

# ORAL CANCER TREATMENT EDUCATION



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## CABOZANTINIB

### Name of your medication

Generic name — cabozantinib (KA boe ZAN ti nib)

Brand name — Cabometyx™ (for kidney and liver cancer; ka-boe-MET-iks); Cometriq® (for thyroid cancer; CO-met-rik)

### Common uses

Cabozantinib is used to treat patients with advanced kidney cancer (renal cell carcinoma), liver cancer (hepatocellular carcinoma), and certain types of thyroid cancer.

Cabozantinib may also be used for other treatments.

### Dose and schedule

Taking cabozantinib 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 cabozantinib is:
  - 40 to 60 milligrams (40 mg or 60 mg tablet) to be taken by mouth at a schedule time once a day for kidney cancer
  - 60 milligrams (60 mg tablet) to be taken by mouth at a scheduled time once a day for liver cancer
  - 140 milligrams (140 mg capsule) to be taken by mouth at a scheduled time once a day for progressive, metastatic medullary thyroid cancer
  - 40 to 60 milligrams (40 mg or 60 mg tablet) to be taken by mouth at a scheduled time once a day for adults and children aged 12 years or older with differentiated thyroid cancer
- Cabozantinib should be taken on an empty stomach (administer cabozantinib at least 1 hour before or at least 2 hours after eating) at the same time each day.
- Do not** substitute cabozantinib tablets with cabozantinib capsules.
- Cabozantinib should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow cabozantinib, talk to your care provider or pharmacist for possible options.
- If you miss a dose of cabozantinib,
  - **Do not** take the missed dose if it has been more than 12 hours since you should have taken it. Simply take the 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.
- If you need to have surgery, tell your care provider you are taking cabozantinib. Cabozantinib may need to be stopped until your wound heals after some surgeries.

### Drug and food interactions

- Cabozantinib has many drug interactions. Inform your care team of all prescription medications, over-the-counter medications, vitamins, and herbal products.

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- ❑ Cabozantinib should be taken without food (administer cabozantinib at least 1 hour before or at least 2 hours after eating).
- ❑ Grapefruit or grapefruit juice may interact with cabozantinib; avoid eating or drinking these during treatment with cabozantinib.
- ❑ Talk with your care provider or pharmacist before taking new medications or supplements, or receiving any vaccines.

### Storage and handling

Handle cabozantinib 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 cabozantinib at room temperature (68°F–77°F) in a dry location away from light.
- ❑ Keep cabozantinib out of reach of children and pets.
- ❑ Whenever possible, give cabozantinib to yourself and follow the steps below. If a family member, friend, or caregiver needs to give cabozantinib 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 cabozantinib 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 cabozantinib, **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 cabozantinib.
- ❑ If you are traveling, put your cabozantinib's packaging in a separate sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

### Handling body fluids and waste

Because cabozantinib 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 cabozantinib, it is important to follow the instructions below 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 all waste has been discarded.

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- 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 cabozantinib 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.

### Side Effects of Cabozantinib

Below are common side effects that have been known to happen in about one third or more of patients taking cabozantinib 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 team.

| Possible Side Effect                                  | Management   |
|---|--|
| <b>Changes in liver function</b>                      | <p>Your liver function will 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>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.</li> <li>• Eat small, frequent meals throughout the day rather than a few large meals.</li> <li>• Eat bland, low-fiber foods (e.g., bananas, applesauce, potatoes, chicken, rice, toast).</li> <li>• Avoid high-fiber foods (e.g., raw vegetables, raw fruits, whole grains).</li> <li>• Avoid foods that cause gas (e.g., broccoli, beans).</li> <li>• Avoid lactose-containing foods (e.g., yogurt, 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>Changes in kidney function</b></p>  | <p>Your kidney (renal) function will 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>  |
| <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, too.</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>   |
| <p><b>Changes in electrolytes and other laboratory values</b></p> <ul style="list-style-type: none"> <li>• Low calcium levels</li> <li>• High triglycerides</li> <li>• Low phosphate levels</li> <li>• High glucose levels</li> <li>• Low albumin levels</li> <li>• Low magnesium</li> <li>• Low sodium levels</li> <li>• High lactate dehydrogenase</li> </ul> | <p>Changes in some laboratory values may occur and should 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>Nausea or vomiting</b></p>  | <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 that can help.</p>   |

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| Possible Side Effect  | Management   |
|---|--|
| <p><b>Pain or discomfort in hands and/or feet</b></p>                             | <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, or peeling skin, and the area has 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, you can do the following:</p> <ul style="list-style-type: none"> <li>• Soak your feet in a water bath with Epsom salt and gently pumice any callused skin.</li> <li>• Exfoliate and keep hands and feet moisturized.</li> <li>• Avoid tight-fitting shoes or socks.</li> <li>• Use cushioning (i.e., gloves) when performing activities that increase pressure on the palms of your hands.</li> </ul>   |
| <p><b>Mouth irritation or sores</b></p>   | <p>Practice good mouth care.</p> <ul style="list-style-type: none"> <li>• Rinse your mouth frequently.</li> <li>• Brush your teeth with a soft toothbrush or cotton swab after meals.</li> <li>• Use a mild nonalcohol mouth rinse at least 4 times a day (after eating and at bedtime). One example is a mixture of 1/8 teaspoon of salt and 1/4 teaspoon of baking soda in 8 ounces of warm (not hot) water.</li> <li>• If you have sores in your mouth, avoid using tobacco products, alcohol, and mouthwashes that contain alcohol.</li> </ul> <p>Call your care provider if you experience pain or sores in your mouth or throat.</p>   |
| <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   |
|--|--|
| <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>• Eat 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>Increased blood pressure</b>                                | <p>Routinely take your blood pressure. Record your blood pressure in a journal/diary and report these to your physician. Contact your healthcare provider for high blood pressure or if the following symptoms occur:</p> <ul style="list-style-type: none"> <li>• Headache</li> <li>• Dizziness</li> <li>• Chest pain</li> <li>• Shortness of breath</li> <li>• Fluid retention, weight gain, or swelling</li> </ul>  |
| <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> |
| <b>Hair color changes</b>                                      | <p>Changes to your hair color may occur during treatment. The hair usually returns to normal after treatment, but for some, the change is permanent.</p>   |

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| Possible Side Effect  | Management  |
|---|---|
| <b>Taste changes</b>  | <p>Some people experience a metallic or bitter taste in their mouth. To help with taste changes, try the following:</p> <ul style="list-style-type: none"> <li>• Choose and prepare foods that look and smell good to you.</li> <li>• Use plastic utensils if food tastes like metal.</li> <li>• Flavor foods with spices to change taste.</li> <li>• Suck on mints or chew gum to mask taste.</li> <li>• Brush teeth with a soft bristle toothbrush before and after eating.</li> <li>• Avoid smoking.</li> </ul> <p>Notify your doctor if you are having trouble eating or are losing weight.</p>   |
| <b>Decreased hemoglobin, part of the red blood cells that carry iron and oxygen</b> | <p>Your hemoglobin should be monitored using a 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 healthcare 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> |

### Serious side effects of cabozantinib

- ❑ You may be at a higher risk of bleeding while taking cabozantinib. Be sure to seek medical attention right away if you have any major bleeding. Also, be sure to check for any signs of bleeding in your stool.
- ❑ Cabozantinib can put you at risk for developing gastrointestinal perforations and fistulas, which are abnormal openings in your digestive tract. Let your healthcare provider know if you experience severe abdominal pain, severe diarrhea, or a fever.
- ❑ Cabozantinib can increase your risk of developing a blood clot.
- ❑ If you need to have a surgical or dental procedure, tell your doctor that you are taking cabozantinib. Cabozantinib may need to be stopped until your wound heals after some types of surgery.
- ❑ You may have high blood pressure while taking cabozantinib. Take your blood pressure on a regular basis, and let your care team know of any large increases in blood pressure.
- ❑ If possible, avoid major dental procedures while taking cabozantinib as it can cause bone damage in the jaw. Consider dental work prior to starting treatment.
- ❑ A condition called reversible posterior leukoencephalopathy syndrome can occur while taking cabozantinib. Call your healthcare provider immediately if you have headaches, seizures, confusion or changes in vision.
- ❑ Cabozantinib may be harmful to your kidneys. Speak to your care team to know when you need to have blood tests to monitor your kidneys. Contact your care team if you notice swelling in your legs and feet or a decreased amount of urination.



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- Cabozantinib may cause problems with your thyroid. Speak to your care team to know when you need to have blood tests to monitor your thyroid. Your provider may prescribe medication to keep your thyroid working properly.
- Cabozantinib, in combination with nivolumab, may damage your adrenal glands, which produce hormones that help regulate your metabolism, immune system, and other important functions. Speak to your care team to know when you need to have laboratory tests done to check your adrenal glands.

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 cabozantinib. Women of childbearing age and potential should use effective contraception during therapy and for 4 months after their last dose of cabozantinib. Men of reproductive age and potential should use effective contraception during therapy and for 4 months after the last dose of cabozantinib.
- Effective contraception could include 1 or more of the following: oral contraceptive, barrier methods, etc.
- Do not breastfeed while taking cabozantinib and for 4 months after the last dose of cabozantinib.
- 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 cabozantinib, and you are encouraged to ask your care provider.

### Obtaining medication

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

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

### Additional resources

**Product websites:** [www.cometriq.com](http://www.cometriq.com) and [www.cabometryx.com](http://www.cabometryx.com)

**Product prescribing information:** [www.cometriq.com/downloads/Cometriq\\_Full\\_Prescribing\\_Information.pdf](http://www.cometriq.com/downloads/Cometriq_Full_Prescribing_Information.pdf) and [www.cabometryx.com/downloads/CABOMETRYXUSPI.pdf](http://www.cabometryx.com/downloads/CABOMETRYXUSPI.pdf)

**Product resources:** [www.cometriq.com/support](http://www.cometriq.com/support) and [www.cabometryx.com/cost-financial-support](http://www.cabometryx.com/cost-financial-support)

*Updated – November 10, 2023*

### 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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