

Abiraterone - prednisone

Zytiga®

Hormonal therapy in tablets

Understanding your treatment

What is a hormonal therapy?

Hormonal therapy slows the growth of cancers that use natural hormones (for example: estrogen, progesterone and testosterone) to grow. Hormonal therapy can either stop the body from producing the hormones that cause cancer growth or it may prevent the use of the hormones by the cancer cells.

Hormonal therapy can be used alone or in combination with other treatments such as a targeted therapy.

How can hormonal therapy help you?

Depending on your type of cancer and the stage of the disease, hormonal 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 hormonal therapy?

Hormonal therapy changes the hormone levels in your body. Side effects that are caused by the decrease of hormones can arise at any time during your treatment.

Not everyone has side effects and each person's experience may be different. Side effects and their severity are not representative of hormonal therapy's effectiveness or lack thereof.

This document is about the most frequent side effects caused by your hormonal therapy.

Medication

Abiraterone

Tablets to take by mouth

Administration

To be taken once a day

Take on an empty stomach : 1 hour before a meal or 2 hours after

On a continuous basis

Prednisone

Tablets to take by mouth

To be taken twice a day with food

On a continuous basis



A **blood test** will be done throughout your treatment. Depending on the results and side effects of the previous treatment, the dose of abiraterone might be adjusted or the treatment might be stopped if necessary.

How to take your medication ?

For the abiraterone :

- Take your abiraterone tablets, as prescribed once a day, at the same time everyday. Take your pills on an empty stomach with a large glass of water 1 hour before a meal or 2 hours after.
- Tablets must be taken whole. Do not chew, split or crush the tablets.
- **If you forget a dose of abiraterone**, skip this dose and take the next dose at the usual time. Do not double your next dose. Try, however, to take your pills at the same time every day and in the same way (on an empty stomach).

For the prednisone :

- Take your prednisone tablets, as prescribed twice a day with your breakfast and supper. You should not suddenly stop taking your prednisone tablets.
- **If you forget a dose of prednisone**, skip this dose and take the next dose at the usual time. Do not double your next dose. Try, however, to take your pills at the same time every day and in the same way (with 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.
- Women who are pregnant or trying to get pregnant should not touch abiraterone tablets. If any of these people help you, they 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 alcohol consumption



- 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.
- **Alcohol** in small quantities is **allowed** and will not affect the efficacy of the treatments.



Sex life and birth control



- You can have an **active sexual** life during your treatments. 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 fertility is unknown. This medication may have an effect on the spermatozoid production. However, this does not prevent erection or sexual activity and as such, you can have an active sexual life during your treatments. This medication could be harmful to the fetus.
 - If you have sex with a woman of child-bearing age, a birth control method is strongly recommended during treatments and up to one week after the end of treatment.
- Notify your doctor immediately if you have had unprotected sex and your partner is pregnant.

Foods to avoid



- Grapefruit
You must avoid consuming grapefruit, Seville orange, starfruit, pomelo, pomegranate or foods containing them. The consumption of those foods could increase the side effects of abiraterone.

Tips and precautions



- **Over the counter medicines, natural health products and vaccines**

Consult your healthcare team:

- if you intend to take any other medication (with or without a prescription, for example DM cough syrup) 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.



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

Fluid retention

Gradual fluid retention may occur with your treatment and may present itself by swelling of the hands, ankles and feet.

- The prednisone you have been prescribed helps to prevent this side effect.
- Raise your feet while sitting.
- Avoid wearing tight clothes or shoes.
- ✓ **Continue your treatment but contact your healthcare team if:** you have mild swelling: you have gained weight but less than 3 kilos (6,6 pounds).
- ⚠ **Continue your treatment and call your healthcare team as soon as possible if:** you have moderate swelling: you have gained weight, more than 3 kilos (6,6 pounds), but you do not have difficulty breathing.
- ✗ **Stop your treatment and call your healthcare team as quickly as possible or go to the Emergency Room if:** you have severe swelling: you have gained weight, more than 3 kilos (6,6 pounds) and you have difficulty breathing.

Nausea

Rarely, slight nausea may occur.

- You will be prescribed medication to be taken as needed if you have nausea.
- Contact a member of your healthcare team if you have nausea that bothers you.

Muscle, bone and joint pain

You may experience muscle, bone and joint pain during your treatment.

- If you present with bone or muscle pain, speak with a member of your healthcare team who will recommend an appropriate pain reliever.

Constipation

You may experience constipation.

- Exercise if possible.
- Drink lots of liquids (at least 8 glasses a day) (unless otherwise instructed by your doctor).
- Eat foods that are rich in fiber (cereals, fruits and vegetables).
- Communicate with a member of your healthcare team who, if necessary, will recommend appropriate laxatives.



ADVERSE EFFECTS

MANAGEMENT

Hot flashes

You may experience hot flashes. These effects vary between individuals and usually go away with time.

- Take your abiraterone at bedtime.
- However, if the hot flashes disturb your sleep, take your medication in the morning.
- If these symptoms persist over time or are bothering you, speak with your healthcare team that will recommend appropriate measures.

Diarrhea

You may sometimes experience diarrhea.

- Drink lots of liquids (8 to 10 glasses a day) unless otherwise instructed by your doctor.
- Eat and drink often but in small quantities.
- ✔ **Continue your treatment if:** you have light diarrhea (2 to 3 additional loose stools per day compared to usual before starting your treatment). Start loperamide (Imodium®) by taking 2 tablets first followed by one tablet after each loose stool for a maximum of 8 tablets per 24 hours period. Contact a member of your healthcare team if the diarrhea does not improve after taking loperamide for 24 hours.
- ⚠ **Continue your treatment and call your healthcare team as soon as possible if:** you experience more than 4 to 6 additional loose stools per day compared to usual before starting your treatment). Start loperamide (Imodium®) by taking 2 tablets first followed by one tablet after each loose stool for a maximum of 8 tablets per 24 hours period.
- ✖ **Stop your treatment and call your healthcare team as quickly as possible or go to the Emergency Room if:** you have 7 or more additional loose stools per day compared to usual before starting your treatment, if you are not able to hold it in (incontinence) or if you have diarrhea with a fever.

High blood pressure

High blood pressure might occur.

- Your blood pressure might be checked during your visit with your doctor.
- A member of your healthcare team might ask you to measure your blood pressure regularly and record it in a diary.
- If you experience high blood pressure, medication can be prescribed to control it.
- ✔ **Continue your treatment if:** your resting blood pressure is below 140/90 mmHg.
- ⚠ **Continue your treatment and call your healthcare team as**

soon as possible if: your blood pressure is above 140/90 mmHg over a short period of time or less than 24 hours.

- ➔ **Stop your treatment and call your healthcare team as quickly as possible if:** your blood pressure is above 160/100 mmHg all or most of the time over a period of 24 hours.

Head to the Emergency Room if your blood pressure is above 200/120 mmHg or if you have a headache or are confused.

Heartburn, increased appetite, nervousness and sleep disturbances

Prednisone tablets may cause heartburn, increased appetite, nervousness and sleep disturbances.

- To minimize these side effects, take the tablets with food in the morning.
- Notify a member of your healthcare team if these symptoms occur and affect your daily activities. Some measures can be recommended.

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.

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Treatment Diary | Abiraterone + Prednisone 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

		CYCLE DAYS																													
		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)	Abiraterone :	mg																													
	Prednisone <u>breakfast</u> :	mg																													
	Prednisone <u>supper</u> :	mg																													
Date (dd-mm)																															
FLUID RETENTION (SWELLING)		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
✔	Mild swelling: you have gained weight but less than 3 kilos (6,6 pounds).																														
⚠	Moderate swelling: you have gained weight, more than 3 kilos (6,6 pounds), but you do not have difficulty breathing.																														
✖	Severe swelling: you have gained weight, more than 3 kilos (6,6 pounds) and you have difficulty breathing.																														
DIARRHEA		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 diarrhea: you have 2 to 3 additional loose stools per day compared to usual.																														
⚠	Moderate diarrhea: you have 4 to 6 additional loose stools per day compared to usual.																														



Severe diarrhea: you have 7 or more additional loose stools per day compared to usual before starting your treatment or you are not able to hold it in (incontinence).



HIGH BLOOD PRESSURE

Resting blood pressure below 140/90 mmHg.



Blood pressure above 140/90 mmHg over a short period of time or less than 24 hours.



Blood pressure above 160/100 mmHg all or most of the time over a period of 24 hours.

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	