

# ORAL CHEMOTHERAPY EDUCATION



## ABEMACICLIB

### Name of your medication

Generic name — abemaciclib (uh-BEH-muh-SY-klib)  
Brand name — Verzenio™ (ver-ZEH-nee-oh)

### Approved uses

Abemaciclib is used to treat adult patients with hormone receptor (HR)–positive, human epidermal growth factor receptor 2 (HER2)–negative advanced or metastatic breast cancer.

### Dose and schedule

Taking abemaciclib as instructed is important to allow your treatment to be as effective as possible, so here are some key points to remember.

- Your dose may vary, but the usual dose of abemaciclib is 150 milligrams (150 mg) to be taken by mouth twice daily when given in combination with fulvestrant or an aromatase inhibitor. When abemaciclib is given alone as monotherapy, the usual dose is 200 milligrams (200 mg) taken by mouth twice daily. The dose may be adjusted by your care provider based upon your individual needs.
- Abemaciclib can be taken with or without food, but at the same times each day.
- Abemaciclib should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow abemaciclib, talk to your care provider or pharmacist for possible options.
- If you miss a dose of abemaciclib, **do not** take an extra dose or two doses at one time. Simply take your next dose at the regularly scheduled time.
- Be sure to write down if you miss a dose and let your care provider know about any missed doses.

### Drug and food interactions

- Abemaciclib has the potential for drug interactions. Inform your care provider of all prescription medications, over-the-counter medications, vitamins, and herbal products that you are taking.
- Grapefruit or grapefruit juice may interact with abemaciclib. Avoid eating or drinking these during your treatment with abemaciclib.
- Talk with your care provider or pharmacist before taking new medications or supplements, or receiving any vaccines.

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### Storage and handling

Handle abemaciclib with care. Just like when chemotherapy is given into the vein, this drug can be toxic, and exposure of the drug to others should be limited.

- Store abemaciclib at room temperature (68°F–77°F) in a dry location away from light.
- Keep abemaciclib out of reach of children and pets.
- Leave abemaciclib in the provided packaging until it is ready to be taken.
- Whenever possible, give abemaciclib to yourself and follow the steps below. If a family member, friend, or caregiver needs to give the abemaciclib to you, they also need to follow these steps.
  1. Wash hands with soap and water.
  2. Put on gloves to avoid touching the medication. (Gloves are not necessary if you give the drug to yourself.)
  3. Gently transfer the abemaciclib from its package to a small medicine or other disposable cup.
  4. Administer the medicine immediately by mouth with water.
  5. Remove gloves and do not use them for anything else.
  6. Throw gloves and medicine cup in household trash.
  7. Wash hands with soap and water.
- If a daily pill box or pill reminder will be used, contact your care team before using:
  - The person filling the box or reminder should wear gloves (gloves are not necessary if you are filling the box or reminder).
  - When empty, the box or reminder should be washed with soap and water before refilling. Be sure to wash hands with soap and water after the task is complete, whether or not gloves are worn
- If you have any unused abemaciclib, **do not** throw it in the trash and **do not** flush it down the sink or toilet. Talk to your care provider or pharmacist about proper disposal of abemaciclib.
- If you are traveling, put your abemaciclib's packaging in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

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### Side Effects of Abemaciclib

Below are common side effects that have been known to happen in about one third or more of patients taking abemaciclib are listed on the left side of this table. You **MAY NOT** experience these side effects. Options to help manage any side effects that do occur are included on the right side of this table. These should be discussed with your care provider. If you experience any side effect you cannot manage or that is not listed here, contact your care provider.

Possible Side Effect	Management
<b>Changes in kidney function</b>	<p>Your kidney (renal) function should be checked periodically by a simple blood test. Contact your care provider if you notice any of the following:</p> <ul style="list-style-type: none"> <li>• Decreased amount of urination</li> <li>• Unusual swelling in your legs and feet</li> </ul>
<b>Diarrhea (loose and/or urgent bowel movements)</b>	<p>Monitor how many bowel movements you have each day.</p> <ul style="list-style-type: none"> <li>• Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake due to some other health problem.</li> <li>• Eat small, frequent meals throughout the day rather than a few large meals.</li> <li>• Eat bland, low-fiber foods, such as bananas, applesauce, potatoes, chicken, rice, and toast.</li> <li>• Avoid high-fiber foods, such as raw vegetables, raw fruits, and whole grains.</li> <li>• Avoid foods that cause gas, such as broccoli and beans.</li> <li>• Avoid lactose-containing foods, such as yogurt and milk.</li> <li>• Avoid spicy, fried, and greasy foods.</li> </ul> <p>Contact your provider if any of the following occur:</p> <ul style="list-style-type: none"> <li>• The number of bowel movements you have in a day increases by four or more.</li> <li>• You feel dizzy or lightheaded.</li> </ul> <p>Your care provider may recommend an over-the-counter medication called loperamide (Imodium®) to help with your diarrhea, but talk to your care provider before starting this medication.</p>

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Possible Side Effect	Management
<p><b>Decreased white blood cells (WBCs) and increased risk for infection</b></p>	<p>Your WBCs should be monitored by a simple blood test. When your WBCs are low, you are at a greater risk of having an infection. Take the following precautions to protect yourself from infection.</p> <ul style="list-style-type: none"> <li>• Wash your hands often, especially before eating and after using the bathroom.</li> <li>• Avoid crowds and people with fevers, flu, or other infection.</li> <li>• Bathe regularly to keep good personal hygiene.</li> </ul> <p>Contact your care provider if you experience any signs or symptoms of an infection:</p> <ul style="list-style-type: none"> <li>• Fever (temperature more than 100.4°F or 38°C)</li> <li>• Chills</li> <li>• Sore throat</li> <li>• Burning with urination</li> <li>• Unusual tiredness</li> <li>• A sore that becomes red, is draining, or does not heal</li> </ul> <p>Check with your care provider before taking any medicine for a fever or chills.</p>
<p><b>Decreased hemoglobin, part of the red blood cells that carry iron and oxygen</b></p>	<p>Your hemoglobin should be monitored by a simple blood test. When your hemoglobin is low, you may notice that you get tired or fatigued more easily.</p> <ul style="list-style-type: none"> <li>• Try to get 7–8 hours of sleep per night.</li> <li>• Avoid operating heavy machinery if you feel too tired.</li> <li>• Find a balance between work and rest.</li> <li>• Stay as active as possible, but know that it is okay to rest as needed.</li> <li>• You might notice that you are more pale than usual.</li> </ul> <p>Let your care provider know right away if you experience any of the following:</p> <ul style="list-style-type: none"> <li>• Shortness of breath</li> <li>• Dizziness</li> <li>• Palpitations</li> </ul>
<p><b>Fatigue</b></p>	<p>You may be more tired than usual or have less energy.</p> <ul style="list-style-type: none"> <li>• Stay as active as possible, but know it is okay to rest as needed.</li> <li>• Try to do some activity every day.</li> <li>• Plan your activities, and do them at a time of day when you feel a bit more energetic.</li> <li>• Avoid operating heavy machinery if you feel too tired.</li> </ul>

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Possible Side Effect	Management
<b>Nausea or vomiting</b>	<ul style="list-style-type: none"> <li>• Eat and drink slowly.</li> <li>• Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake.</li> <li>• Eat small, frequent meals throughout the day rather than a few large meals.</li> <li>• Eat bland foods; avoid spicy, fried, and greasy foods.</li> <li>• Avoid vigorous exercise immediately after eating.</li> <li>• Don't lie down immediately after eating.</li> <li>• Avoid strong odors.</li> </ul> <p>Let your provider know if you experience nausea or vomiting. Your provider may prescribe medication to help with the nausea or vomiting.</p>
<b>Changes in liver function</b>	<p>Your liver function should be checked periodically by a simple blood test. Contact your care provider if you notice any of the following:</p> <ul style="list-style-type: none"> <li>• Yellowing of the skin or whites of your eyes</li> <li>• Dark or brown urine</li> <li>• Bleeding or bruising</li> </ul>
<b>Decreased appetite or weight loss</b>	<p>Talk to your care provider if you notice a decrease in weight while taking this medication.</p> <p>When you do not feel like eating, try the following:</p> <ul style="list-style-type: none"> <li>• Small, frequent meals instead of three large meals each day</li> <li>• Keep snacks nearby so you can eat when you feel hungry.</li> <li>• Take liquid nutritional supplements.</li> <li>• Drink 8–10 glasses of water or fluid each day, especially if you are not eating, unless your care provider has instructed you to limit your fluid intake.</li> </ul>
<b>Abdominal pain</b>	<p>Abdominal pain or discomfort may occur. Report any serious pain or symptoms to your care provider immediately.</p>

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Possible Side Effect	Management
<b>Decreased platelet count and increased risk of bleeding</b>	<p>Your platelets should be monitored by a simple blood test. When they are low, you may bruise or bleed more easily than usual.</p> <ul style="list-style-type: none"><li>• Use caution to avoid bruises, cuts, or burns.</li><li>• Blow your nose gently, and do not pick your nose.</li><li>• Brush your teeth gently with a soft toothbrush, and maintain good oral hygiene.</li><li>• When shaving, use an electronic razor instead of razor blades.</li><li>• Use a nail file instead of nail clippers.</li></ul> <p>Call your care provider if you have bleeding that won't stop. Examples include the following:</p> <ul style="list-style-type: none"><li>• A bloody nose that bleeds for more than five minutes despite pressure</li><li>• A cut that continues to ooze despite pressure</li><li>• Gums that bleed excessively when you floss or brush</li></ul> <p>Seek medical help immediately if you experience any severe headaches, observe blood in your urine or stool, cough up blood, or experience prolonged and uncontrollable bleeding.</p> <p><b>You may need to take a break or “hold” your medication for medical or dental procedures. Talk to your care provider or dentist before any scheduled procedures.</b></p>

### Serious side effects of abemaciclib

- Abemaciclib can increase your risk of having a blood clot. Seek immediate medical attention if you have sudden swelling in an arm or leg, have chest pain, or have trouble breathing.
- Abemaciclib may cause your lung tissue to scar, which is called interstitial lung disease. Call your care team if you are feeling short of breath, have a fever, or have a lasting dry cough.

If you experience ANY uncontrolled side effect, call your physician or healthcare center immediately:

(INSTITUTIONAL CONTACT INFO)

### Handling body fluids and waste

Abemaciclib remains in your body for several days after it is taken, so some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take abemaciclib, it is important to follow the instructions below every day for as long as your treatment lasts. This will keep yourself, loved ones, and the environment as safe as possible.

- Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- Toilet and septic systems
  - You may use the same toilet, septic tank, and/or sewer that you usually use. If you have a low-flow toilet, close the lid and flush twice to ensure that all waste has been discarded.
  - If the toilet or toilet seat becomes soiled with urine, stool, or vomit, clean the surfaces before other people use the toilet.
  - Wash hands with soap and water after using the toilet.

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- If you need a bedpan, be sure your caregiver knows to wear gloves to assist with cleanup and to wash the bedpan with soap and water every day.
- If you do not have good control of bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb body waste.
- Wash any skin that has been exposed to body waste or abemaciclib with soap and water.
- Linens or clothing that are soiled with body fluids or body waste should be washed separately from other linens and clothing. If you do not have a washer, place the soiled linens in a plastic bag until they can be washed.
- Wash hands with soap and water after touching linens or clothing that may be soiled with body fluids.

### Pregnancy, sexual activity, and contraception

- Women should not become pregnant and men should not get a partner pregnant while taking abemaciclib. Women of childbearing age and potential should use effective contraception during therapy and for a minimum of three weeks after the last dose of abemaciclib. Men of reproductive age and potential should use effective contraception during therapy with abemaciclib.
- Abemaciclib may impair fertility in males of reproductive potential.
- Effective contraception could include one or more of the following: oral contraceptive, barrier methods, etc.
- Do not breastfeed while taking abemaciclib and for three weeks after the last dose of abemaciclib.
- Please inform your care provider if you become pregnant.
- It is safe to hug and kiss. Special precautions may be needed for sexual activity while on abemaciclib, and you are encouraged to ask your care provider.

### Obtaining medication

- Talk with your care provider about the process for obtaining your abemaciclib.

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National Community Oncology  
Dispensing Association, Inc.  
PASSION FOR PATIENTS



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### Additional resources

**Product website:** [www.verzenio.com](http://www.verzenio.com)

**Product prescribing information:** <http://uspl.lilly.com/verzenio/verzenio.html#pi>

**Product resources:** [www.verzenio.com/savings-support](http://www.verzenio.com/savings-support)

*Updated – February 8, 2021*

### Additional instructions

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**Important notice:** The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources. This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the medications whatsoever, and any and all decisions, with respect to such medications, are at the sole risk of the individual consuming the medication. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

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