

# Ixazomib

Names	The generic name is ixazomib (ix az' oh mib). Ninlaro® is a brand name. There may be other names for this medication.
Why Am I Taking Ixazomib and How is it Given?	<ul style="list-style-type: none"><li>• This drug is used in combination with other drugs to treat multiple myeloma (cancer of the blood plasma) in patients who have received at least 1 prior therapy.</li><li>• Ixazomib is a capsule taken once a week for 3 out of 4 weeks. Usually taken on days 1, 8, and 15 of a 28 day cycle.</li></ul>
How Does it Work?	<p>Ixazomib is not a traditional chemotherapy medication; it is a targeted therapy. Specifically, it is a proteasome inhibitor.</p> <p>Traditional chemotherapy drugs identify cancer cells by their rapid rate of reproduction, and then attack those cells. Ixazomib is designed to work differently. Instead of attacking rapidly reproducing cells, it targets and inhibits the proteasome enzyme complex in the cell. Proteasome is part of the cells' machinery and has many functions within the cell such as cell division (reproduction). Inhibiting these cell functions interferes with reproduction and leads to cell suicide (apoptosis).</p>
What Should I Tell My Doctor Before I Begin?	<p>Tell your doctor if you:</p> <ul style="list-style-type: none"><li>• are allergic to ixazomib or any ingredients in the capsule, or have other allergies</li><li>• are taking carbamazepine, efavirenz, nevirapine, phenobarbital, pioglitazone, phenytoin, rifabutin, rifampin, or St John's wort</li><li>• have, or have ever had, liver or kidney disease</li><li>• are pregnant or breast feeding</li></ul> <p><b>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, herbal, or diet supplements that you are taking.</b></p>
What Are Some Possible Side Effects?	<ul style="list-style-type: none"><li>• Low blood counts (decreased red blood cells, white blood cells, and platelets), which increases your risk of anemia, infections, and bleeding.</li><li>• Fatigue, weakness</li><li>• Diarrhea, constipation</li></ul>

- Nausea, vomiting
- Tingling, burning, numbness, or pain in your hands and feet (peripheral neuropathy). You may have trouble walking or buttoning clothes, opening jars, and doing other routine activities.
- Eye disease, blurry vision, dry eyes, pink eye
- Swelling in legs/ankles (peripheral edema)
- Skin rash
- Upper respiratory infection (URI)

### How Can I Manage These Side Effects?

- **Drink 2-3 quarts of water every day unless your doctor tells you to limit your fluids.** This is even more important in the days before and after you have chemotherapy. This will help flush the medications out and help prevent dehydration and constipation. Try to drink a variety of fluids to help provide the calories, sodium (salt), and other electrolytes your body needs. (Check labels).
- **Low white blood cell count:** Stay away from people with colds, flu, or other infections, wash your hands often, and talk to your doctor before you have any vaccinations (immunizations), such as a flu shot. Take your temperature as instructed by your doctor, and whenever you feel warm.
- **Low platelet count:** Be careful when handling sharp objects, stay away from rough sports, and other situations where you could be bruised, cut, or injured. Use an electric razor.
- **Low red blood cell count/fatigue:** Eat well and stay out of bed as much as possible during your treatment to stay strong. If you feel fatigued, take rest periods throughout the day, and try to limit your activities.
- **Diarrhea:** Loperamide (Imodium®) is available over the counter. You can take 2 tablets after the first episode of diarrhea, followed by 1 tablet (2mg) after each loose stool as needed. Do not take more than 8 tablets (16mg) in a 24-hour period. Call your doctor if this does not provide relief within 24 hours.
- **Constipation:** To help prevent constipation, add high fiber foods such as fruits, vegetables, and whole grains to your diet and, if possible, keep moving throughout the day. If you do not move your bowels in 2-3 days, you may need to take a laxative. Talk to your doctor before taking a laxative.
- **Nausea, vomiting:** To help prevent nausea, avoid fried, spicy, and fatty foods on the days you receive chemo and for 2-3 days afterwards. Eating small, frequent meals may help. If you have nausea, try foods and drinks that are bland - ginger ale, dry crackers, and toast.
- **Fever, aches and pains:** Acetaminophen (Tylenol®), aspirin, or other over-the-counter pain medication may help relieve discomfort **but first check with your doctor about which products are safe for you to use while on this medication.**

- **Peripheral neuropathy:** Report any numbness or tingling to your doctor right away. If you develop peripheral neuropathy:
  - Stay as active as you can to help keep your muscles working. If you exercise in a gym, tell the instructor that you have peripheral neuropathy.
  - Foot and hand massages may help relieve stiffness. After the massage, remember to clean the lotions and creams off your hands and feet.
  - Protect your heads and feet, particularly when handling hot items or when weather is severe. Use oven mitts, gloves, socks and shoes
  - Have someone check the water temperature before you take a shower, wash dishes, etc., or use a thermometer or a part of your body that is not affected by PN.
  - Get rid of throw rugs and other obstacles that may cause falling or tripping.
  - Ask about balance training and/or physical or occupational therapy.
- **Edema (Swelling):** To help prevent edema, do not stand for long periods of time. Keep your legs elevated when sitting or lying down. Avoid wearing tight-fitting clothing and shoes. Weigh yourself often. Contact your provider if the swelling becomes painful, limits your ability to walk or care for yourself, or if you gain more than 5 pounds in 1 week.
- **Skin care:** You may be more sensitive to sunlight, take extra care to avoid sun exposure. Use a sunblock with SPF 30 or higher that protects against both UVA and UVB rays when you are outdoors, even if it is just for a short time. Wear sunglasses and protective clothes (brimmed hat, long sleeves, etc.) when in the sun. Do not use tanning beds. If you develop a rash, keep the area clean and dry and check with your doctor before using any creams or ointments on the area
- **Dizziness:** Do not drive or operate machinery if you feel dizzy, light-headed, or faint, or if you have blurred vision. If you feel dizzy when you first stand up after lying down, sit upright for a few minutes before standing.
- If you have questions about this medication, talk to your doctor or pharmacist.

How do I Store and Dispose of this Medication?

- Keep this medication in the original container until right before you take it.
- Store at room temperature, away from heat and moisture (not in the bathroom).
- **Do not put this medications in the garbage (see below) or down the toilet.**
- Roswell has drug disposal containers available on the 1st floor of the main hospital. They are located just past the ATM on the left.
- New York has *Take Back* programs for the collection of household drugs. Go to the NY Department of Conservation website and click on “Find a free collection site near you”. [www.dec.ny.gov/chemical/67720.html](http://www.dec.ny.gov/chemical/67720.html)

**\*\* If there is an urgent need to dispose of your medication and there are no drop off locations near you, follow the instructions on the next page.**

**To throw out medications:** Mix capsules (do not crush or open) in water and add salt, dirt, ashes, or cat litter. Do not hide them in food. Place the mixture in a bag, box, or plastic tub that you can seal. Secure the container with strong tape. Place the sealed container in your trash as close to trash collection day as possible.

### When Should I Call the Doctor?

**Call 911 or go to the nearest hospital emergency department (ER) if you have life-threatening symptoms such as:**

- signs of severe allergic reaction: Swelling or tingling in your face, tongue, mouth, or throat; chest tightness; wheezing; trouble breathing or swallowing
- signs of heart attack: Chest pain; pain in jaw, neck, back, arm; shortness of breath, sweating; nausea
- signs of stroke: Sudden numbness or weakness – especially if only on one side; sudden trouble walking, seeing, speaking, or maintaining balance

Please let us know if you go to the ER or are admitted to the hospital.

**Call your doctor immediately if you have:**

- any sign of infection: **Fever of 100.4°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, spontaneous nose bleeds.

**Call your doctor as soon as possible if you have:**

- a yellow color in your skin or the whites of your eyes
- pain, tingling, burning, numbness, or a pins-and-needles feeling in your hands or feet; difficulty walking; or clumsiness in doing routine activities
- nausea, or vomiting not relieved by prescribed medication or that prevents you from eating or drinking
- no bowel movements for 3 days or if you feel uncomfortable
- swelling (fluid retention) in your legs, feet, or ankles
- extreme weakness that interferes with normal activities

### What Else Do I Need to Know About Ixazomib?

- Do not get pregnant or father a child; this drug may harm an unborn child. Both men and women should use an effective method of birth control. Barrier methods, such as condoms, are recommended.
- Do not breastfeed while you are on ixazomib.
- If you would like more information, talk to your doctor.