

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 2 to 3 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 having chemotherapy.

Talk to your cancer doctor if you think you need dental treatment. Always inform your dentist that you are having chemotherapy.

How do I Store Ceritinib?

- 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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PHARMACY

Drug Information

Ceritinib (Zykadia®) Capsule



What is Ceritinib?

- Ceritinib is used for the treatment of adult patients with anaplastic lymphoma kinase (ALK)-positive advanced non-small cell lung cancer (NSCLC).

How is Ceritinib Taken?

- Ceritinib is taken orally once daily on an empty stomach. Separate at least two hours from food at the same time daily. Swallow them whole with a glass of water. Do not chew or crush the capsules. Inform your doctor or pharmacist if you have difficulty swallowing.
- If possible, handle the medication yourself. If a family member or caregiver needs to give the medication, wash hands before and after handling the medication.
- If you miss a dose of Ceritinib, take it as soon as possible if it is within 12 hours of the missed dose. If it is more than 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.

Can Ceritinib be Taken With Other Medications?

- Please inform your doctor or pharmacist if you are taking other medications, including Traditional Chinese Medicines, Jamu medicines or supplements.
- You should not drink or eat grapefruit/pomelo during your treatment with Ceritinib. It may increase the amount of Ceritinib in your blood to a harmful level.

What are the Important Side Effects of Ceritinib?

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

Side Effect	Management
Fatigue or tiredness	<ul style="list-style-type: none">Do not drive or operate machinery if you are feeling tired. Inform your doctor if fatigue is persistent or worsens.
Nausea or vomiting	<ul style="list-style-type: none">Small frequent meals or sucking hard, sugar-free candy may help.Please remember to take the medications for nausea or vomiting as instructed by your doctor if any.
Changes in the way the liver works	<ul style="list-style-type: none">Please proceed to the A & E department immediately if you experience any yellowing of eye white and skin or tea-coloured urine, pale stools or severe abdominal pain.
Abnormal heart rhythm rarely occurs	<ul style="list-style-type: none">Please proceed to the A & E department immediately if your heart is beating irregularly or fast, or if you feel faint, lightheaded, or dizzy.
High blood sugar	<ul style="list-style-type: none">You may require more frequent monitoring of your blood sugar during treatment.
Effects on the lungs	<ul style="list-style-type: none">Please proceed to the A & E department immediately if you have trouble breathing, fever with cough, and chest pain.

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?

- It is important to inform your doctor if you intend to conceive or breastfeed while taking this medication.
- You must not become pregnant during treatment with Ceritinib and must use an effective method of contraception. You should take appropriate contraceptive measures during and up to 6 months after cessation of treatment. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- Ceritinib may have an anti-fertility effect, which could be irreversible. You should discuss with your doctor regarding fertility preservation prior to starting treatment.
- You should not breast-feed during treatment.

Side Effect	Management
Diarrhoea	<ul style="list-style-type: none">Your doctor may prescribe medications to control diarrhoea. Inform your doctor if it is severe and/or does not improve with medication use.Make sure you drink at least two litres (8 cups) of fluids every day when you are having diarrhoea.Avoid milk or dairy products and/or high fibre food whilst you are having diarrhoea.