

PHARMACY

Drug Information

Sorafenib Tablet (Nexavar®)



What is Sorafenib?

- Sorafenib is used to treat kidney, liver and thyroid cancer.

How is Sorafenib Administered / Taken?

- Sorafenib is taken orally twice daily, at the same time each day.
- Take Sorafenib on an empty stomach, at least one hour before or two hours after the meal. If you feel nausea when taking it on an empty stomach, try taking it with a small low-fat meal.
- 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 Sorafenib, take it as soon as possible if it is within six hours of the missed dose. If it is more than six hours since your missed dose, skip the missed dose and go back to your usual dosing time.
- If you vomit the dose of Sorafenib, skip the missed dose and go back to your usual dosing time.
- Do not take extra doses to make up for the missed dose. Inform your doctor immediately for advice.

Can Sorafenib 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 Sorafenib?

- 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 Sorafenib 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 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 Sorafenib 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
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.
Mouth ulcers can occur on the tongue, the sides of the mouth or in the throat and this can lead to an infection	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a soft toothbrush. • Rinse and brush your dentures after eating and soak them in denture solution overnight. • Rinsing your mouth regularly with an alcohol-free mouth gargle or salt water may help reduce chances of infection.
Hand-foot syndrome where palms of hands and soles of your feet may tingle, become red, numb, painful, or swollen. Skin may also become dry or itchy.	<ul style="list-style-type: none"> • Inform your doctor if blisters, severe pain or ulcers affects your normal daily activities. • Avoid tight-fitting shoes or rubbing pressure to hands and feet if this occurs. • Applying moisturizer to hands and feet liberally often may help. • Applying sunscreen with an SPF (sun protection factor) of at least 30 may help.

Side Effect	Management
Diarrhoea	<ul style="list-style-type: none"> Your doctor may prescribe medicines to control diarrhoea. Inform your doctor if it is severe and/or does not improve with medicine 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.
Increase in blood pressure	<ul style="list-style-type: none"> 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. Please remember to take your medicines for high blood pressure if you are taking them.
Hair Loss (thinning or patchy hair loss)	<ul style="list-style-type: none"> Wear a wig or hat or use a gentle shampoo.
Numbness and tingling sensation in the hands or feet	<ul style="list-style-type: none"> Inform your doctor if you have trouble buttoning up shirts or you are unable to pick up objects.
Changes in the way the heart works	<ul style="list-style-type: none"> Please proceed to the A & E department immediately if you experience sudden swelling of hands or feet, shortness of breath and/or chest pain.

Side Effect	Management
Slow wound healing	<ul style="list-style-type: none"> Wounds may take longer to heal while you are being treated with Sorafenib. If you have any surgery planned, you should stop taking Sorafenib for a few weeks before the operation and not start taking it again until a few weeks afterwards, till the wound is fully healed. Your doctor will provide more advice on this.
Signs of a stroke	<ul style="list-style-type: none"> Please proceed to the A & E department immediately if you experience sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg.
Signs of a blood clot	<ul style="list-style-type: none"> Please proceed to the A & E department immediately if you experience tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath.

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 Sorafenib 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.
- Sorafenib 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 Sorafenib?

- 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.



© Tan Tock Seng Hospital, Singapore 2018. All rights reserved. All information correct as of November 2018. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.