### Ruxolitinib (rux-oh-li-ti-nib)

#### Brand Name
Jakafi®

#### How is Ruxolitinib Administered?
Ruxolitinib comes as a tablet. It is taken by mouth, with or without food, 2 times a day. Swallow the whole tablet – do not chew, crush, or break up the tablets. Take the medication at the same times every day.

#### What is it Used For?
Ruxolitinib treats a blood condition called myelofibrosis in which healthy bone marrow is replaced by scar (fibrous) tissue. It may be used for other conditions if your physician feels it may be beneficial.

#### How Does it Work?
Ruxolitinib interferes with a messaging system, called the JAK-STAT pathway, used by cancer cells. This pathway is thought to be necessary for the survival of the dysfunctional myelofibrosis cells and some types of cancer cells. Ruxolitinib is a type of targeted therapy, not a traditional chemotherapy agent. Traditional chemotherapy agents attack cells that reproduce quickly.

#### What Should I Tell My Doctor Before I Begin Receiving Ruxolitinib?
Tell your doctor if you:
- have had an allergic reaction to ruxolitinib in the past
- are taking warfarin (Coumadin®), aspirin, products containing aspirin, over-the-counter pain medicines, vitamins, or herbal supplements
- are pregnant or breastfeeding

This drug may interact with other medications or cause harmful side effects. Tell your doctor and pharmacist about all prescription or over-the-counter medications, vitamins, herbal or diet supplements that you are taking.

#### What Are Some Possible Side Effects I May Experience?
- Decreased number of red blood cells, white blood cells and platelets, which increases your risk of fatigue, infections, and bleeding. You may require blood transfusions while on this medication. If this becomes severe, we may need to decrease your ruxolitinib dose.
- Weight gain and/or swelling of the arms and/or legs
- Diarrhea, constipation, nausea, or vomiting
- Generalized weakness or dizziness
- Fever, headache, muscle or bone pain
- Skin rash
- Increased cholesterol
- Changes in heart rhythm have been reported, but are uncommon.
How Can I Manage These Side Effects?

- Stay away from crowds or 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.
- If your blood counts drop, we may tell you to use an electric razor instead of a traditional razor blade, and to avoid contact sports and activities that could cause injury and increase your risk of bleeding.
- If you have a low platelet count, be aware that intercourse and other sexual activities may cause bleeding. Talk to your doctor about whether sexual activity is safe for you at this time. If intercourse is permitted, use a water-based lubricant and avoid forceful thrusting.
- Acetaminophen (Tylenol®) and ibuprofen (Advil®) may help with discomfort from fever, headache, and/or aches and pain but talk to your doctor before taking any of these medications.
- Avoid alcoholic beverages. Discuss this with your doctor.
- You may burn more easily, so avoid exposure to direct sunlight. Wear protective clothing and sunscreen with SPF of 30 or higher.

When Should I Call the Doctor?

Call the clinic immediately if you experience:

- any signs of infection: fever of 100.4°F (38°C) or higher, chills, sore throat, painful urination, or a skin wound that is red, swollen, painful, and/or warm to the touch
- unusual bleeding

Call your doctor as soon as possible if you experience:

- diarrhea (4-6 episodes) or vomiting (more than 4-5 times) in 24 hours
- black, tarry, or bloody stools or blood in your urine
- extreme fatigue that makes it difficult to care for yourself
- swelling, weight gain of 2 pounds or more in 1 day or 5 pounds or more in a week, or increasing shortness of breath

What Else Should I Know About Ruxolitinib?

- You must remember to take ruxolitinib every day, as prescribed. Consider using a tablet box to help you remember.
- Do not change your dose or abruptly stop taking ruxolitinib. Abruptly stopping this medication may result in a serious withdrawal reaction.
- If a dose is missed, return to your usual dosing schedule. Do NOT take two doses at the same time.
- Your doctor will determine your exact dosage and schedule.
- Do not eat grapefruit, drink grapefruit juice, or take any supplements containing grapefruit extract while on ruxolitinib.
- Both men and women should use effective methods of birth control during treatment. This drug may be harmful to a fetus.
- Breastfeeding while on ruxolitinib is discouraged. Talk to your doctor.
- You will have regularly scheduled lab tests to watch your blood counts and your liver and kidney function.
- If you have any questions about ruxolitinib, talk to your doctor.