

Romidepsin

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| Names | The generic drug name is romidepsin (roe" mi dep'sin). The brand name is Istodax®. There may be other names for this medication. |
| How is it Administered? | This medicine is given by infusion into a vein (intravenous or IV), usually over a 4 hour period. |
| What is it Used For? | Romidepsin is used to treat cutaneous T-cell lymphoma (CTCL) and peripheral T-cell lymphoma (PTCL). Doctors may use it for other cancers if they believe it may help. |
| How Does it Work? | <p>Romidepsin is not a traditional chemotherapy medication; it is a type of targeted therapy. It is in a class of medications called histone deacetylase (HDAC) inhibitors. Traditional chemotherapy drugs identify cancer cells by their rapid rate of division (reproduction), and then attack those cells. Unfortunately, healthy cells that divide rapidly are also affected, causing side effects such as hair loss.</p> <p>Romidepsin is designed to work differently. It blocks certain enzymes and interferes with the growth of the cancer cells, resulting in the cells' self-destruction (apoptosis).</p> |
| What Should I Tell My Doctor Before I Begin? | <p>Tell your doctor if you:</p> <ul style="list-style-type: none">• have ever had an allergic reaction to romidepsin or have allergies• have vomiting or diarrhea (before you begin treatment)• have or have ever had liver, kidney, or heart disease• have an electrolyte imbalance (high/low levels of calcium, sodium, etc.)• are taking an anticoagulant medication like warfarin or an herbal supplement such as St. John's wort, or using a birth control product that contains hormones such as an implant, intrauterine device (IUD), injections, pills, vaginal ring, and skin patch.• are pregnant or breastfeeding <p>This drug may interact with other medications, increasing or decreasing their effectiveness or causing harmful side effects. Tell your doctor and pharmacist about any prescription or over-the-counter medications, vitamins, herbal or diet supplements that you are taking.</p> |

What Are Some Possible Side Effects?

- Bone marrow depression (low white blood cells, red blood cells, and platelets, which increases your risk of infection, anemia, and/or bleeding)
- Fatigue
- Infection
- Loss of appetite, nausea, vomiting
- Constipation
- Diarrhea
- Mouth or throat sores, Changes in your sense of taste
- Skin irritation, rash, itching
- Changes in the electrolyte levels in your blood (low levels of calcium, albumin, magnesium, potassium, or sodium)
- High blood sugar
- Fever
- Low blood pressure
- Headache

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.
- **Low white count/Risk of infection:** 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.
- **Low platelets/Risk of bleeding:** To help prevent bleeding problems, be careful when handling sharp objects. Stay away from rough sports or other situations that may result in bruising or injury. Use an electric razor. Be careful when using a toothbrush or dental floss (your doctor may recommend other ways to clean your teeth and gums).
- **Low red blood cell count/Fatigue:** Do not drive, use machinery, or do any activity that requires alertness until you know how romidepsin affects you.
- **Nausea/vomiting:** To help prevent nausea, avoid fried, spicy, and/or fatty foods on the days you receive chemo and for 2-3 days afterwards. Eating small, frequent meals may help. If you feel nauseous, try foods and drinks that are 'easy on the stomach' or made you feel better when you were sick in the past. These generally include bland foods, ginger ale, dry crackers, and toast. Take prescribed anti-nausea medication as soon as you feel nauseous.

- **Diarrhea:** Loperamide (Imodium®) is available over the counter. Your doctor will tell you if and when to take this medication. Do not take more than 8 tablets (16mg) in a 24-hour period. Call the clinic if not better within 24 hours.
- **Constipation:** It is important to avoid constipation for several days after getting this medicine. To help prevent constipation, get out of bed, walk, and get plenty of fiber in your diet from grains, vegetables, fruit, or supplements. If you do not move your bowels in 2-3 days, check with your doctor before you use laxatives. Talk with your doctor about what to do if you are constipated.
- **Mouth care:** To minimize mouth problems, 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. (Soften it further by running it under warm water). Avoid smoking, alcohol, and mouthwashes that contain alcohol.
- **Skin Care:** Use sunscreen with SPF 30 or higher when you are outdoors, even for a short time. Wear sunglasses, wide-brimmed hats, long-sleeved shirts, and pants. Keep your neck, chest, and back covered. Do not use tanning beds. If you get a rash, keep the area clean and dry, and check with your doctor before using any creams or lotions on it.
- **Fever, headaches:** Talk to your health care provider before using any medications or herbal products for these - or any other - symptoms

When Should I
Call the Doctor?

Call your doctor immediately if you have:

- signs of an allergic reaction: Itching, hives, dizziness, or palpitations.
Call 911 or go to nearest ER if you have swelling or tingling in your face, mouth, or throat or trouble breathing
- signs 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 phlegm /mucus, unusually heavy menstrual bleeding, spontaneous bleeding from your gums or nose, or superficial bleeding into the skin that appears as a rash of pinpoint-sized reddish-purple spots (petechiae)
- any symptoms of high blood sugar such as increased thirst, hunger, or urination; weakness; unusual drowsiness; confusion; rapid breathing;

flushing; fruit-like breath odor)

- blistering or peeling skin

Call your doctor as soon as possible if you have:

- more than 3 episodes of diarrhea in 24 hours, or diarrhea with weakness
- nausea or vomiting that is not relieved by prescribed medication or that prevents you from eating or drinking
- mild itching

What Else Do I
Need to Know
About
Romidepsin?

- Keep all of your appointments with your doctor and the lab. Your doctor will monitor your electrolyte levels, your blood counts, and your heart.
- If you are planning surgery or dental surgery, be sure your surgeon knows you are taking romidepsin.
- Use a nonhormonal method of birth control to prevent pregnancy during your treatment. Barrier methods like condoms or diaphragms are recommended. Romidepsin may harm the fetus.
- Do not eat grapefruit or drink grapefruit juice while receiving this medicine.
- Do not use aspirin or any product that has aspirin in it (such as some cold medicines) unless you have talked to your doctor first.
- Do not breastfeed during treatment.
- If you would like more information about romidepsin, talk to your doctor or pharmacist.