

ORAL CHEMOTHERAPY EDUCATION



National Community Oncology
Dispensing Association, Inc.
PASSION FOR PATIENTS



LENVATINIB

Name of your medication

Generic name — lenvatinib (len-VA-tih-nib)

Brand name — Lenvima® (len-Vee-muh)

Approved uses

Lenvatinib is used to treat advanced thyroid cancer and renal cell carcinoma (kidney cancer), given in combination with another medication, everolimus (Afinitor®).

Dose and schedule

Taking lenvatinib 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 lenvatinib is 24 milligrams (24 mg) for thyroid cancer and 18 mg for kidney cancer to be taken by mouth at a scheduled time once daily.
- Lenvatinib can be taken with or without food, but should be taken at the same time each day.
- Lenvatinib should be taken whole and not crushed, cut, or dissolved (without proper instructions). If you are unable to swallow lenvatinib, talk to your care provider or pharmacist for possible options.
- If you miss a dose of lenvatinib:
 - Take the missed dose only if it has been less than 12 hours since you were supposed to take it. Then, take the next dose at the regularly scheduled time.
 - **Do not** take the missed dose if it has been more than 12 hours since you should have taken it. Simply take your next dose at the regularly scheduled time.
 - **Do not** take two doses at one time.
 - Be sure to write down if you miss a dose and let your care provider know about any missed doses.

Storage and handling

Handle lenvatinib 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 lenvatinib at room temperature (68°F–77°F) in a dry location away from light.
- Keep lenvatinib out of reach of children and pets.
- Leave lenvatinib in the provided packaging until it is ready to be taken.
- Whenever possible, give lenvatinib to yourself and follow the steps below. If a family member, friend, or caregiver needs to give lenvatinib 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 lenvatinib from its package to a small medicine or other disposable cup.
 4. Administer the medicine immediately by mouth with water.

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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 is used, a separate one should be used for lenvatinib. **Do not** mix other medications into the box with lenvatinib. 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 lenvatinib, **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 lenvatinib.
 - If you are traveling, put your lenvatinib in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

Handling body fluids and waste

Lenvatinib 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 lenvatinib, 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 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.
- 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 lenvatinib 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.

Drug and food interactions

- Lenvatinib has many drug interactions. Inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products that you are taking.
- Talk with your care provider or pharmacist before taking new medications or supplements, or receiving any vaccines.

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Side Effects of Lenvatinib

The common side effects that have been known to happen in more than 30% of patients taking lenvatinib are listed in 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
Increased blood pressure	<p>Routinely take your blood pressure. Record your blood pressure readings in a journal/diary and report them to your physician. Contact your healthcare provider for high blood pressure or if symptoms such as the following occur:</p> <ul style="list-style-type: none"> • Headache • Dizziness • Chest pain • Shortness of breath • Fluid retention, weight gain, or swelling
Diarrhea (loose and/or urgent bowel movements)	<p>Monitor how many bowel movements you have each day.</p> <ul style="list-style-type: none"> • Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake related to some other health problem. • Eat small, frequent meals throughout the day rather than a few large meals. • Eat bland, low-fiber foods (e.g., bananas, applesauce, potatoes, chicken, rice, toast). • Avoid high-fiber foods, such as raw vegetables, raw fruits, and whole grains. • Avoid foods that cause gas, such as broccoli and beans. • Avoid lactose-containing foods, such as yogurt and milk. • Avoid spicy, fried, and greasy foods. <p>Contact your provider if any of the following occur:</p> <ul style="list-style-type: none"> • The number of bowel movements you have in a day increases by four or more • You feel dizzy or lightheaded. <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>
Fatigue	<p>You may be more tired than usual or have less energy.</p> <ul style="list-style-type: none"> • Stay as active as possible, but know it is okay to rest as needed. • Try to do some activity every day. • Plan your activities, and do them at a time of day when you feel a bit more energetic. • Avoid operating heavy machinery if you feel too tired.

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Possible Side Effect	Management
<p>Muscle or joint pain or weakness</p>	<ul style="list-style-type: none"> Keep a diary of your pain, including a description of when and where the pain is occurring, what it feels like, and how long it lasts. Stay as active as possible, but know that it is okay to rest as needed, too. Tell your care provider if pain interferes with your activity. <p>If the pain or weakness bothers you, ask your provider how you may ease this discomfort. Take only pain medication that has been prescribed or recommended by your care provider.</p>
<p>Nausea or vomiting</p>	<ul style="list-style-type: none"> Eat and drink slowly. Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake. Eat small, frequent meals throughout the day rather than a few large meals. Eat bland foods; avoid spicy, fried, and greasy foods. Avoid vigorous exercise immediately after eating. Don't lie down immediately after eating. Avoid strong odors. <p>Let your provider know if you experience nausea or vomiting. Your provider may prescribe medication that can help.</p>
<p>Decreased appetite or weight loss</p>	<p>Talk to your provider if you notice a decrease in your weight while taking this medication.</p> <p>When you don't feel like eating, try the following:</p> <ul style="list-style-type: none"> Eat frequent meals instead of three large meals each day. Keep snacks nearby so you can eat when you feel hungry. Drink liquid nutritional supplements. <p>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.</p>
<p>Mouth irritation or sores</p>	<p>Practice good mouth care.</p> <ul style="list-style-type: none"> Rinse your mouth frequently. Brush your teeth with a soft toothbrush or cotton swab after meals. Use a mild nonalcohol mouth rinse at least four times a day (after eating and at bedtime). For example, you can use a mixture of 1/8 teaspoon of salt and 1/4 teaspoon of baking soda in 8 ounces of warm (not hot) water. If you have sores in your mouth, avoid using tobacco products, alcohol, and mouthwashes that contain alcohol. <p>Call your care provider if you experience pain or sores in your mouth or throat.</p>

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Possible Side Effect	Management
Headache	<p>Ask your provider what you may use to ease headaches. Contact your care provider immediately if your headache:</p> <ul style="list-style-type: none"> • Follows a head injury • Is severe, especially if it starts suddenly • Does not go away after three days • Is associated with vomiting, visual disturbance, neck stiffness, drowsiness, confusion, made worse by coughing or lowering the head, rash, weakness in an arm or leg, or numbness
Abdominal pain	<p>Abdominal pain or discomfort may occur. Report any serious pain or symptoms to your care provider immediately.</p>
Fluid retention or swelling	<ul style="list-style-type: none"> • Do not stand for long periods of time. • Keep your legs elevated when sitting or lying down. • Avoid eating salty foods, which can increase swelling. • Avoid wearing tight-fitting clothing and shoes. • Weigh yourself daily. <p>Contact your care provider if you notice any of the following:</p> <ul style="list-style-type: none"> • Swelling in the hands, feet, or legs • Shortness of breath • Weight gain of five pounds or more in a week
Cough or shortness of breath	<p>A cough that does not produce any mucous or congestion relief (dry cough) may occur while taking this medication. If you experience any breathing problems or shortness of breath, notify your care provider immediately. This may be a serious side effect of the medication.</p>
Pain or discomfort in hands and/or feet	<p>Hand-foot skin reaction (HFSR) appears on the palms of the hands and soles of the feet. It can appear as a rash, callus, peeling skin, and increased sensitivity to heat or a “pins and needles” sensation. Let your care provider know right away if you experience this side effect. To prevent HFSR, try the following:</p> <ul style="list-style-type: none"> • Soak your feet in a water bath with Epsom salts and gently pumice any callused skin. • Exfoliate and moisturize hands and feet. • Avoid tight shoes or socks. • Use cushioning (i.e., gloves) when doing activities that increase pressure on the palms of your hands.
Kidney damage	<p>Your care provider will monitor your kidney function by checking the amount of protein in your urine.</p>

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Possible Side Effect	Management
Increased risk for bleeding	<p>You may be at higher risk for bleeding and may bruise or bleed more easily than usual.</p> <ul style="list-style-type: none">• Use caution to avoid bruises, cuts, or burns.• Blow your nose gently and do not pick your nose.• Brush your teeth gently with a soft toothbrush and maintain good oral hygiene.• When shaving, use an electronic razor instead of razor blades.• Use a nail file instead of a nail clippers. <p>Call your care provider if you have bleeding that won't stop. Examples include:</p> <ul style="list-style-type: none">• A bloody nose that bleeds for more than five minutes despite pressure• A cut that continues to ooze despite pressure• Gums that bleed excessively when you floss or brush <p>Seek medical help immediately if you experience any severe headaches, blood in your urine or stool, coughing up blood, or prolonged or uncontrolled bleeding.</p>
Voice changes or hoarseness	<p>These changes are not permanent and should go away during the time you are not taking the medication.</p>

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

_____ (INSTITUTIONAL CONTACT INFO)

Pregnancy, sexual activity, and contraception

- Women should not become pregnant and men should not get a partner pregnant while taking lenvatinib, which could cause fetal harm. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of two weeks after the last dose of lenvatinib.
- Do not breastfeed while taking lenvatinib and for two weeks after the last dose of lenvatinib.
- 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 lenvatinib, and you are encouraged to ask your care provider.

Obtaining medication

Talk with your care provider about how to obtain your lenvatinib.

_____ (PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

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Additional resources

Product website: <http://www.lenvima.com>

Product prescribing information: <http://www.lenvima.com/pdfs/prescribing-information.pdf>

Product resources: <http://www.lenvima.com/RAI-R-differentiated-thyroid-cancer/resources>

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Additional instructions

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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