

Medication Information Sheet

temozolomide (tem-oh-ZOH-low-mide)

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: Temodal®

Appearance: capsule in various strengths and colours

What is this medication for?

- For treating brain or other cancers

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 problems (including hepatitis),
- kidney problems,
- 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.
- Changes to your menstrual cycle (periods), if this applies to you.
- 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 treatment dose. 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?

- Temozolomide is usually taken once a day by mouth (around the same time of the day), on certain days of a specified schedule. Talk to your health care team about how and when to take your medication.
- You may need capsules of more than 1 strength to have the correct dose. Ensure you identify the capsules correctly to get the right dose.
- Swallow your capsule(s) whole with a glass of water. Do not crush or open the capsule(s).
- It is better to take temozolomide on an empty stomach (at least 1 hour before or at least 2 hours after food). This may help reduce nausea and vomiting.
- Another way to take temozolomide is with food. You should take it at the same time each day relative to when you eat (for example, if you take medication on an empty stomach one day, do not take it with a meal the next day)
- 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 vomit (throw up) after taking your medication, do not take an extra dose. Talk to your health care team about what to do.
- If you take too much of your oral 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.

To Prevent or Treat Nausea and Vomiting

- You may be given medications to help prevent nausea (feeling like throwing up) and vomiting (throwing up) before they start.
- These are called anti-nausea medications and include medications such as ondansetron (Zofran®), granisetron (Kytril®) or others.

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 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.
- **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. Your wounds may take longer to heal or may not fully heal.
- DO tell your health care team about any serious infections that you have now or have had in the past.
- DO talk to your health care team about your risk of getting other cancers after this treatment.

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 drive, operate machinery or do any tasks that need you to be alert if you feel tired or your vision is blurry.

How should I safely store this medication?

- Do not throw out any unused medications at home. Bring them to your pharmacy to be thrown away safely.
- 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.
- **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 temozolomide. 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 temozolomide.

Very Common Side Effects (50 or more out of 100 people)	
Side effects and what to do	When to contact health care team
<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. 	<p>Talk to your health care team if it does not improve or if it is severe</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"> • 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>Hair thinning or loss</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Your hair may begin to become thin or fall out during or after treatment. • In most cases, your hair will grow back after treatment, but the texture or colour may change. • In very rare cases, hair loss may be permanent. <p>What to do?</p> <ul style="list-style-type: none"> • Use a gentle soft brush. • Do not use hair sprays, bleaches, dyes and perms. 	Talk to your health care team if this bothers you

Common Side Effects (25 to 49 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Nausea and vomiting</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. • Take your anti-nausea medication(s) as prescribed, even if you do not feel 	Talk to your healthcare team if nausea lasts more than 48 hours or vomiting lasts more than 24 hours or if it is severe

Common Side Effects (25 to 49 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>like throwing up.</p> <ul style="list-style-type: none"> • 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>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>

Less Common Side Effects (10 to 24 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Headache</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Mild headache <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>
<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>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>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>Low neutrophils (white blood cells) in the blood (neutropenia) (may be severe) or</p> <p>Infections that happen when the immune system is weakened or that are caused by a virus that becomes active again (Rare)</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>When your immune system is weakened, bacteria, viruses, or fungi that would not normally be harmful may cause an infection. Some people may get some infections again (such as hepatitis) when the immune system is weakened.</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Unusual tiredness, sore throat or muscle aches • 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>	<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>

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.
 September 2020

Less Common Side Effects (10 to 24 out of 100 people)	
Side effects and what to do	When to contact health care team
<ul style="list-style-type: none"> • Wash your hands often to prevent infection. • Check with your health care team 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>Low platelets in the blood (may be severe)</p> <p>When your platelets are low, you are at risk for bleeding and bruising. Ask your health care team for the Low Platelet Count pamphlet for more information.</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 ◦ dizziness, constant headache or changes in your vision ◦ heavy vaginal bleeding ◦ red or pink coloured urine (pee) <p>What to do?</p> <p>If your health care team has told you that you have low platelets:</p> <ul style="list-style-type: none"> • Tell your pharmacist that your platelet count may be low before taking any prescriptions or over-the-counter medication. • Check with your healthcare team before you go to the dentist. • 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. • Your treatment may have to be delayed if you have low platelets. Your 	<p>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.</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>health care team may recommend a blood transfusion.</p> <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>Rash; dry, itchy skin (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. <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>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. • 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.

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

- blurred vision, trouble seeing or other eye problems
- signs of an allergy such as severe itchiness, rash, swollen lips, face or tongue, chest and throat tightness
- yellowish skin or eyes, unusually dark pee or pain on the right side of your belly
- pain, swelling and hardening of the vein in an arm or leg
- feel confused and have trouble speaking or using your arms or legs
- severe pain in your chest, belly or arm
- new cough, trouble breathing or coughing up blood
- high fever, seizures, personality changes

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: _____

