

## PHARMACY

### Drug Information

# Ixazomib (Ninlaro®) Capsule



### What is Ixazomib?

- Ixazomib is used in combination with Dexamethasone and Lenalidomide in patients with multiple myeloma.

### How is Ixazomib Administered / Taken?

- Ixazomib is usually taken orally once a week for three weeks, followed by a one-week break. Ixazomib is taken on an empty stomach, at least 1 hour before or 2 hours after food.
- The capsules should be swallowed whole; 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 Ixazomib, take it as soon as possible if it is more than 72 hours away from the next due dose. If it is less than 72 hours from your next due dose, skip the missed dose and go back to your usual dosing times.

### Can Ixazomib Be Administered / 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 Ixazomib?

- 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 can occur as Ixazomib can reduce the number of white blood cells in your blood	<ul style="list-style-type: none"> <li>• To reduce risk of infection: <ul style="list-style-type: none"> <li>- Wash your hands after toileting.</li> <li>- Avoid crowds and people who are sick.</li> <li>- Avoid raw food.</li> </ul> </li> <li>• Please proceed to the A&amp;E department immediately if you experience signs of infection such as fever with a temperature of 38°C and above, chills and shivering. Avoid taking Paracetamol (Panadol®) to relieve fever. Be aware that taking Paracetamol may mask fever and hence delay treatment of infection.</li> </ul>
Bruising or bleeding can occur as Ixazomib can reduce the number of platelets in your blood	<ul style="list-style-type: none"> <li>• To reduce risk of bleeding problems: <ul style="list-style-type: none"> <li>- Do not pick your nose.</li> <li>- Brush your teeth gently with a soft toothbrush.</li> <li>- Be aware that bleeding may take a longer time to stop.</li> </ul> </li> <li>• Please proceed to the A&amp;E department immediately if you experience any severe bleeding (eg, passing a large amount of fresh blood in urine or stools, or passing black sticky stools) or significant bruising.</li> </ul>
Nausea or vomiting	<ul style="list-style-type: none"> <li>• Take small, frequent meals.</li> <li>• Avoid smells that precipitate nausea.</li> <li>• Take medicines for nausea or vomiting prescribed by your doctor.</li> <li>• Avoid tight-fitting clothes around the waist.</li> </ul>

Side Effect	Management
Constipation	<ul style="list-style-type: none"> <li>• Maintain adequate hydration at least 2 litres of fluids per day unless informed otherwise by your doctor. Your doctor may prescribe you stool softeners to prevent constipation.</li> </ul>
Diarrhoea	<ul style="list-style-type: none"> <li>• Inform your doctor if this is severe and/or does not improve with medicine use.</li> <li>• Drink at least two litres (8 cups) of fluids every day when you are having diarrhoea.</li> <li>• Avoid milk or dairy products and/or high fibre food whilst you are having diarrhoea.</li> </ul>
Skin rashes	<ul style="list-style-type: none"> <li>• Inform your doctor if you get a new or worsening rash.</li> </ul>
Numbness and tingling sensation in the hands or feet	<ul style="list-style-type: none"> <li>• Inform your doctor if you have this symptom or trouble buttoning up shirts or if you are unable to pick up objects</li> </ul>
Fluid retention	<ul style="list-style-type: none"> <li>• You may experience swelling of hands, feet, or lower legs if your body retains extra fluids.</li> <li>• Elevating your legs on a foot stool or with a cushion or pillow may help to reduce the swelling.</li> </ul>
Changes in eyesight	<ul style="list-style-type: none"> <li>• Please inform your doctor if you experience eye pain, swelling, redness, blurred vision, and/or sensitivity to light or other changes.</li> </ul>

Side Effect	Management
Changes in the way the liver works	<ul style="list-style-type: none"> <li>Please proceed to the A &amp; E department immediately if you experience any yellowing of eye white and skin or tea-coloured urine, pale stools or severe abdominal pain.</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 or breastfeed while taking this medication.
- You must not become pregnant during treatment with Ixazomib 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.
- Ixazomib 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 and up to 3 months after 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 Ixazomib?

- 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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