

Trabectedin

Names	The generic drug name is trabectedin (<i>tra BEK te din</i>). The brand name is Yondelis®. There may be other names for this medication.
What is it Used For?	<p>Trabectedin is used to treat liposarcoma, a cancer that begins in fat cells, or leiomyosarcoma, a cancer that begins in smooth muscle tissue, when:</p> <ul style="list-style-type: none"> • the cancer has spread from its original site and • it can't be treated with surgery and • the patient has already been treated with certain chemotherapy medications
How is it Given and How Does it Work ?	<p>Trabectedin is given by infusion into a vein (intravenously/IV) over 24 hours. It is usually given once every 3 weeks (21 days) for as long as your doctor recommends treatment. Trabectedin is in a class of medications called alkylating agents. It works by sticking to the DNA in cells and damaging it. This slows or stops the growth of cancer cells.</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 an allergic reaction to trabectedin or have allergies • have, or have ever had, heart, kidney, or liver disease • have low blood cell counts (low white blood cells, red blood cells, or platelets, • have muscle aches or muscle weakness • are pregnant, intend to have children, or are breastfeeding • are taking any herbal products, especially St. John's wort • are taking antifungal medications; boceprevir; clarithromycin; conivaptan; HIV medications; nefazodone; phenobarbital; rifampin; or telithromycin <p>This drug may interact with other medications, affecting their effectiveness or causing harmful side effects. Tell your doctor and pharmacist about all medications and vitamins you take - prescription or over-the-counter.</p> <p>While in treatment, do not eat grapefruit or drink grapefruit juice</p>
What Are Some Possible Side Effects?	<ul style="list-style-type: none"> • Low blood counts: Low white blood cell, red blood cell, or platelet count can increase your risk for infection, anemia, and bleeding/bruising • Tiredness, feeling faint, dizziness

Possible Side
Effects cont.

- Nausea, vomiting, decreased appetite
- Constipation, diarrhea
- Headache
- Joint , muscle, or chest pain
- Difficulty sleeping or falling asleep
- Swelling (edema) in hands, feet, ankles
- Shortness of breath, breathing problems
- Abnormal liver and kidney function tests (blood tests)
- Birth defects, infertility

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 chemotherapy. Helps your kidneys, flushes out the medications, and helps prevent dehydration, constipation, and kidney problems.
- ✓ **Low white blood cell count/risk of infection:** Stay away from people with colds or other infections. Wash your hands often with soap and water. Talk to your doctor before you have any vaccinations, such as flu shot.
- ✓ **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.
- ✓ **Low platelet count/risk of bleeding:** Be careful handling sharp objects. Avoid rough sports and injury, Use an electric razor.
- ✓ **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.
- ✓ **Loss of appetite:** Stay active - try to take a short walk every day. Have a healthy snack every few hours instead of 3 large meals. Avoid spicy, greasy, heavy foods, foods high in salt or sugar, and foods with strong smells. Eat foods at room temperature. Choose high protein, high calorie foods and moist or smooth foods. Add protein powder to foods.
- ✓ **Diarrhea:** Loperamide (Imodium®) is available over the counter. Do not take more than 8 tablets (16mg) in a 24-hour period. Call your doctor if not better 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 constipated for 2-3 days, you will need to take a laxative such as Senna-S. Call if not better in 2 days, call the clinic.
- ✓ **Headaches, pain, fever:** Check with your doctor before taking any medication or product for this or any other side effect.

- ✓ **Edema:** 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 you gain 5+ pounds in 1 week.
- ✓ **Mouth care** is very important. To prevent mouth sores, 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 a soft toothbrush. Do not use alcohol, mouthwashes that contain alcohol, or tobacco products. Call us if you have difficulty swallowing.
- ✓ **Skin care:** 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 get a rash, keep it clean and dry. Check with your doctor before using creams on it.
- ✓ **Infertility, birth defects:** Though chemo may affect fertility, do not assume you cannot get pregnant or father a child when receiving chemo. Both men and women should use effective, reliable birth control during treatment. Females should continue using birth control for 2 months after their last dose. Males should continue using birth control for 5 months after their last dose. Barrier methods, such as condoms and diaphragms, are recommended. This drug may be harmful to a fetus.
- ✓ Do not breastfeed while receiving chemotherapy.
- ✓ Keep all doctor and lab appointments.
- ✓ Any questions about this medication, ask your doctor or pharmacist.

When Should I Call the Doctor?

Call 911 or go to the nearest hospital emergency department 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; dizziness, shortness of breath; heart palpitations; or hives.
- Signs of heart problem: Chest pain or pressure, a heartbeat that does not feel normal, shortness of breath, a big weight gain, or swelling in the arms or legs.

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

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Call the 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 skin irritation
- signs of liver problems: yellow color in skin or whites of eyes, dark urine, nausea/stomach pain or upset, vomiting, or light-colored bowel movements
- unusual bruising or bleeding: Lasting more than 10-15 minutes or causes dizziness; black or bloody stools; vomit that is bloody or black like coffee grounds; blood in your urine or mucus, bleeding from your gums or nose
- can't concentrate or focus, feel confused, dizzy, or faint
- muscle pain or weakness

Call your doctor as soon as possible if you have:

- painful mouth or throat, nausea, or headache not relieved by prescribed medication or that interferes with your ability to eat/drink
- more than 4 or 5 episodes of vomiting in 24-hour period
- extreme fatigue (unable to carry on self-care activities)
- persistent loss of appetite or weight loss