

PHARMACY

Drug Information

Ruxolitinib (Jakavi®) Tablet



What is Ruxolitinib?

- Ruxolitinib is used to treat adults with enlarged spleen or with symptoms related to myelofibrosis, a rare form of blood cancer. It is also used to treat blood disorders such as polycythaemia vera.

How is Ruxolitinib Administered / Taken?

- Ruxolitinib is taken orally twice daily, with or without food. The doses should be spaced 10–12 hours apart. Swallow them whole with a glass of water. Do not chew or crush the medicines. 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 Ruxolitinib, skip the missed dose and go back to your usual dosing times. Do not take extra doses to make up for the missed dose. Inform your doctor immediately for advice.

Can Ruxolitinib be Administered / Taken With Other Medications?

- 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 Ruxolitinib?

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

Side Effect	Management
Risk of infection may be increased as Ruxolitinib 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.
Bruising or bleeding may occur as Ruxolitinib 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.

Side Effect	Management
Painful skin rash with blisters	<ul style="list-style-type: none"> • Ruxolitinib may cause herpes zoster. Inform your doctor if you develop painful skin rashes with blisters.
Increase in blood cholesterol levels	<ul style="list-style-type: none"> • You may require more frequent monitoring of your blood cholesterol during treatment. • Inform your doctor of any medications which you are taking to reduce blood cholesterol.
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 Ruxolitinib 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.
- Ruxolitinib may have an anti-fertility effect. 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 Ruxolitinib?

- 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.

