

Medication Information Sheet

idelalisib (eye del" a lis' ib)

This document provides general information about your medication. It does not replace the advice of your health care professional. Always discuss your therapy with your health care professional and refer to the package insert for more details.

Other Name: Zydelig (TM)

Appearance: tablet

What is this medication for?

For treating certain blood cancers such as chronic lymphocytic leukemia (CLL) or follicular lymphoma

What should I do before I have this medication?

- Tell your doctor and pharmacist if you have or had significant medical condition(s), especially if you have or had inflammatory bowel disease, liver disease or hepatitis, lung problems, any infections, or any allergies.
- People with cancer have a higher risk of getting other cancers or developing blood clots. Some cancer medications may increase these risks, especially if used for a long period of time. Discuss any concerns about this medication with your health care team.

How will this medication affect sex, pregnancy and breastfeeding?

- The use of this medication in men or women may cause harm to the unborn baby if pregnancy occurs. Let your health care team know if you or your partner is pregnant, becomes pregnant during treatment, or if you are breastfeeding
- If there is ANY chance that you or your partner may become pregnant, you and your partner together must:
 - ▶ **Use 2 effective forms of birth control at the same time** while receiving this drug: Idelalisib may reduce the effectiveness of birth control pills. Consider an alternative method of contraception. Keep using birth control until at least **1 month** after the last dose. Discuss with your healthcare team.
- Do not breastfeed while using this drug.
- This medication may affect fertility (ability to get pregnant)

How is this medication given?

- This medication is usually taken twice a day by mouth
- Swallow whole with a glass of water, with or without food
- If you miss a dose, take it if it is within 6 hours of the missed dose, otherwise skip and take your next dose as scheduled. Do not double the dose to make up for the forgotten one.
- You may be given antibiotics to prevent infection during and after your treatment

What else do I need to know while on this medication?

- This medication can interact with other medications and can result in the treatment not working as well or cause severe side effects.
- **For mild aches and pain or fever:**
 - ◊ If you feel unwell, take your temperature before taking any medications for pain or fever. They may hide a fever.
 - ◊ You may take acetaminophen (Tylenol®) tablets. Ask your health care team about the right dose for you.
 - ◊ Ibuprofen (Advil®, Motrin®), naproxen (Aleve®) or aspirin (acetylsalicylic acid, ASA), including low dose aspirin for heart conditions, may increase your chance of bleeding. Talk to your health care team before you start or stop these medications.
 - ◊ **Talk to your health care team or go to the closest emergency room right away if you have a fever.** See the [Fever](#) pamphlet for more information.
- Make sure your health care team knows about all your medications (prescription, over-the-counter, herbals and supplements) especially oral contraceptives, antibiotics, antiseizure medications, blood thinners and St. John's Wort. Check with your health care team before starting or stopping any of them.
- Your skin may be more sensitive to the sun. Try to stay out of the sun if you can. Apply sunscreen with UVA and UVB protection and an SPF of at least 30. When you are in the sun, wear long sleeved shirts, long pants and a hat to protect yourself.
- Drinking alcohol and smoking during your treatment may increase some side effects and make your medication less effective. Speak to your health care team about smoking and drinking alcohol while on treatment.

How should I safely store this medication?

- Keep this medication in the original packaging at room temperature in a dry place, away from heat and light. Keep out of sight and reach of children and pets.
- Do not throw out any unused medications at home. Bring them to your pharmacy to be thrown away safely.

What are the side effects of this medication?

You may not have all of the side effects below. You may have side effects that are not listed.

Side effects and what to do	When to contact doctor?
Very Common Side Effects (50 or more out of 100 people)	
Abnormal cholesterol or fat levels in the blood <ul style="list-style-type: none"> • Your doctor may check your cholesterol levels regularly with a blood test. 	Contact your health care team if no improvement or if severe
Abnormal liver lab tests (may be severe) <ul style="list-style-type: none"> • Your doctor will monitor your liver regularly with a blood test. • You may have yellowish skin or eyes, unusually dark pee or pain on the right side of your belly. Talk to your health care team if this happens. 	Contact your health care team if no improvement or if severe

Side effects and what to do	When to contact doctor?
Common Side Effects (25-49 out of 100 people)	
Diarrhea (may be severe) May happen during treatment, within days to weeks If you have diarrhea: <ul style="list-style-type: none"> • Take anti-diarrhea medication if your health care team prescribed it. • Avoid foods or drinks with artificial sweetener (e.g. chewing gum, “diet” drinks), coffee and alcohol. • Eat many small meals and snacks instead of 2 or 3 large meals. • Drink at least 6 to 8 cups of liquids each day. Talk to your health care team 	Contact your health care team if no improvement or if severe

Side effects and what to do	When to contact doctor?
Common Side Effects (25-49 out of 100 people)	
<p>if you can't drink 6-8 cups of liquids each day when you have diarrhea. You may need special liquids with salt and sugar, called Oral Rehydration Therapy.</p> <p>See the Diarrhea pamphlet for more information.</p>	
<p>Fatigue (tiredness)</p> <ul style="list-style-type: none"> • Be active and aim to get 30 minutes of moderate exercise (you are able to talk comfortably while exercising) on most days. Check with your health care team before starting any new exercise. • Pace yourself, do not rush. Put off less important activities. Rest when you need to. • Eat well and stay hydrated by drinking at least 6 to 8 glasses of water or other liquids every day (unless your doctor told you to drink more or less). • Avoid driving or using machinery if you are feeling tired <p>See our Fatigue pamphlet for more information.</p>	<p>Contact your health care team if no improvement or if severe</p>
<p>Cough; feeling short of breath</p> <p>You may have cough and feel short of breath without any signs of infection, such as a sore throat or a stuffed nose.</p>	<p>Contact your health care team if no improvement or if severe</p>
<p>Nausea and vomiting (usually mild)</p> <p>May occur in hours to days after your treatment.</p> <p>If you have nausea or vomiting:</p> <ul style="list-style-type: none"> • Take anti-nausea medication(s) as prescribed to you by your doctor. • Drink clear liquids and have small meals. Get fresh air and rest. • Do not eat spicy, fried foods or foods with a strong smell. • Limit caffeine (e.g. coffee, tea) and alcohol. • Contact your health care team if the prescribed anti-nausea medications are not helping to control your nausea and vomiting. <p>Also see Nausea & Vomiting pamphlet for more information.</p>	<p>Contact your health care team if no improvement or if severe</p>
<p>Pains or cramps in the belly</p> <ul style="list-style-type: none"> • If you have constipation or diarrhea it may be causing the pain in your belly. • If the pain is severe, gets worse or doesn't go away, talk to your health care team about other possible causes. 	<p>Contact your health care team if no improvement or if severe</p>

Side effects and what to do	When to contact doctor?
Common Side Effects (25-49 out of 100 people)	
<p>Low platelets in the blood (may be severe)</p> <ul style="list-style-type: none"> • Watch for bleeding (such as unusual nosebleeds or bleeding from the gums) or bruising easily (this is rare). • Very rarely, severe symptoms can happen. If you notice black coloured stools (poo), red or pink coloured urine (pee), red or brown coloured mucus when you cough, severe headache/confusion or bleeding that will not stop, you need to talk to your health care team or go to the nearest emergency room right away. <p>See the Low Platelet Count pamphlet for more information.</p> <p>Fever, chills, infection (may be severe)</p> <p>You have a fever if your temperature taken in your mouth (oral temperature) is:</p> <ul style="list-style-type: none"> • 38.3°C (100.9°F) or higher at any time OR • 38.0°C (or 100.4°F) or higher for at least one hour. <p>While you are getting chemotherapy treatments:</p> <ul style="list-style-type: none"> • Keep a digital thermometer at home and take your temperature if you feel hot or unwell (for example, chills). • Avoid taking medications that treat a fever before you take your temperature (for example, Tylenol®, acetaminophen, Advil® or ibuprofen) as they may hide a fever. • Do not eat or drink anything hot or cold right before taking your temperature. • Wash your hands often. • Check with your doctor before getting any vaccines, surgeries, medical procedures or visiting your dentist. <p>If you have a fever, talk to your health care team or go to the closest emergency room.</p> <p>See our Neutropenia (Low white blood cell count) pamphlet for more information.</p>	<p>Get emergency medical help right away</p>

Side effects and what to do	When to contact doctor?
Less Common Side Effects (10-24 out of 100 people)	
<p>Rash</p> <p>Rash may be severe in some rare cases and cause your skin to blister or peel. If this happens, get emergency medical help right away.</p> <p>To prevent and treat dry skin,</p> <ul style="list-style-type: none"> • Use skin moisturizer. • Protect your skin from the sun and the cold. • Use sunscreen with UVA and UVB protection and a SPF of at least 30. 	<p>Contact your health care team if no improvement or if severe</p>
<p>Low appetite</p> <ul style="list-style-type: none"> • You may not feel like eating or you may lose weight. • Try to eat foods that you like and eat small meals throughout the day. • You may need to take meal supplements to help keep your weight up. • Talk to your health care team if you have a low appetite. • See our Loss of appetite pamphlet for more information. 	<p>Contact your health care team if no improvement or if severe</p>
<p>Trouble falling asleep</p> <ul style="list-style-type: none"> • This may be caused by one of your medications and may improve once your body gets used to the medication or when your treatment ends. • Talk to your doctor if this bothers you. 	<p>Contact your health care team if no improvement or if severe</p>
<p>Headache; mild joint, muscle pain</p> <ul style="list-style-type: none"> • Take your pain medication as prescribed by your doctor. • You can take acetaminophen (Tylenol®) tablets as needed for mild aches and pains. Ask your doctor or pharmacist about the right dose for you. • Talk to your doctor or pharmacist first before taking ibuprofen (Advil®, Motrin®), naproxen (Aleve®) or aspirin. These medication may increase bleeding risk. • Rest often and try light exercise as it may help. 	<p>Contact your health care team if no improvement or if severe</p>
<p>Mild swelling in arms and legs; puffiness</p> <p>To help prevent swelling :</p> <ul style="list-style-type: none"> • Eat a low-salt diet. • Avoid tight fitting clothing. <p>If you have swelling in your legs, keep your feet up when sitting.</p>	<p>Contact your health care team if no improvement or if severe</p>

Other rare, but serious side effects are possible. If you experience ANY of the following, speak to your health care provider or get emergency medical help right away:

- Difficulty breathing, painful cough, chest pain and/or coughing up blood
- Symptoms of an allergic reaction (during or shortly after taking the medication) such as fever, rash, swollen lips, face or tongue, wheezing, chest and throat tightness
- Feeling confused, have difficulty speaking, moving or problems with your balance
- Blurred vision or loss of vision and weakness on one side of your body

Who do I contact if I have questions or need help?

My cancer health care provider is: _____

During the day I should contact: _____

Evenings, weekends and holidays: _____

Other Notes:

June 2021 Updated "What is this medication for" section

For more links on how to manage your symptoms go to www.cancercareontario.ca/symptoms.

The information set out in the medication information sheets, regimen information sheets, and symptom management information (for patients) contained in the Drug Formulary (the "Formulary") is intended to be used by health professionals and patients for informational purposes only. The information is not intended to cover all possible uses, directions, precautions, drug interactions or side effects of a certain drug, nor should it be used to indicate that use of a particular drug is safe, appropriate or effective for a given condition.

A patient should always consult a healthcare provider if he/she has any questions regarding the information set out in the Formulary. The information in the Formulary is not intended to act as or replace medical advice and should not be relied upon in any such regard. All uses of the Formulary are subject to clinical judgment and actual prescribing patterns may not follow the information provided in the Formulary.