

PHARMACY

Drug Information

Regorafenib Tablet



What is Regorafenib?

- Regorafenib is used for the treatment of colon, rectal and stomach cancer that has spread to other parts in the body.

How is Regorafenib Administered / Taken?

- Regorafenib is taken orally once daily at the same time each day. It should be taken with food, preferably after a small low-fat meal or snack. 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 Regorafenib, take it as soon as you can if it is within the same day. Do not take 2 doses on the same day to make up for the missed dose.

Can Regorafenib be Administered / Taken With Other Medications?

- You should not drink grapefruit juice or eat grapefruit during your treatment with Regorafenib. It may make the amount of Regorafenib in your blood increase to a harmful level.
- 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 Regorafenib?

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

Side Effect	Management
Slow wound healing	<ul style="list-style-type: none"> • Wounds may take longer to heal while you are being treated with Regorafenib. • If you have any surgery planned you should stop taking Regorafenib for 2 weeks before the operation and do not start taking it again until the wound is fully healed or as instructed by your doctor.
Risk of infection can occur as Regorafenib can reduce the number of white blood cells in your blood	<ul style="list-style-type: none"> • To prevent 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
Bruising or bleeding can occur as Regorafenib can reduce the number of platelets in your blood	<ul style="list-style-type: none"> • To prevent 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.
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.
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, skin or tea-coloured urine or severe abdominal pain.
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.

Side Effect	Management
Diarrhoea	<ul style="list-style-type: none"> Your doctor can prescribe medicines to control diarrhoea. Inform your doctor if it is severe or if it does not improve with medication. Make sure you drink at least 2 litres (8 cups) of fluids every day when you have diarrhoea. Avoid milk or dairy products and/or high fibre food whilst you are having diarrhoea.
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 moisturiser to hands and feet liberally often may help. Avoid direct sunlight and applying sunscreen of at least SPF (sun protection factor) 30 may help.
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.

Side Effect	Management
Increased in blood pressure	<ul style="list-style-type: none"> Blood pressure will be monitored regularly each time you come to the clinic. If you have blood pressure monitoring machine at home, you can measure your own blood pressure every day and record it in a book. Please remember to take the medicines for high blood pressure if you have high blood pressure.

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 Regorafenib and must use an effective method of contraception. You should take appropriate contraceptive measures during and up to 2 months after Regorafenib treatment. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- Regorafenib 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 Regorafenib?

- Store your medication in a cool, dry place away from heat, moisture and direct sunlight. Keep the bottle tightly closed and keep the desiccant in the bottle. Once the bottle is opened, the remaining Regorafenib tablets must be discarded after 7 weeks.

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.

