

relugolix

Pronunciation: REL-ue-GOE-lix

Other Name(s): Orgovyx®

Appearance: tablet

This handout gives general information about this cancer medication.

You will learn:

- who to contact for help
- what the medication is
- how it is given
- what to expect while on medication



This handout was created by Ontario Health (Cancer Care Ontario) together with patients and their caregivers who have also gone through cancer treatment. It is meant to help support you through your cancer treatment and answer some of your questions.

This information does not replace the advice of your health care team. Always talk to your health care team about your treatment.

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: _____

What is this treatment for?

Relugolix is used to treat a type of prostate cancer.

What should I do before I start this treatment?

Tell your health care team if you have or had significant medical condition(s), especially if you have / had:

- kidney, liver, thyroid problems
- heart problems (including irregular heartbeat)
- abnormal levels of electrolytes (such as potassium, calcium or magnesium)
- bone problems such as thinning of bones (osteoporosis) or any conditions that affect bone strength
- any allergies.



Remember To:

- ✓ Tell your health care team about all of the other medications you are taking.
- ✓ Keep taking other medications that have been prescribed for you, unless you have been told not to by your health care team.

How is this treatment given?

- This medication is usually taken once a day by mouth. Talk to your health care team about how and when to take your medication.
- Swallow the tablets whole with a full glass of water, with or without food.
- If you forget to take a dose of your relugolix:
 - If it has been less than 12 hours from the missed dose, take the dose as usual. Then take your next dose at the normal scheduled time.
 - If it has been longer than 12 hours, do not take the dose. Take your next dose at the normal scheduled time. Do not take extra (double up) to make up for the missed dose.
- If your treatment is stopped for over 7 days, talk to your health care team about how to restart your medication.
- If you vomit (throw up) after taking your medication, talk to your health care team about what to do.

Warning: If you take too much of this medication by accident, or if you think a child or a pet may have swallowed your medication, you must call the Ontario Poison Control Center right away at: 1-800-268-9017.

DO this while on treatment

- ✓ DO check with your health care team before getting any vaccinations, surgery, dental work or other medical procedures.

DO NOT do this while on treatment



- × DO NOT take any other medications, such as vitamins, over-the-counter (non-prescription) drugs, or natural health products without checking with your health care team.
- × DO NOT start any complementary or alternative therapies, such as acupuncture or homeopathic medications, without checking with your health care team.
- × DO NOT use tobacco products (such as smoking cigarettes or vaping) or drink alcohol while on treatment without talking to your health care team first. Smoking and drinking can make side effects worse and make your treatment not work as well.

Will this treatment interact with other medications or natural health products?

Yes, this medication can interact with other medications, vitamins, foods and natural health products. Interactions can make this medication not work as well or cause severe side effects.

Tell your health care team about all of your:

- prescription and over-the-counter (non-prescription) medications and all other drugs, such as cannabis/marijuana (medical or recreational)
- natural health products such as vitamins, herbal teas, homeopathic medicines, and other supplements

Check with your health care team before starting or stopping any of them.



Talk to your health care team **BEFORE** taking or using these :

- Anti-inflammatory medications such as ibuprofen (Advil[®] or Motrin[®]), naproxen (Aleve[®]) or Aspirin[®].
- Over-the-counter products such as dimenhydrinate (Gravol[®])
- Natural health products such as St. John's Wort
- Supplements such as vitamin C
- Grapefruit juice
- Alcoholic drinks
- Tobacco
- All other drugs, such as marijuana or cannabis (medical or recreational)

How will this treatment affect sex, pregnancy and breastfeeding?

Talk to your health care team about:

- How this treatment may affect your sexual health
- How this treatment may affect your ability to have a baby, if this applies to you.

This treatment may harm an unborn baby. Tell your health care team if your partner is pregnant, becomes pregnant during treatment, or is breastfeeding.

- If there is **any** chance of pregnancy happening, you and your partner together must use **2 effective forms of birth control** at the same time until at least **2 weeks** after your last treatment dose. Talk to your health care team about which birth control options are best for you.

How to safely store and handle this medication

- Keep relugolix tablets 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 relugolix tablets at home. Bring them to your pharmacy to be thrown away safely.

How to safely touch oral anti-cancer medication

If you are a patient:

- Wash your hands before and after touching your oral anti-cancer medication.
- Swallow each pill whole. Do not crush or chew your pills.

If you are a caregiver:

- Wash your hands before and after touching the oral anti-cancer medication.

If you are pregnant or breastfeeding, or if there is a chance you or your partner may become pregnant:

- Wear nitrile or latex gloves when touching tablets, capsules or liquids.
- Wash your hands before putting on your gloves and after taking them off, even if your skin did not touch the oral anti-cancer medication.
- Throw out your gloves after each use. Do not re-use gloves.

What to do if anti-cancer medication gets on your skin or in your eyes

If medication gets on your skin:

- Wash your skin with a lot of soap and water.
- If your skin gets red or irritated, talk to your health care team.

If medication gets in your eyes:

- Rinse your eyes with running water right away. Keep water flowing over your open eyes for at least 15 minutes.

What are the side effects of this treatment?

The following table lists side effects that you may have when getting relugolix. The table is set up to list the most common side effects first and the least common last. It is unlikely that you will have all of the side effects listed and you may have some that are not listed.

Read over the side effect table so that you know what to look for and when to get help. Refer to this table if you experience any side effects while on relugolix.

Very Common Side Effects (50 or more out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Hot flashes (feeling or wave of warmth)</p> <p>What to look for?</p> <ul style="list-style-type: none"> • A hot flash feels like a sudden warmth in your upper body and face. It can happen quickly and with no warning. • Your face may get flushed (turn red) and you may sweat more. • Hot flashes can cause you to have trouble sleeping. <p>What to do?</p> <p>To help prevent hot flashes :</p> <ul style="list-style-type: none"> • Avoid triggers such as spicy food, alcohol and caffeine (tea, coffee, and soft drinks), • Exercise regularly. Ask your health care team what exercises are appropriate for you before you start any new exercise. • Quitting smoking may also help. <p>If you have hot flashes :</p> <ul style="list-style-type: none"> • To keep cool, dress in light, cotton clothing or in layers that you can easily remove. Use a fan • Drink plenty of water or other liquids (at least 6 to 8 cups) unless your health care team has told you to drink more or less. • Lay a towel on top of your bed sheet before you sleep so you can change it easily if you sweat at night. <p>Hot flashes may improve over time. Talk to your health care team if they bother you.</p>	<p>Talk to your health care team if it does not improve or if it is severe.</p>

Common Side Effects (25 to 49 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Mild joint, muscle pain or cramps</p> <p>What to look for?</p> <ul style="list-style-type: none"> • New pain in your muscles or joints, muscle cramps, or feeling achy. <p>What to do?</p> <ul style="list-style-type: none"> • Take pain medication (acetaminophen or opioids such as codeine, morphine, hydromorphone, oxycodone) as prescribed. • Rest often and try light exercise (such as walking) as it may help. <p>Ask your health care team for the Pain pamphlet for more information.</p>	<p>Talk to your health care team if it does not improve or if it is severe.</p>
<p>Fatigue</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Feeling of tiredness or low energy that lasts a long time and does not go away with rest or sleep. <p>What to do?</p> <ul style="list-style-type: none"> • Be active. 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. • Ask family or friends to help you with things like housework, shopping, and child or pet care. • Eat well and drink at least 6 to 8 glasses of water or other liquids every day (unless your health care team has told you to drink more or less). • Avoid driving or using machinery if you are feeling tired. <p>Ask your health care team for the Fatigue pamphlet for more information.</p>	<p>Talk to your health care team if it does not improve or if it is severe.</p>

Less Common Side Effects (10 to 24 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Constipation</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Having bowel movements (going poo) less often than normal. • Small hard stools (poo) that look like pellets. • The need to push hard and strain to have any stool (poo) come out. • Stomach ache or cramps. • A bloated belly, feeling of fullness, or discomfort. • Leaking of watery stools (poo). • Lots of gas or burping. • Nausea or vomiting. <p>What to do?</p> <p>To help prevent constipation:</p> <ul style="list-style-type: none"> • Try to eat more fiber rich foods like fruits with skin, leafy greens and whole grains. • Drink at least 6 to 8 cups of liquids each day unless your health care team has told you to drink more or less. • Be Active. Exercise can help to keep you regular. • If you take opioid pain medication, ask your health care team if eating more fibre is right for you. <p>To help treat constipation:</p> <ul style="list-style-type: none"> • If you have not had a bowel movement in 2 to 3 days you may need to take a laxative (medication to help you poo) to help you have regular bowel movements. Ask your health care team what to do. <p>Ask your health care team for the Constipation Pamphlet for more information.</p>	<p>Talk to your health care team if it does not improve or if it is severe.</p>
<p>Diarrhea</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Loose, watery, unformed stool (poo) that may happen days to weeks after you get your treatment. 	<p>Talk to your health care team if no improvement after 24 hours of taking diarrhea medication or if severe (more than 7 times in one day).</p>

Less Common Side Effects (10 to 24 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>What to do?</p> <p>If you have diarrhea:</p> <ul style="list-style-type: none"> • Take anti-diarrhea medication if your health care team prescribed it or told you to take it. • Do not eat foods or drinks with artificial sweetener (like chewing gum or 'diet' drinks), coffee and alcohol, until your diarrhea has stopped. • Eat many small meals and snacks instead of 2 or 3 large meals. • Drink at least 6 to 8 cups of liquids each day, unless your health care team has told you to drink more or less. • Talk to your health care team if you can't drink 6 to 8 cups of liquids each day when you have diarrhea. You may need to drink special liquids with salt and sugar, called Oral Rehydration Therapy. • Talk to your health care team if your diarrhea does not improve after 24 hours of taking diarrhea medication or if you have diarrhea more than 7 times in one day. <p>Ask your health care team for the Diarrhea pamphlet for more information.</p>	

Other rare, but serious side effects are possible with this treatment.

If you have **any** of the following, talk to your cancer health care team or get emergency medical help right away:

- Irregular heartbeat, shortness of breath, chest pain, pain in your belly or arm or fainting spells
- Feeling confused and have a sudden loss of vision or trouble speaking or using your arms or legs
- Severe or unusual bone pain especially in your back, hips and wrist
- Bleeding from your gums, unusual nosebleeds, bruising easily or more than normal, or blood in your urine (pee) or stools (poo)
- Bleeding that does not stop or is severe (very heavy)
- Swelling in your hands/ ankles/ feet/ other areas of your body, pain in your lower back, changes in urination (peeing) such as less urine than usual, and/or confusion
- Signs of an allergic reaction such as itchiness, rash, swollen lips, face or tongue, chest and throat tightness

