once a day

With or without food

On a continuous basis



A **blood test** will be done throughout your treatment. Depending on the results and side effects, the dose of the medication might be adjusted or the treatment be interrupted.

How to take your medication?

- Take your enasidenib tablets, as prescribed once a day, at the same time every day. You may take your medication before or during your meal with a large glass of water or juice. If you have difficulty tolerating it, for example, if it causes a stomach ache, take it while you eat.
- Tablets must be taken whole. Do not chew, split or crush the tablets.
- If you forget a dose, you may take it as soon as you remember but do not double your next dose. However, try to take your pills at the same time every day and in the same way (either with or without food).

Storing and handling your medicines



- Wash your hands immediately after handling your tablets.
- Keep your medication at room temperature, out of the reach of children and pets as well as protected from light, heat or moisture. Do not keep medicines in the bathroom.
- Don't throw away unused medication at home. Bring it back to your pharmacy to be destroyed safely. You may dispose of the empty containers in your home garbage can.
- Pour the pills from the container into the cap to avoid contact with other surfaces. If a pill inadvertently comes into contact with the surrounding surface, wash and rub the surface with water and soap.
- Caregivers should wear disposable gloves if they prepare medication for you. You can find disposable gloves at your local community pharmacy.
- Keep your medications in their original container and do not mix them with other drugs. The container should never be reused to put other objects or food.

How can this treatment affect your daily life?

Fatigue and appetite



- You may experience **fatigue** during your treatments. This is usually 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 *fines herbes* or lemon juice. Eating fruits and unsweetened candies, chewing non-sugared gums, etc., may mask the metallic taste.
- **Alcohol** in small quantities is allowed and will not affect the efficacy of the treatment.



Sex life and birth control



- 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.).
- It's safe to kiss, to touch, to hold hands, to sleep in the same bed and to cuddle.
- The effect of the drug on male or female fertility is unknown. This medication may have an effect on the menstrual cycle as well as spermatozoid production. However, this does not prevent erection or sexual activity and as such, you can have an active sexual life during your treatments. Pregnancy is possible and this medication could be harmful to the fetus. The use of an effective method of contraception is highly recommended for both men and women while on treatment and until 8 weeks after the end of the treatment. Breast-feeding is contraindicated during treatment and 8 weeks after the end of the treatment.

Tips and precautions



- **Sit down to urinate and fold down the toilet lid**
Women as well as men should sit down to urinate and fold down the toilet lid before flushing in order to avoid splashing. Flush twice to make sure everything has been flushed away. Follow these precautions during your treatment (or according to instructions from your cancer center).
- **Bodily fluids**
During the treatment period, it's possible that a certain quantity of the medication is found in some bodily fluids or secretions that you produce, such as urine, stools, vomit, sperm and vaginal discharge. In order to protect the environment and those living with you, follow the instructions given by your cancer center about the right way to handle and dispose of the bodily fluids.



- **Over the counter medicines, natural health products and vaccines**
Consult with your healthcare team:
 - if you intend to take any other medication (with or without a prescription) or natural health products.
 - if you need to receive a vaccine.This could decrease your treatment's efficacy or increase its side effects.
- **Always have on hand the complete list of your medications**
Be sure to always have on hand the complete list of your medications, dietary supplements, vitamins and other natural health products. Give it to you doctor and your pharmacist. It is important to make them aware of any change.
- **Drink plenty of fluids**
It is very important to drink plenty of fluids during your treatment, especially during the first few cycles. Furthermore, you could be prescribed a medication (allopurinol) to decrease the risk of problems related to the rapid destruction of abnormal cells and to protect your kidneys.



What are the side effects of your treatment?

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.

ADVERSE EFFECTS

MANAGEMENT

Nausea

Nausea, usually light, may occur usually at the beginning of your treatment.

- You will be prescribed medication to be taken as needed if you have nausea.
- ✔ **Continue your treatment if:** you have light nausea that does not prevent you entirely from eating. Make sure to continue the medication prescribed for your nausea.
- ⚠ **Continue your treatment and call your healthcare team as soon as possible if:** you have significant nausea, experience vomiting that is partially preventing you from eating. Make sure to continue the medication prescribed for your nausea.
- ✖ **Stop your treatment and call your healthcare team as quickly as possible or go to the Emergency Room if:** you have severe nausea or repeated vomiting that prevents you completely from eating.

Diarrhea

You may sometimes experience diarrhea, which may start after the beginning of the treatment.

- Drink lots of liquids (8 to 10 glasses a day) unless otherwise instructed by your doctor.
- Contact a member of your healthcare team if you have significant diarrhea (more than 3 loose stools per day) for more than 24 hours.
- If you have with diarrhea with fever, contact a member of your health care team immediately or go to the Emergency Room.

Breathlessness, swelling and weight gain

You may experience a differentiation syndrome which usually occurs during the first few days of treatment. This condition requires immediate medical attention. You may experience:

- fever
- weight gain
- swelling and weight gain caused by water retention throughout the body
- liquid collection around the heart (pericardial effusion)
- liquid collection around the lungs (pleural effusion)

- ✖ **Stop your treatment and call your healthcare team or go to the Emergency Room if you experience these symptoms.**

- shortness of breath
- difficulty breathing
- low blood pressure

Decrease in white blood cells

A decrease in the **white blood cells** might occur at some point during your treatment. You may be at higher risk of infections during this period.

- Wash your hands often.
- During this period, avoid coming in contact with people who have contagious diseases.
- Contact a member of your healthcare team quickly if you notice any signs of infection (chills, cough, sore throat, pain while you urinate, etc.).
- In case of a fever, do not take acetaminophen (Ex. Tylenol®, Atasol®) and anti-inflammatory medication (Ex: Motrin®, Advil®, Aleve®).

**Stop your treatment and go to the Emergency Room if:**

- you have a fever of 38,3 °C (101°F) or above
or
- you have a fever of 38 °C (100,4 °F) twice an hour apart.

Hair loss

Usually there is **no hair loss** with this treatment.

PHARMACIST : _____

PHONE : _____

FROM ____ H ____ TO ____ H ____ (MONDAY TO FRIDAY)

This fact sheet has been prepared by a sub-committee of the Comité national de l'évolution de la pratique des soins pharmaceutiques of the Programme québécois de cancérologie of the Ministry of Health and Social Services in consultation with the Comité de l'évolution de la pratique en oncologie of the Institut national d'excellence en santé et en services sociaux.




DEVELOPED DECEMBER 2019



Treatment Diary | Enasidenib 30 days

CYCLE START DATE:

LEGEND





-  Continue your treatment.
-  Continue your treatment and contact your healthcare team as soon as possible.
-  Stop your treatment and contact your healthcare team without delay or go to the Emergency Room.
Refer to the information sheet for more details.

TREATMENT

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

(Record the dose taken) **mg**

Date (dd-mm)

NAUSEA AND VOMITING		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	Light nausea that does not prevent you entirely from eating.																														
	Significant nausea or if you experience vomiting that is partially preventing you from eating.																														
	Severe nausea or repeated vomiting that prevents you completely from eating.																														
	BREATHLESSNESS, SWELLING AND WEIGHT GAIN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	You experience one or many of the following symptoms: fever, rapid weight gain, swelling, breathlessness, trouble breathing, low blood pressure.																														
	DECREASE IN WHITE BLOOD CELLS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	You have a fever of 38,3°C (101°F) or above or you have a fever of 38°C (100,4°F) twice an hour apart with or without symptoms of infection.																														