

PHARMACY

Drug Information

Ibrutinib (Imbruvica[®]) Capsule



What is Ibrutinib?

- Ibrutinib is an anticancer drug used to treat Mantle Cell Lymphoma (MCL), Chronic Lymphocytic Leukemia (CLL), or Waldenström's macroglobulinaemia (WM).

How is Ibrutinib Administered / Taken?

- Ibrutinib is taken orally once daily with or without food. 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.
- 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 you miss a dose of Ibrutinib, take it as soon as you remember on the same day and go back to your usual dosing schedule the next day. Do not take an extra dose to make up for the missed dose.

Can Ibrutinib be Administered / Taken With Other Medications?

- You should not drink grapefruit/pomelo juice or eat grapefruit/pomelo during your treatment with Ibrutinib.
- Please inform your doctor or pharmacist if you are taking other medications, including supplements, traditional or herbal remedies.

What are the Important Side Effects of Ibrutinib?

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

Side Effect	Management
Upper respiratory tract infection (body aches, chills, fever, feeling tired)	<ul style="list-style-type: none"> Inform your doctor if you experience these symptoms.
Muscle aches and joint pain	<ul style="list-style-type: none"> Mild pain can be relieved by taking Paracetamol (Panadol®). Inform your doctor if pain is not controlled by Paracetamol (Panadol®). Avoid Paracetamol (Panadol®) when you are having fever. Taking regular warm baths may also help.
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 medicines for nausea or vomiting as instructed by your doctor if any.
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.
Sun sensitivity causing rashes, sunburn or worsening acne	<ul style="list-style-type: none"> Avoid direct sunlight and applying sunscreen of at least SPF (sun protection factor) 30 may help. Alternatively, wear a hat, long sleeves, and long pants outside on sunny days. Applying moisturizers to dry areas may help.

Side Effect	Management
Bruising or bleeding may occur as Ibrutinib can reduce the number of platelets in your blood	<ul style="list-style-type: none"> To reduce risk of bleeding problems: <ul style="list-style-type: none"> -Try not to bruise, cut or burn yourself. -Clean your nose by blowing gently. Do not pick your nose. -Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. -Be aware that bleeding may take a longer time to stop. Please proceed to the A & E department immediately if you experience signs of bleeding such as blood in urine or stools, or easy bruising.
Risk of infection may be increased as Ibrutinib can reduce the number of white blood cells in your blood	<ul style="list-style-type: none"> To reduce risk of infection: <ul style="list-style-type: none"> -Wash your hands after using the toilet. -Avoid crowds and people who are sick. -Do not share food and avoid taking raw food. Please proceed to the A & E department immediately if you experience signs of an infection such as fever with a temperature above 38°C, chills, and burning sensation when passing urine. Do not take Paracetamol (Panadol®) to relieve fever unless instructed by your doctor/ nurse.

Side Effect	Management
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.

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 Ibrutinib and must use an effective method of contraception. You should take appropriate contraceptive measures during and up to 3 months after cessation of treatment. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- Ibrutinib 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.

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 Ibrutinib?

- 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>

