

## 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 Enzalutamide?

- Enzalutamide capsules should be stored in the original packaging. Stored it 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>

## PHARMACY

### Drug Information

## Enzalutamide (Xtandi®) Capsule



## What is Enzalutamide?

- Enzalutamide blocks the effects of testosterone and is used to treat prostate cancer.

## How is Enzalutamide Taken?

- Enzalutamide is taken once daily, preferably at the same time daily, with food or on an empty stomach. Swallow the capsule whole with a glass of water.
- 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 Enzalutamide, 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 Enzalutamide 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.

## What are the Important Side Effects of Enzalutamide?

- 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 symptoms.</li> <li>• Inform your doctor if these symptoms affect you significantly.</li> </ul>
Muscles aches and joint pain	<ul style="list-style-type: none"> <li>• Mild pain can be relieved by taking Paracetamol (Panadol®).</li> <li>• Taking regular warm baths may also help.</li> </ul>
Side Effect	Management

Fatigue or tiredness	<ul style="list-style-type: none"> <li>• Don't drive or operate machinery if you are feeling tired. Inform your doctor if fatigue is persistent or worsens.</li> </ul>
High blood pressure	<ul style="list-style-type: none"> <li>• Monitor your blood pressure regularly.</li> <li>• You may require anti-hypertensives as prescribed by your doctor to control your blood pressure.</li> </ul>
Hallucinations, poor memory.	<ul style="list-style-type: none"> <li>• Inform your doctor if you experience such symptoms.</li> </ul>
Fast or uneven heartbeat, dizziness, fainting.	<ul style="list-style-type: none"> <li>• Please proceed to the A &amp; E department immediately.</li> </ul>
Seizure, worsening headache, confusion or blindness.	<ul style="list-style-type: none"> <li>• Please proceed to the A &amp; E department immediately.</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?

- It is important to inform your doctor if you intend to conceive while taking this medication.
- You must not become pregnant during treatment with Enzalutamide and must use an effective contraceptive measures during and up to 3 months after the cessation of treatment. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- Enzalutamide may have an anti-fertility effect, which could be irreversible. You should discuss with your doctor regarding fertility preservation prior to starting treatment.