

## Pharmacy

DRUG INFORMATION

# Apalutamide Tablet



### What is Apalutamide?

- Apalutamide is used to treat prostate cancer.

### How is Apalutamide Administered/Taken?

- Apalutamide is usually taken once a day preferably at the same time each day.
- The tablet should be swallowed whole. Do not chew or crush the tablet. Inform your doctor or pharmacist if you have difficulty swallowing.
- If you miss a dose of Apalutamide, take it as soon as you can if it is within 12 hours of the missed dose. If it is more than 12 hours of the missed dose, skip the missed dose and go back to your usual dosing time.

### Can Apalutamide be Administered/Taken with Other Medications?

- Please inform your doctor or pharmacist if you are taking other medications, including Traditional Chinese Medicines, Jamu medicines or supplements.

### What are the Important Side Effects of Apalutamide?

- Medications prescribed by your doctor should be beneficial for your condition even though they may result in some inevitable side effects.

Side Effect	Management
Hot flushes (sudden sweating and feeling of warmth)	<ul style="list-style-type: none"><li>• If you are experiencing hot flushes, wearing light clothing, staying in a cool environment, and putting cool cloths on your head may reduce these symptoms.</li><li>• Inform your doctor if these symptoms affect you significantly.</li></ul>
Skin rashes	<ul style="list-style-type: none"><li>• Inform your doctor if the rash is very irritating. For mild rash, inform your doctor on the next visit as it generally resolves before the next treatment.</li></ul>

Side Effect	Management
Nausea or vomiting	<ul style="list-style-type: none"> <li>• Take small, frequent meals.</li> <li>• Avoid smells that precipitate nausea.</li> <li>• Take medicines for nausea or vomiting prescribed by your doctor.</li> <li>• Avoid tight-fitting clothes around the waist.</li> </ul>
Diarrhoea	<ul style="list-style-type: none"> <li>• Inform your doctor if this is severe and/or does not improve with medicine use.</li> <li>• Drink at least two litres (8 cups) of fluids every day when you are having diarrhoea.</li> <li>• Avoid milk, dairy products, high fibre food or spicy food while you are having diarrhoea.</li> </ul>
Muscle aches and joint pain	<ul style="list-style-type: none"> <li>• Mild pain can be relieved by taking Paracetamol (Panadol ®). Inform your doctor if pain is not controlled by Paracetamol (Panadol ®).</li> <li>• Taking regular warm baths may also help.</li> </ul>
Fatigue or Tiredness	<ul style="list-style-type: none"> <li>• Do not drive or operate machinery if you are feeling tired. Inform your doctor if fatigue is persistent or worsens.</li> </ul>
Raised blood sugar levels	<ul style="list-style-type: none"> <li>• Apalutamide may cause raised blood sugar levels. Blood sugar levels often return to baseline upon stopping.</li> </ul>
Increased in blood pressure	<ul style="list-style-type: none"> <li>• Blood pressure will be monitored regularly when you come to the clinic. If you have a blood pressure monitoring machine at home, you can measure your blood pressure every day and record it in a book.</li> <li>• Please remember to take your prescribed medicines for high blood pressure.</li> </ul>

Side Effect	Management
Increase in cholesterol or triglycerides levels	<ul style="list-style-type: none"> <li>• You may have your cholesterol level checked before starting Apalutamide and periodically after starting.</li> </ul>
Effects on thyroid glands	<ul style="list-style-type: none"> <li>• Apalutamide can sometimes affect the thyroid gland, making it less or more active.</li> <li>• Your doctor will check how your thyroid is working with regular blood tests. If this happens, it can easily be treated with medication and goes back to normal after the treatment is finished.</li> </ul>
Fluid retention	<ul style="list-style-type: none"> <li>• You may experience swelling of hands, feet, or lower legs.</li> <li>• Elevating your legs on a foot stool or with a cushion or pillow may help to reduce the swelling.</li> </ul>
Heart problems	<ul style="list-style-type: none"> <li>• Please proceed to the A&amp;E department immediately if you experience shortness of breath, chest pain or sudden swelling of legs.</li> </ul>

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.

#### **Are There any Special Precautions That I Need to Take?**

- Your partner must not become pregnant during your treatment with Apalutamide and you should take appropriate contraceptive measures during and up to three months after stopping treatment. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- Apalutamide may have an anti-fertility effect, which could be irreversible. You should discuss with your doctor regarding fertility preservation prior to starting treatment.

## What Else Can I Do to Help My Condition?

- Exercise  
Light exercise is recommended as it helps to improve mobility, balance and even emotional well-being. Avoid strenuous exercise, and rest when you are feeling tired.
- Stay positive  
Understand your condition and take an active role in managing it. Do not be afraid to talk about it with your doctor/ pharmacist/ family members. Repressed feelings can be harmful to your immediate well-being and long-term health.
- Adequate hydration  
Maintain adequate hydration with two to three litres (8 to 12 cups) of fluids per day unless informed by your doctor to restrict fluids. This will decrease your chances of getting constipation and also prevent dehydration.
- Medical and dental treatment  
If you need to go into hospital for any reason other than cancer, always inform the doctors and nurses that you are receiving anti-cancer treatment.  
Talk to your cancer doctor if you think you need dental treatment. Always inform your dentist that you are receiving anti-cancer treatment.

## How Do I Store Apalutamide?

- Store your medication in a cool, dry place away from heat, moisture and direct sunlight.

**If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.**

**Please keep all medications out of reach of children.**

**You can also find useful information with regards to your medication on this website:**

<https://www.macmillan.org.uk/information-and-support>



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