

Alectinib

Alecensaro®

Cancer-directed targeted therapy in capsules

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

Alectinib

Capsules to take by mouth

Administration

To be taken twice daily

Take with 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 might be interrupted.

How to take your medication?

- Take your alectinib capsules as prescribed twice daily at the same time every day. You should take your medication with food.
- Capsules must be taken whole. Do not open the capsules.
- **If you forget a dose**, you should note take an extra dose. You should just take your next dose according to your usual schedule. 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 capsules.
- 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.
- If the medication inadvertently comes in 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.

How can this treatment affect your daily life?

Appetite

- 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 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 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 during treatments and up to 3 months after the end of



treatments. Breast-feeding is contraindicated during treatment.

Foods and medicines 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 alectinib.

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 treatments (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 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 your 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

Skin problems

You might experience some **skin reactions** within about one or two weeks of starting your treatment. These reactions usually present with:

- A **rash** on the face, neck, chest, back, and arms. This reaction looks like acne and usually disappears within a few weeks after the end of the treatment.
- Your **skin** may become **drier**. **Redness** and **itchiness** may develop.
- Your skin may become more **sensitive to the sun**.

To help prevent or decrease these reactions:

- Use fragrance-free, alcohol-free mild soap or cleaning products. Also use bath or shower oils to avoid skin dryness.
- Moisturize your skin twice a day with fragrance-free, thick, emollient-based creams like Aveeno®, Neutrogena® or Vaseline Intensive Care® lotion.
- Use non-perfumed creams and cosmetics without alcohol or dye. Use dermatologist-recommended make up (foundation) to mask skin problems.
- Remove make up with a mild cleaning product.
- Avoid sun exposure. In case of unavoidable sun exposure, wear a hat and clothes with long sleeves.
- Avoid over the counter acne products as they can dry skin.
- Use a broad-spectrum sunscreen (SPF of 30 or more) for up to 7 days after the end of your treatment.

If despite all these measures, skin reactions appear:

- ✓ **Continue your treatment but contact your healthcare team if :** you develop skin problems such as pimples or redness, scattered on your skin but that are not itchy or tender. Continue to apply the moisturizing cream.
- ⚠ **Continue your treatment and contact your healthcare team as soon as possible if:** you develop skin problems such as pimples or redness, scattered on your skin and they itch or are tender. Continue to apply the moisturizing cream.
- ✗ **Stop your treatment and contact your healthcare team without delay or head to the Emergency Room:** if you develop skin problems, such as pimples or redness all over your body, pain or swelling.

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

Muscle and bone pain

You may experience muscle, bone and joint pain and cramps that may occur 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.

Nausea

Nausea and vomiting, usually light, may occur with your treatments.

- You may be prescribed medication to prevent nausea if needed.
- Contact a member of your healthcare team if your medication does not relieve your nausea.

Fatigue and appetite

Significant fatigue with weakness and loss of appetite may occur 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.
- Eat more often, in smaller quantities.

Headaches

You may experience headaches.

- If this happens and is bothering you, talk to a member of your healthcare team who will recommend a medication for pain.

Fluid retention

A gradual fluid retention may occur with your treatment and may present itself by swelling of the ankles and feet. Rarely, the swelling could extend to the hand, face and eyelids.

- Raise your feet while sitting.
- Sleep in an upright position to decrease swelling around your eyes.
- Avoid wearing tight clothes.
- Weight yourself regularly.

✔ **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.



Visual disturbances

Visual disturbances can occur usually within the first 2 weeks of treatment.

You may see objects followed by a luminous trail (such as light, sparks, colors), black or white spots in your visual field, or have blurred or double vision.

In most cases, those visual disturbances are of mild intensity and usually temporary.

- If you experience these symptoms you should use caution when driving or operating machines.
- If you present those symptoms or if they are worsening, communicate with a member of your healthcare team.

Decrease in white blood cells

A decrease in the **white blood cells** is unlikely during your treatment.

Nevertheless, you could be at higher risk to contract 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 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.

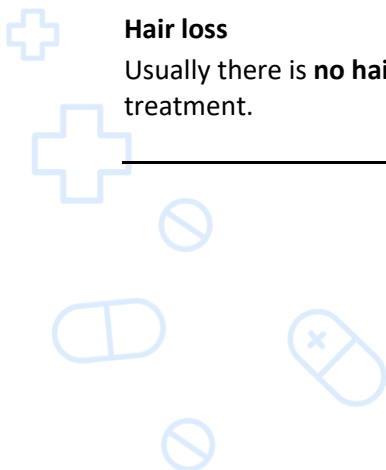
Blood sugar

Your blood sugar may increase during your treatment.

- If you are diabetic, check your blood sugar levels more often. If the values are higher than usual, communicate with a member of your healthcare team.
- For everyone, if you feel very thirsty and if you urinate in greater amounts and more often, communicate with a member of your healthcare team quickly.

Hair loss

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



RARE ADVERSE EFFECTS THAT CAN BE SEVERE OR SERIOUS

If the following side effects occur, stop your treatment and call your healthcare team as quickly as possible or go to the Emergency Room:

- Cough, shortness of breath and/or feeling out of breath
- Swelling of legs and the ankles
- Slow heartbeats

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 **NOVEMBER 2019**



Treatment Diary | Alectinib 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)

SKIN PROBLEMS	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
 Skin problems that you did not have before such as pimples or redness, scattered on your skin but that are not itchy or tender.																														
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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
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