

Idarubicin

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| Names | Idarubicin(eye-da-RUE-bi-sin) is the generic drug name. Idamycin® is a brand name. There may be other names for this medication. |
| Why am I Taking Idarubicin? | This drug is used to treat acute myelogenous leukemia (AML), acute lymphoblastic leukemia (ALL), chronic myelogenous leukemia (CML in blast crisis), and myelodysplastic syndromes. |
| How is it Given? | Idarubicin is given by infusion into a vein (intravenous/IV). It can cause significant tissue damage if it escapes from the vein. The nurses in the Infusion Center have advanced training to prevent and treat this problem. If you see redness or swelling at the IV site during infusion, let your nurse know right away. |
| How Does it Work? | <p>Cancer is a group of diseases in which abnormal cells divide without control. Both normal and cancer cells go through cycles that include a resting phase, active growing phases, and division (reproduction). Idarubicin is in a class of drugs known as (anthracycline) antitumor antibiotics. It disrupts multiple phases of the cell cycle. If the cancer cells are unable to divide, they die.</p> <p>The faster cells are reproducing, the more likely it is that chemotherapy will damage/kill the cells. Unfortunately, normal cells that reproduce rapidly are also affected. These normal cells will eventually grow back and be healthy. During treatment, however, you may have side effects from the chemotherapy's effects on these cells. Your healthcare team will review your drug therapy and the plan to prevent or minimize any side effects.</p> |
| What Should I Tell My Doctor Before I Begin? | <p>Tell your doctor if you:</p> <ul style="list-style-type: none">• have had idarubicin or a similar chemotherapy agent in the past• have had an allergic reaction to idarubicin or have any allergies• have heart, liver, or kidney disease; problems with your bone marrow, blood counts, or blood clots; infection, or anemia• have had radiation therapy to the chest area• are pregnant or breastfeeding <p>This drug may interact with other medications or cause harmful side effects. Tell your doctor and pharmacist about <u>all</u> prescription or over-the-counter medications, vitamins, and supplements that you take.</p> |

What Are Some Possible Side Effects?

- Low blood counts (decrease in the number of white blood cells, red blood cells, and/or platelets, which increases your risk of infection, fatigue, and/or bleeding)
- Loss of appetite, nausea and vomiting (usually mild and occurring within 1-2 hours of chemo)
- Diarrhea, abdominal cramps
- Thinned or brittle hair, hair loss
- Mouth and /or throat sores or blistering
- Skin: Nail thickening, Discoloration of skin or nails, Darkening of the skin where you have had radiation treatment (radiation recall), Hand -foot syndrome (Palmar-plantar erythrodysesthesia or PPE): Skin rash, swelling, redness, pain and/or peeling of the skin on the palms of hands and soles of feet, and higher sensitivity to sunlight (photosensitivity)
- Women may experience signs of menopause such as vaginal dryness or itching
- Fertility: This drug may affect your ability to get pregnant or father a child. If you want children in the future, talk to your doctor before starting treatment.

How Can I Manage These Side Effects?

- Drink at least 2-3 quarts of fluid, especially water, every 24 hours, unless your doctor tells you to limit your fluids. This helps wash drugs from your system and helps prevent dehydration and constipation.
- To help avoid infections, stay away from crowds or people with colds, flu, or other infections. Talk to your doctor before you have any vaccinations. Wash your hands often. Do not touch your eyes or the inside of your nose.
- To help prevent bleeding problems, be careful when handling sharp objects. Stay away from rough sports or other situations where you could be bruised or injured. Use an electric razor.
- If you are fatigued, take rests during the day, and limit your activities to the time of day when you have the most energy. Learn to ask for and accept help with household chores.
- Nausea: Small, frequent meals may help. Avoid spicy and fried foods. Ask your doctor or nurse about medication to help prevent or lessen nausea, vomiting, or diarrhea.
- Some people cut their hair or shave their head when hair starts to fall out. Wigs and head coverings are available in the Resource Center, located in the cafeteria on the 1st floor of the hospital. Phone: 716-845-1729.

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- Mouth care is very important. Rinse your mouth with a mixture of ½ teaspoon of baking soda in 8 ounces of water after every meal and at bedtime. Brush your teeth and gums often with soft toothbrush. (Soften it further by running it under warm water before brushing). Do not smoke. Don't use tobacco products, alcohol, or mouthwash that contains alcohol.
- Skin care: You may burn more easily, so avoid exposure to direct sunlight. Wear protective clothing and sunscreen with SPF of 30 or higher. Exposure to sunlight increases the risk that you will develop a rash or acne during your treatment. If you develop a rash, do not put anything on it unless your doctor approves it. Keep the area around the rash clean and dry.
- Hand foot syndrome: Tell your doctor right away if you have symptoms of hand-foot syndrome and discuss your treatment options. Prevention tips:
 - Frequently apply moisturizer to the palms of your hands and the soles of your feet. Wear loose fitting, well-ventilated shoes/clothes so air moves freely against your skin.
 - Limit the use of hot water or heat (sauna, sun) on your hands and feet.
 - Take cool showers or baths. Carefully pat your skin dry after washing or bathing. Use ice packs or cold, wet towel for 15 minutes at a time to cool your hands and feet. (Don't put ice directly on your skin.)
 - Reduce friction on hands and feet; stay away from running, jogging, racquet sports. Avoid using tools or household items that require you to press your hand against a hard surface like sanding, gardening tools, and screwdrivers. Don't go barefoot – use thick socks to lessen friction on your feet.
 - Avoid contact with harsh chemicals such as cleaners. Use rubber gloves that have a liner or wear cotton gloves underneath your rubber gloves. (Without a liner, the rubber traps the heat and sweat against your skin.)
- Vaginal lubricant may lessen vaginal dryness, itching, and pain during sexual intercourse.

When Should I
Call the Doctor?

Call 911 or go to the nearest hospital emergency room if you have signs of a severe allergic reaction: Swelling/tingling in your face, mouth, tongue, or throat; chest tightness; trouble breathing; shortness of breath; dizziness; or palpitations (irregular or pounding heartbeat); hives

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What Else
Should I Know
About
Idarubicin?

Call your doctor immediately if you have:

- any sign of infection: Fever of 100.5°F (38°C) or higher, chills, cough, sore throat, pain or burning upon urination; redness or tenderness along a vein, at an IV site, or at any other wound or skin irritation
- unusual bruising or bleeding: bleeding lasts more than 10-15 minutes or that causes dizziness; black or bloody stools; vomit that is bloody or that looks like coffee grounds; blood in your urine or mucus, bleeding from gums or nose (without injury), or a rash of pinpoint-sized reddish-purple spots (petechiae)
- persistent cough or difficulty catching your breath

Call your doctor as soon as possible if you have:

- vomiting more than 3 times in one day
- nausea or mouth sores that are not relieved by prescribed medication and/or interfere with your ability to eat or drink
- A serious but uncommon side effect can be an interference with the heart's pumping action. Your doctor will order tests, such as an electrocardiogram (EKG/ECG) and echocardiogram (ultrasound), before and during your treatment to monitor your heart. This side effect can occur at any time during treatment and as late as 7-8 years after treatment has ended. **Call your doctor immediately if you have shortness of breath; difficulty breathing; swelling of the hands, feet, ankles, or lower legs; or fast, irregular, or pounding heartbeat**
- Urine may appear reddish for 1-2 days after a dose. This is normal but you may need to take precautions to prevent your clothes from stains.
- Idarubicin may cause sexual and reproductive problems. In men, it may affect your ability to make sperm, but should not change your ability to have sexual relations. In women, menstrual bleeding may become irregular or stop while you are receiving this drug. Do NOT, however, believe this means you cannot get pregnant or get your partner pregnant. Use effective birth control during treatment as this medication can have harmful effects on a fetus. We recommend using a barrier method such as condoms and diaphragms.
- Do not breast-feed while you are taking idarubicin.
- Keep all appointments with your doctor and the laboratory. Your doctor will order certain lab tests to check your body's response to idarubicin.
- If you would like more information about idarubicin, talk to your doctor or pharmacist.