

# ORAL CANCER TREATMENT EDUCATION



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## ZANUBRUTINIB

### Name of your medication

Generic name — zanubrutinib (ZAN-ue-BROO-ti-nib)  
Brand name — Brukinsa® (BROO-kin-sah)

### Common uses

Zanubrutinib is used to treat mantle cell lymphoma (MCL), Waldenströms macroglobulinemia (MW), and marginal zone lymphoma (MZL).

Zanubrutinib may also be used for other treatments.

### Dose and schedule

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Taking zanubrutinib 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 zanubrutinib is 160 milligrams (160 mg) to be taken by mouth at a scheduled time twice a day OR 320 milligrams (320 mg) to be taken by mouth at a scheduled time once a day.
- Zanubrutinib can be taken with or without food, with a full glass of water, and at the same time each day.
- Zanubrutinib should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow zanubrutinib, talk to your care provider or pharmacist for possible options.
- If you miss a dose of zanubrutinib, remember the following guidelines:
  - Only take the missed dose as soon as you remember it on the same day.
  - 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.

### Drug and food interactions

- Zanubrutinib has many drug interactions. Please inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products.
- Grapefruit or grapefruit juice may interact with zanubrutinib; avoid eating or drinking this during treatment with zanubrutinib.
- Talk with your care provider or pharmacist before taking new medications or supplements, or receiving any vaccines.

### Storage and handling

Handle zanubrutinib 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 zanubrutinib at room temperature (68°F–77°F) in a dry location away from light.
- Keep zanubrutinib out of reach of children and pets.

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- ❑ Leave zanubrutinib in the provided packaging until it is ready to be taken.
- ❑ Whenever possible, you should give zanubrutinib to yourself and follow the steps below. If a family member, friend, or caregiver needs to give the zanubrutinib 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 zanubrutinib 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 is 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.

### Side Effects of Zanubrutinib

Below are common side effects that have been known to happen in about one-third or more of patients taking zanubrutinib; these 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
<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>

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Possible Side Effect	Management
<p><b>Decreased platelet count and increased risk of bleeding</b></p>	<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:</p> <ul style="list-style-type: none"> <li>• A bloody nose that bleeds for more than 5 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, notice blood in your urine or stool, cough up blood, or have 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>
<p><b>Respiratory tract infection</b></p>	<ul style="list-style-type: none"> <li>• Wash your hands often, especially before eating and after using the bathroom.</li> <li>• Avoid people with fevers, flu, or other infections.</li> <li>• Maintain good personal hygiene.</li> <li>• Report symptoms of a respiratory infection, like cough, sneezing, runny nose, fever, and scratchy or sore throat, to your provider.</li> </ul>
<p><b>Rash or itchy skin</b></p>	<ul style="list-style-type: none"> <li>• Keep your skin moisturized with creams and moisturizing lotions to decrease the risk of rash or itchiness, and wear loose-fitting clothing.</li> <li>• Avoid using perfumes and cologne as these products may increase rash symptoms.</li> <li>• Avoid being in the heat for long periods of time.</li> <li>• Your provider may recommend an over-the-counter antihistamine or a topical cream.</li> </ul> <p>Sunlight can make symptoms worse.</p> <ul style="list-style-type: none"> <li>• Avoid sun exposure as much as possible to decrease the risk of sunburn. The highest exposure to ultraviolet (UV) radiation occurs from 10 am to 4 pm.</li> <li>• Wear long-sleeved clothing, with UV protection if possible.</li> <li>• Wear broad-brimmed hats.</li> <li>• Apply broad-spectrum sunscreen (UVA/UVB) with at least SPF 30 as often as directed on the bottle.</li> <li>• Use lip balm with at least SPF 30.</li> </ul> <p>If your rash or itching continues to worsen, contact your care provider.</p>

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Possible Side Effect	Management
<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>Muscle or joint pain or weakness</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Stay as active as possible, but know that it is OK to rest as needed, too.</li> <li>• Tell your provider if pain interferes with your activity.</li> </ul> <p>If the pain or weakness bothers you, ask your provider how you may ease this discomfort. Take pain medication only that has been prescribed or recommended by your care provider.</p>
<p><b>Changes in electrolytes and other laboratory values</b></p> <ul style="list-style-type: none"> <li>• High glucose levels</li> <li>• Increased serum creatinine levels</li> <li>• Increased magnesium levels</li> </ul>	<p>Changes in some laboratory values may occur and will be monitored by a simple blood test.</p> <ul style="list-style-type: none"> <li>• You may not feel any symptoms if the changes are mild, and they usually are not a sign of a serious problem.</li> <li>• More severe changes may occur, which can be a sign of a serious problem.</li> </ul> <p>Notify your care provider if you have any of the following:</p> <ul style="list-style-type: none"> <li>• Shortness of breath</li> <li>• Chest discomfort</li> <li>• Weakness or fatigue</li> <li>• New aches and pains</li> <li>• Headaches</li> <li>• Dizziness</li> <li>• Swelling of your legs or feet</li> <li>• Red or brown colored urine</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. <ul style="list-style-type: none"> <li><input type="checkbox"/> Plan your activities, and do them at a time of day when you feel a bit more energetic.</li> <li><input type="checkbox"/> Avoid operating heavy machinery if you feel too tired.</li> </ul> </li> </ul>

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### Serious side effects

- Zanubrutinib may cause arrhythmias, which are problems with your heartbeat. Call your care team right away if you feel a change in the way your heart beats.
- There is a small risk of developing a second cancer years or months after taking zanubrutinib. Talk to your provider about this risk.
- You may be at a higher risk of bleeding while taking zanubrutinib. Contact your care team if you notice frequent nose bleeds, blood in your stool, bleeding that occurs by itself without injury, or bleeding that will not stop after five minutes of pressure.

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

**(INSTITUTIONAL CONTACT INFO)**

### Handling body fluids and waste

Since zanubrutinib remains in your body for several days after it is taken, some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take zanubrutinib, it is important to adhere to the following instructions every day for as long as your treatment lasts. This is to 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.
- 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 zanubrutinib 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 zanubrutinib. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of 1 week after the last dose of zanubrutinib.
- Effective contraception could include 1 or more of the following: oral contraceptive, barrier methods, etc.
- Do not breastfeed while taking zanubrutinib and for 2 weeks after the last dose of zanubrutinib.
- 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 oral chemotherapy, and you are encouraged to ask your care team for assistance.

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### Obtaining medication

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

\_\_\_\_\_ (PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

### Additional resources

**Product website:** <https://www.brukinsa.com>

**Product prescribing information:** <https://www.brukinsa.com/prescribing-information.pdf>

**Product resources:** <https://www.brukinsa.com/patient-support>

**Updated – April 19, 2024**

### 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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