

# ORAL CHEMOTHERAPY EDUCATION



PASSION FOR PATIENTS  
NCODA.ORG



## ENZALUTAMIDE

### Name of your medication

Generic name — enzalutamide (EN-zuh-LOO-tuh-mide)  
Brand name — Xtandi® (ek-STAN-dee)

### Common uses

Enzalutamide is used to treat patients with prostate cancer.  
Enzalutamide may also be used for other treatments.

### Dose and schedule

---

---

---

Taking enzalutamide 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 enzalutamide is 160 milligrams (160 mg) to be taken by mouth at a scheduled time once a day.
- Enzalutamide can be taken with or without food but at the same time each day.
- Enzalutamide should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow enzalutamide, talk to your care provider or pharmacist for possible options.
- If you miss a dose, take it as soon as you remember. If you forget a dose for the whole day, then take your normal dose the next day. **Do not** take an extra do or two doses in one day. Be sure to write down in you miss a dose and let your care provider know about any missed doses.
- Do not interrupt, modify the dose, or stop taking enzalutamide without first consulting with your healthcare provider.

### Drug and food interactions

- Enzalutamide 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.

### Storage and handling

Handle enzalutamide 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 enzalutamide at room temperature (68°F–77°F) in a dry location away from light.
- Keep enzalutamide out of reach of children and pets.
- Leave enzalutamide in the provided packaging until it is ready to be taken.
- Whenever possible, give enzalutamide to yourself and follow the steps below. If a family member, friend, or caregiver needs to give enzalutamide to you, they also need to follow these steps:

# ORAL CHEMOTHERAPY EDUCATION



## ENZALUTAMIDE

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 enzalutamide 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.
- A daily pill box or pill reminder is **not** recommended to be used with enzalutamide.
  - If you have any unused enzalutamide, **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 enzalutamide.
  - If you are traveling, put your enzalutamide's packaging in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

### Side Effects of Enzalutamide

Below are common side effects that have been known to happen in about one third or more of patients taking enzalutamide 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>Fatigue</b>   | <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>   |
| <b>Changes in electrolytes and other laboratory values</b> <ul style="list-style-type: none"> <li>• High glucose 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>• Increased hunger or thirst</li> <li>• Increased urination</li> <li>• Weakness or fatigue</li> <li>• Headaches</li> <li>• Dizziness</li> </ul> |

# ORAL CHEMOTHERAPY EDUCATION



PASSION FOR PATIENTS  
NCODA.ORG



## ENZALUTAMIDE

### Serious side effects of enzalutamide

- Enzalutamide may make it more likely that you have a seizure. Seek medical attention right away if you have symptoms of a seizure and inform your care provider.
- Call your healthcare provider right away if you get: severe headaches, seizure, confusion, or change in vision.
- Severe allergic reactions are a rare but serious side effect of enzalutamide. Immediately seek medical attention if you notice difficulty breathing, swelling of the mouth or tongue, or a serious rash.
- Seek medical attention right away if you have any chest pain or tightness.
- Enzalutamide may make it more likely that you have a fall and/or fracture. Your provider may prescribe medication to help prevent fractures.

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

**(INSTITUTIONAL CONTACT INFO)**

### Handling body fluids and waste

Enzalutamide 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 enzalutamide, 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 enzalutamide 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 enzalutamide. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of 3 months after the last dose of enzalutamide.

# ORAL CHEMOTHERAPY EDUCATION



## ENZALUTAMIDE

- Effective contraception could include one or more of the following: oral contraceptive, barrier methods, etc.
- Inform your care provider if you become pregnant.
- Do not breastfeed while taking enzalutamide.
- It is safe to hug and kiss. Special precautions may be needed for sexual activity while on enzalutamide, and you are encouraged to ask your care provider.

### Obtaining medication

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

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

### Additional resources

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

**Product prescribing information:** [www.astellas.us/docs/us/12A005-ENZ-WPI.pdf?v=1](http://www.astellas.us/docs/us/12A005-ENZ-WPI.pdf?v=1)

**Product resources:** [www.xtandi.com/patient-videos](http://www.xtandi.com/patient-videos), [www.xtandi.com/financial-support](http://www.xtandi.com/financial-support)

Updated – November 18, 2022

### 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.

**Permission:** Oral Chemotherapy Education (OCE) sheets are provided as a free educational resource for patients with cancer in need of concise, easy-to-understand information about oral cancer drugs. Healthcare providers are permitted to copy and distribute the sheets to patients as well as direct patients to the OCE website for information. However, commercial reproduction or reuse, as well as rebranding or reposting of any type, are strictly prohibited without permission of the copyright holder. Please email permission requests and licensing inquiries to [Contact@NCODA.org](mailto:Contact@NCODA.org).

Copyright © 2022 by Hematology/Oncology Pharmacy Association. All rights reserved.