

Medication Information Sheet

SUNItinib (soo-NIT-in-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: Sutent®

Appearance: capsule In various strengths and colours

What is this medication for?

For treating some types of kidney cancer, as well as gastrointestinal stromal tumors (GIST) - a rare cancer usually affecting the stomach or intestines, and a rare type of pancreas cancer.

What should I do before I have this medication?

- Tell your health care team if you have or had significant medical condition(s), especially if you have / had:
 - ◊ liver, kidney, thyroid or adrenal gland problems,
 - ◊ heart problems (including stroke, fainting spells),
 - ◊ family history of heart problems,
 - ◊ high blood pressure,
 - ◊ bleeding problems,
 - ◊ any recent or upcoming surgery, severe injury or infection, or
 - ◊ 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 will this medication affect sex, pregnancy and breastfeeding?**Talk to your health care team about:**

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

This medication may harm an unborn baby. Tell your health care team if you or your partner are pregnant, become pregnant during treatment, or are 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 **6 months** after your last dose (general recommendation). Talk to your health care team about which birth control options are best for you.
- Do not breastfeed while on this medication.

How is this medication given?

- This medication is usually taken once a day by mouth. For some patients, it may be taken on certain days of the treatment cycle. Talk to your health care team about how and when to take your medication.
- Swallow whole with a glass of water, with or without food.
- Do not crush, chew or open the capsules.
- If you vomit (throw up) after taking your medication, talk to your health care team about what to do.
- If you forget to take a dose of your medication do not take extra (double up). Follow the instructions given to you or talk to your health care team if you are unsure about what to do. If you are unable to talk to your healthcare team, take your next dose at the usual time.
- If you take too much of your oral anticancer 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.

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

- **Will this medication interact with other medications or natural health products?**
 - This medication can interact with other medications, vitamins, foods and natural health products. Interactions can make the treatment 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.
- If you take seizure medications (such as phenytoin), your health care team may monitor your blood levels closely and may change your dose.
- **What should I do if I feel unwell, have pain, a headache or a fever?**
 - **Always** check your temperature to see if you have a fever **before** taking any medications for fever or pain (such as acetaminophen (Tylenol®) or ibuprofen (Advil®)).
 - Fever can be a sign of infection that may need treatment right away.
 - If you take these medications before you check for fever, they may lower your temperature and you may not know you have an infection.

How to check for fever:

Keep a digital (electronic) thermometer at home and take your temperature if you feel hot or unwell (for example, chills, headache, mild pain).

- You have a fever if your temperature taken in your mouth (oral temperature) is:
 - 38.3°C (100.9°F) or higher at any time
- OR
- 38.0°C (100.4°F) or higher for at least one hour.

If you do have a fever:

- **Try to contact your health care team. If you are not able to talk to them for advice, you MUST get emergency medical help right away.**
- Ask your health care team for the [Fever](#) pamphlet for more information.

If you do not have a fever but have mild symptoms such as headache or mild pain:

- Ask your health care team about the right medication for you. **Acetaminophen (Tylenol®)** is a safe choice for most people.
- **Talk to your health care team before you start taking** Ibuprofen (Advil®, Motrin®), naproxen (Aleve®) or ASA (Aspirin®), as they may increase your chance of bleeding or interact with your cancer treatment.
- Talk to your health care team if you already take **low dose aspirin** for a medical condition (such as a heart problem). It may still be safe to take.

What to DO while on this medication:

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

What NOT to DO while on this medication:

- DO NOT smoke 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.
- DO NOT eat or drink grapefruit, starfruit, Seville oranges or their juices (or products that contain these) while taking this drug. They may increase the amount of drug in your blood and increase side effects.
- DO NOT drive, operate machinery or do any tasks that need you to be alert if you feel dizzy.

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.
- **How to safely touch oral anti-cancer medications**

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:

- ◊ 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.
- ◊ Do not touch oral anti-cancer medications if you are pregnant or breastfeeding.

• **What to do if oral 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 medication?

The following table lists side effects that you may have when getting sunitinib. 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 sunitinib.

Very Common Side Effects (50 or more out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Liver problems</p> <p>(May be severe)</p> <p>Your health care team may check your liver function with a blood test. The liver changes do not usually cause any symptoms.</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Rarely, you may develop yellowish skin or eyes, unusually dark pee or pain on the right side of your belly. This may be severe. <p>What to do?</p> <p>If you have any symptoms of liver problems, get emergency medical help right away.</p>	<p>Get emergency medical help right away</p>

Very Common Side Effects (50 or more out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Abnormal kidney lab tests (may be severe) and Proteins in your Urine/Pee (rare)</p> <p>Your health care team may check for proteins in your urine (pee) and your kidney function regularly with a blood test.</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Swelling in your hands, ankles, feet or other areas of your body. • Weight gain that is not normal for you. • Pain in your lower back. • Muscle twitches and cramps or itchiness that won't go away. • Nausea (feeling like you need to throw up) and vomiting. • Changes in urination (peeing) such as less urine than usual. • Foamy or frothy urine (pee). • Blood in the urine (pee). <p>What to do?</p> <ul style="list-style-type: none"> • If you have any of these signs, talk to your health care team or go to your closest emergency department. 	<p>Get emergency medical help right away</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>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. • 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. 	<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>

Very Common Side Effects (50 or more out of 100 people)	
Side effects and what to do	When to contact health care team
<ul style="list-style-type: none"> • 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>	
<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>
<p>Higher than normal levels of pancreas enzymes in your blood (lipase, amylase)</p> <p>(May be severe)</p> <p>What to look for?</p> <ul style="list-style-type: none"> • These changes usually do not cause any symptoms. • In some cases, you may feel pain in the centre of your belly that may spread to your back. <p>What to do?</p> <ul style="list-style-type: none"> • Your health care team may do blood tests to watch your levels of enzymes in the pancreas. • Talk to your health care team if you have the above symptom. If you are unable to talk to the team for advice, you must get emergency medical help right away. 	<p>Talk to your health care team if you have any symptoms. If you are unable to talk to the team for advice, you must get emergency medical help right away.</p>

Very Common Side Effects (50 or more out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Nausea and vomiting</p> <p>(Generally mild)</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Nausea is feeling like you need to throw up. You may also feel light-headed. • You may feel nausea within hours to days after your treatment. <p>What to do?</p> <p>To help prevent nausea:</p> <ul style="list-style-type: none"> • It is easier to prevent nausea than to treat it once it happens. • 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 (like coffee, tea) and avoid alcohol. <p>If you have nausea or vomiting:</p> <ul style="list-style-type: none"> • Take your rescue (as-needed) anti-nausea medication(s) as prescribed. • Ask your health care team for the Nausea & Vomiting pamphlet for more information. • Talk to your health care team if: <ul style="list-style-type: none"> ◦ nausea lasts more than 48 hours ◦ vomiting lasts more than 24 hours or if it is severe 	<p>Talk to your healthcare team if nausea lasts more than 48 hours or vomiting lasts more than 24 hours 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>Higher than normal levels of creatine kinase in your blood</p> <p>Creatine kinase (also called creatine phosphokinase) is an enzyme found in your muscles. High levels of creatine kinase in your blood may mean you have muscle damage.</p> <p>This medication may increase the levels of creatine kinase in your blood.</p> <p>What to look for?</p> <p>High creatine kinase levels may not cause any symptoms that you can see or feel. Your health care team may order a blood test to check your creatine kinase levels.</p> <ul style="list-style-type: none"> • In rare cases, high creatine kinase levels may cause: <ul style="list-style-type: none"> ◦ Severe pain or weakness in your muscles, or ◦ Dark red or brown coloured pee • Severe muscle damage can cause kidney problems. You may have: <ul style="list-style-type: none"> ◦ New swelling in your hands, ankles, feet or other areas of your body ◦ Weight gain that is not normal for you ◦ Pain in your lower back ◦ Changes in urination (peeing) such as less urine than usual <p>What to do?</p> <ul style="list-style-type: none"> • Talk to your health care team if you have any unexplained muscle pain, tenderness or weakness, or signs of kidney problems. <p>If you have severe muscle pain or weakness and dark-coloured pee, get emergency medical help right away.</p>	<p>Talk to your health care team if it does not improve. Get emergency medical help right away if it is severe.</p>
<p>Taste changes</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Food and drinks may taste different than usual. <p>What to do?</p> <ul style="list-style-type: none"> • Eat foods that are easy to chew, such as scrambled eggs, pasta, soups, cooked vegetables. • Taste foods at different temperatures, since the flavour may change. • Try different forms of foods, like fresh, frozen or canned. • Experiment with non-spicy foods, spices and seasonings. 	<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>Too much or too little salt in your body</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Muscle spasms, cramping, weakness, twitching, or convulsions. • Irregular heartbeat, confusion or blood pressure changes. <p>What to do?</p> <p>Get emergency medical help right away for severe symptoms.</p>	<p>Get emergency medical help right away for severe symptoms</p>
<p>Heartburn; stomach upset; bloating</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Pain or burning in the middle or top part of your chest. It may get worse when you are lying down or bending over or when you swallow. • A bitter or acidic taste in your mouth. <p>What to do?</p> <ul style="list-style-type: none"> • Drink clear liquids and eat small meals. • Do not eat acidic, fatty or spicy foods. • Limit caffeine (like coffee, tea) and avoid alcohol. • Avoid smoking or being around tobacco. • Sit up or stand after eating. Do not lie down. • Raise the head of your bed six to eight inches. You may need to use extra pillows to do this. 	<p>Talk to your health care team if it does not improve or if it is severe</p>
<p>Mouth sores</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Round, painful, white or gray sores inside your mouth that can occur on the tongue, lips, gums, or inside your cheeks. • In more severe cases they may make it hard to swallow, eat or brush your teeth. • They may last for 3 days or longer. <p>What to do?</p> <p>To help prevent mouth sores:</p> <ul style="list-style-type: none"> • Take care of your mouth by gently brushing and flossing regularly. • Rinse your mouth often with a homemade mouthwash. 	<p>Talk to your health care team as soon as you notice mouth or lip sores or if it hurts to eat, drink or swallow</p>

Common Side Effects (25 to 49 out of 100 people)	
Side effects and what to do	When to contact health care team
<ul style="list-style-type: none"> To make a homemade mouthwash, mix 1 teaspoonful of baking soda and 1 teaspoonful of salt in 4 cups (1L) of water. Do not use store-bought mouthwashes, especially those with alcohol, because they may irritate your mouth. <p>If you have mouth sores:</p> <ul style="list-style-type: none"> Avoid hot, spicy, acidic, hard or crunchy foods. Your doctor may prescribe a special mouthwash to relieve mouth sores and prevent infection. Talk to your health care team as soon as you notice mouth or lip sores or if it hurts to eat, drink or swallow. <p>Ask your health care team for the Oral Care (Mouth Care) pamphlet for more information.</p>	
<p>Low appetite</p> <p>What to look for?</p> <ul style="list-style-type: none"> Loss of interest in food or not feeling hungry. Weight loss. <p>What to do?</p> <ul style="list-style-type: none"> Try to eat your favourite foods. 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 no appetite. <p>Ask your health care team for the Loss of Appetite pamphlet for more information.</p>	<p>Talk to your health care team if it does not improve or if it is severe</p>
<p>Changes in skin or hair colour</p> <p>What to look for?</p> <ul style="list-style-type: none"> The colour of your skin may look yellow. The colour of your skin or hair may lighten. <p>What to do?</p> <ul style="list-style-type: none"> This is due to the colour of sunitinib (yellow). It is not harmful or painful and usually returns to normal after treatment. 	<p>Talk to your health care team if this bothers you, or if you also have yellowing of the whites of your eyes, dark or brown urine, severe tiredness, unusual bleeding or bruising.</p>

Common Side Effects (25 to 49 out of 100 people)	
Side effects and what to do	When to contact health care team
<ul style="list-style-type: none"> • Talk to your health care team if this bothers you or if you also have yellowing of the whites of your eyes, dark or brown urine, severe tiredness, unusual bleeding or bruising. 	
<p>Rash; dry, itchy skin</p> <p>(May be severe)</p> <p>What to look for?</p> <ul style="list-style-type: none"> • You may have cracked, rough, flaking or peeling areas of the skin. • Your skin may look red and feel warm, like a sunburn. • Your skin may itch, burn, sting or feel very tender when touched. • The rash may be seen in areas where you have had radiation before. <p>What to do?</p> <p>To prevent and treat dry skin:</p> <ul style="list-style-type: none"> • Use fragrance-free 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. • Avoid perfumed products and lotions that contain alcohol. • Drink 6 to 8 cups of non-alcoholic, non-caffeinated liquids each day, unless your health care team has told you to drink more or less. <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>Talk to your health care team if it does not improve or if it is severe</p>
<p>Rash on your hands and feet (hand-foot syndrome)</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Tingling or swelling of the skin on the palms of your hands and the bottoms of your feet. This can become painful, red and numb. • In worse cases your skin may start to peel and you can get blisters or sores. • This may happen days or weeks after you start treatment. <p>What to do?</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>To help prevent Hand-foot syndrome:</p> <ul style="list-style-type: none"> • Do not do activities that cause rubbing or pressure on your skin, like heavy-duty washing, gripping tools, typing, playing musical instruments, and driving. • Moisturize your hands and feet often, especially in the skin folds. • Wear loose, comfortable footwear and clothes. • Rest and try to keep off your feet. • Do not let your hands and feet get too hot. <p>Ask your health care team for the Hand-foot syndrome pamphlet for more information.</p>	
<p>High blood pressure</p> <p>(May be severe)</p> <p>What to look for?</p> <ul style="list-style-type: none"> • There are usually no signs of high blood pressure. • Rarely, you may have headaches, shortness of breath or nosebleeds. <p>What to do?</p> <ul style="list-style-type: none"> • Check your blood pressure regularly. • Your doctor may prescribe medication to treat high blood pressure. <p>If you have a severe headache get emergency help right away as it may be a sign your blood pressure is too high.</p>	Talk to your health care team if it does not improve or if it is severe
<p>Unusual bruising or bleeding</p> <p>(May be severe)</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Watch for signs of bleeding: <ul style="list-style-type: none"> ◦ bleeding from your gums ◦ unusual or heavy nosebleeds ◦ bruising easily or more than normal ◦ black coloured stools (poo) or blood in your stools (poo) ◦ coughing up red or brown coloured mucus 	Talk to your health care team if you have any signs of bleeding. If you have bleeding that doesn't stop or is severe (very heavy), you MUST get emergency help right away.

Common Side Effects (25 to 49 out of 100 people)	
Side effects and what to do	When to contact health care team
<ul style="list-style-type: none"> ◦ dizziness, constant headache or changes in your vision ◦ heavy vaginal bleeding ◦ red or pink coloured urine (pee) <p>What to do?</p> <ul style="list-style-type: none"> • Check with your healthcare team before you go to the dentist or if you have surgery planned. • Take care of your mouth and use a soft toothbrush. • Try to prevent cuts and bruises. • Ask your health care team what activities are safe for you. <p>If you have signs of bleeding:</p> <ul style="list-style-type: none"> • If you have a small bleed, clean the area with soap and water or a saline (saltwater) rinse. Apply pressure for at least 10 minutes. <p>If you have bleeding that does not stop or is severe (very heavy), you must get emergency medical help right away.</p>	
<p>Heart problems</p> <p>(May be severe)</p> <p>What to look for?</p> <ul style="list-style-type: none"> • You may have an irregular heartbeat, shortness of breath, chest pain or fainting spells. • Swelling in your legs, ankles and belly. • Sharp pain in the centre or left side of the chest (often worsens when taking a deep breath). • Extreme tiredness that prevents you from exercising or doing normal activities. <p>What to do?</p> <p>Get emergency medical help right away.</p>	<p>Get emergency medical help right away</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>Low neutrophils (white blood cells) in the blood (neutropenia)</p> <p>(May be severe)</p> <p>When neutrophils are low, you are at risk of getting an infection more easily. Ask your health care team for the Neutropenia (Low white blood cell count) pamphlet for more information.</p> <p>What to look for?</p> <ul style="list-style-type: none"> • If you feel hot or unwell (for example if you have chills or a new cough), you must check your temperature to see if you have a fever. • Do not take medications that treat a fever before you take your temperature (for example, Tylenol®, acetaminophen, Advil® or ibuprofen). • Do not eat or drink anything hot or cold right before taking your temperature. <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 (100.4°F) or higher for at least one hour. <p>What to do?</p> <p>If your health care team has told you that you have low neutrophils:</p> <ul style="list-style-type: none"> • Wash your hands often to prevent infection. • Check with your doctor before getting any vaccines, surgeries, medical procedures or visiting your dentist. • Keep a digital thermometer at home so you can easily check for a fever. <p>If you have a fever:</p> <p>If you have a fever, try to contact your health care team. If you are unable to talk to the team for advice, you must get emergency medical help right away.</p>	<p>If you have a fever, try to contact your health care team. If you are unable to talk to the team for advice, you MUST get emergency medical help right away.</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>High or low blood sugar</p> <p>What to look for?</p> <ul style="list-style-type: none"> • High blood sugar <ul style="list-style-type: none"> ◦ You may feel thirsty. ◦ You may pee more often than usual. ◦ You may feel tired or sleepy. • Low blood sugar <ul style="list-style-type: none"> ◦ You may feel hungry, shaky, dizzy, nervous, weak or confused. <p>What to do?</p> <ul style="list-style-type: none"> • Your health care team may do a blood test to check your blood sugar level. • If you have diabetes, check your blood sugar regularly. Your health care team may ask you to check it more often than usual. • You may be told to change your diet or given medication to control your blood sugar. • To treat low blood sugar, take 3 to 4 glucose tablets, 1 tablespoon of sugar or honey or 3/4 cup of juice or regular soft drink. • If you feel confused or pass out, your caregiver will need to get emergency medical help for you right away. 	<p>Talk to your health care team as soon as possible</p>
<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>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>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>Headache; Mild joint, muscle pain or cramps</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Mild headache • 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. • Read the above section: "What should I do if I feel unwell, have pain, a headache or a fever?" before taking acetaminophen (Tylenol®), ibuprofen (Advil®, Motrin®), naproxen (Aleve®) or Aspirin. These medications may hide an infection that needs treatment or they may increase your risk of bleeding. • 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>

Less Common Side Effects (10 to 24 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Dizziness</p> <p>What to look for?</p> <ul style="list-style-type: none"> You may feel light-headed and like you might faint (pass out). <p>What to do?</p> <ul style="list-style-type: none"> Lay down right away so you do not fall. Slowly get up and start moving once you feel better. Do not drive a motor vehicle or use machinery if you feel dizzy. 	<p>Talk to your health care team if it does not improve or if it is severe</p>
<p>Changes in thyroid activity</p> <p>Thyroid changes may happen weeks to months after you receive your treatment.</p> <p>Your health care team may check your thyroid activity regularly with a blood test.</p> <p>What to look for?</p> <p>Underactive thyroid:</p> <ul style="list-style-type: none"> Unusual weight gain A lack of energy or feeling tired Getting cold easily Dry skin, nails or hair that breaks easily Constipation (having bowel movements (poo) less often than normal) <p>Overactive thyroid (rare):</p> <ul style="list-style-type: none"> Unusual weight loss Feeling anxious, irritable or having trouble sleeping Sweating a lot and having trouble dealing with hot weather Increased appetite Having bowel movements (poo) more than usual Weakness (especially in the arms and thighs) Fast or uneven heartbeats <p>What to do?</p> <p>Your health care team may give you prescription medication to treat your overactive or underactive thyroid.</p> <p>If you have weight changes along with any of the other symptoms listed, talk to your health care team as soon as possible.</p>	<p>Talk to your health care team as soon as possible</p>

The most updated information sheet version can be found on <https://www.cancercareontario.ca/drugs>
 Additional symptom management information is available from <https://www.cancercareontario.ca/symptoms>
 Created by the CCO Drug Formulary team, with input from the CCO Patient Education team and Patient & Family Advisors.
 July 2023

Less Common Side Effects (10 to 24 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Trouble Sleeping</p> <p>Your medications may cause trouble sleeping. It may get better once your body gets used to the medication or when your treatment ends.</p> <p>What to look for?</p> <ul style="list-style-type: none"> • You may find it hard to fall asleep or stay asleep. • How well you sleep may change over your treatment. For example, you may have several nights of poor sleep followed by a night of better sleep. • You may wake up too early or not feel well-rested after a night's sleep. • You may feel tired or sleepy during the day. <p>What to do?</p> <p>Talk to your health care team if it does not improve or if it is severe</p>	<p>Talk to your health care team if it does not improve or if it is severe</p>
<p>Eye problems</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Your eyes may feel dry, irritated, or painful. • They may look red and have a lot of tears. • They may feel sensitive to light and your vision may be blurry. <p>What to do?</p> <ul style="list-style-type: none"> • Avoid wearing contact lenses. • Wear sunglasses with UV protection. • Use protective eyewear (goggles or helmet with face mask) when playing sports, mowing the lawn or doing anything that may get particles or fumes in your eyes. • You may try artificial tears (eye drops) or ointment. 	<p>Talk to your health care team as soon as possible</p>

Other rare, but serious side effects are possible.

If you experience ANY of the following, speak to your cancer health care provider or get emergency medical help right away:

- Pain, swelling and hardening of the vein in an arm or leg
- Severe headache, confusion, seizures
- Sudden loss of vision, trouble speaking or moving your arms or legs
- Having little or no pee, unusual weight changes

- Darkening of your skin or feeling unusually tired
- Weakness of one side of your body
- Sudden severe pain in your chest, upper back, that moves up your neck or down your back, when you didn't hurt yourself
- New unusual cough, difficulty breathing, coughing up blood, unusual hoarse or raspy voice
- Unusual pulsating or throbbing feeling in your chest or belly
- Severe itchiness, rash, swollen lips, face or tongue, chest and throat tightness
- Severe belly pain and changes in your bowel movements, trouble swallowing
- Red, very painful swelling of the skin; it may feel hot or turn purplish
- Wound(s) that do not heal
- Unusual pus discharge from gums, loosening of teeth and the feeling of numbness or heaviness in the jaw

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:

July 2023 Updated format

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.