

ORAL CHEMOTHERAPY EDUCATION



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IXAZOMIB

Name of your medication

Generic name — ixazomib (ik-SA-zoh-mib)
Brand name — Ninlaro® (nin-LAR-oh)

Common uses

Ixazomib is used to treat multiple myeloma (MM) in combination with lenalidomide and dexamethasone.

Ixazomib may also be used for other treatments.

Dose and schedule

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

- While capsules come in different strengths (4 mg, 3 mg, and 2.3 mg), the usual dose of ixazomib is 4 milligrams (4 mg) to be taken by mouth at a scheduled time once weekly for 3 weeks, followed by a 1-week break (i.e., on days 1, 8, and 15 of a 28-day cycle).
- Ixazomib should be taken on an empty stomach (at least 1 hour before or 2 hours after a meal or snack), but at the same time of day.
- Ixazomib should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow ixazomib, talk to your care provider or pharmacist for possible options.
- If you miss a dose of ixazomib:
 - **Do not** take the missed dose if it is within 72 hours (3 days) of the next scheduled dose. 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.
- On the days that you take both ixazomib and dexamethasone, do not take ixazomib and dexamethasone at the same time. Take dexamethasone with food.
- If you vomit after taking a dose of ixazomib, do not repeat the dose. Take your next dose of ixazomib on the next scheduled day and time.

Drug and food interactions

- Ixazomib has many drug interactions, please inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products.
- 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 ixazomib 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 ixazomib at room temperature (68°F to 77°F) in a dry location away from light.
- Keep ixazomib out of reach of children and pets.
- Leave ixazomib in the provided packaging until it is ready to be taken.
- Whenever possible, you should give ixazomib to yourself and follow the steps below. If a family member, friend, or caregiver needs to give the ixazomib 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 ixazomib 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 ixazomib.
- If you have any unused ixazomib, **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 ixazomib.
- If you are traveling, put your ixazomib's packaging in a sealed plastic bag as capsules are to remain in the packaging. Ask your pharmacist if any additional travel precautions are needed.

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Side Effects of Ixazomib

Below are common side effects that have been known to happen in about one third or more of patients taking ixazomib 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>Decreased platelet count and increased risk of bleeding</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"> • 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 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 5 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, notice blood in your urine or stool, cough up blood, or have prolonged and uncontrollable bleeding.</p> <p>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.</p> |
| <p>Decreased white blood cells (WBCs) and increased risk for infection</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"> • Wash your hands often, especially before eating and after using the bathroom. • Avoid crowds and people with fevers, flu, or other infection. • Bathe regularly to keep good personal hygiene. <p>Contact your care provider if you experience any signs or symptoms of an infection such as:</p> <ul style="list-style-type: none"> • Fever (temperature more than 100.4°F or 38°C) • Chills • Sore throat • Burning with urination • Unusual tiredness • A sore that becomes red, is draining, or does not heal <p>Check with your care provider before taking any medicine for a fever or chills.</p> |

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| Possible Side Effect | Management |
|---|---|
| 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. • Eat small, frequent meals throughout the day rather than a few large meals. • Eat bland, low-fiber foods, such as bananas, applesauce, potatoes, chicken, rice, and 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 either of the following occurs:</p> <ul style="list-style-type: none"> • The number of bowel movements you have in a day increases by 4 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> |
| Constipation | <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. • Stay active and exercise, if possible. • Eat foods high in fiber like raw fruits and vegetables. <p>Contact your care provider if you have not had a bowel movement in 3 or more days. A daily stool softener, such as docusate (Colace®), and/or laxative, such as senna (Senakot®), may be helpful. If these do not help within 48 hours, tell your provider.</p> |
| Nausea or vomiting | <ul style="list-style-type: none"> • Eat and drink slowly. • Drink 8–10 glasses of water/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 lay down immediately after eating. • Avoid strong odors. <p>Let your provider know if you experience nausea or vomiting. Your provider may prescribe medication to help with the nausea or vomiting.</p> |
| Numbness or tingling in hands and feet | <p>Report changes in your sense of touch, such as a burning sensation, pain on the skin or weakness.</p> |

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Serious side effects of ixazomib

- Tell your doctor if you notice swelling in your hands, feet, or legs.
- Tell your healthcare provider if you get a new or worsening rash.
- Ixazomib could cause thrombotic microangiopathy (TMA). This is a condition involving blood clots and injury to small blood vessels that may cause harm to your kidneys, brain, and other organs. Get medical help right away if you have any of the following signs and symptoms: fever, bruising, tiredness, decreased urination, and/or nose bleeds.

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

(INSTITUTIONAL CONTACT INFO)

Handling body fluids and waste

Since ixazomib 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 ixazomib, it is important to know 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 ixazomib 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 ixazomib. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of 90 days after the last dose of ixazomib. Women using hormonal contraceptives should also use a barrier method of contraception.
- Effective contraception could include 1 or more of the following: oral contraceptive, barrier methods, etc.
- Do not breastfeed while taking ixazomib and for 90 days after the last dose of ixazomib.
- 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 provider.

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Obtaining medication

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

_____ (PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

Additional resources

Product website: www.ninlaro.com

Product prescribing information: <https://www.ninlaro.com/prescribing-information.pdf>; <https://www.ninlarohcp.com/pdf/prescribing-information.pdf>

Product resources: <https://www.ninlaro.com/financial-resources>

Updated – December 7, 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.

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