

ORAL CHEMOTHERAPY EDUCATION



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DECITABINE AND CEDAZURIDINE

Name of your medication

Generic name — decitabine and cedazuridine (deh-SIH-tuh-been and SEE-daz-YOOR-ih-deen)
Brand name — Inqovi® (in-KOH-vee)

Approved uses

Decitabine and cedazuridine is a combination product used to treat myelodysplastic syndromes (MDS).

Dose and schedule

Taking decitabine and cedazuridine as instructed is important to allow your treatment to be as effective as possible, so here are some key points to remember.

- Your dose may vary, but the usual dose of decitabine and cedazuridine is 1 tablet (35 milligrams decitabine and 100 milligrams cedazuridine) to be taken by mouth at a scheduled time once daily on days 1 to 5 of each 28-day treatment cycle.
- Decitabine and cedazuridine should be taken on an empty stomach, at the same time each day. Do not eat food 2 hours before or 2 hours after each dose.
- Decitabine and cedazuridine should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow decitabine and cedazuridine, talk to your care provider or pharmacist for possible options.
- If you miss a dose of decitabine and cedazuridine, follow these guidelines:
 - Only take the missed dose if it has been less than 12 hours since you were supposed to take it. Then take the next dose at the regularly scheduled time.
 - Do not take 2 doses at one time.
 - If vomiting occurs after a dose, do not take an additional dose but continue with the next scheduled dose.
 - Be sure to write down if you miss a dose and let your care provider know about any missed doses.

Drug and food interactions

- Decitabine and cedazuridine may have drug interactions. Please inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products.
- Talk with your care provider or pharmacist before taking new medications or supplements, or receiving any vaccines.

Storage and handling

Handle decitabine and cedazuridine with care. Just like when chemotherapy is given into the vein, this drug can be toxic, and exposure of the drug to others should be limited.

- Store decitabine and cedazuridine at room temperature (68°F–77°F) in a dry location away from light.
- Keep decitabine and cedazuridine out of reach of children and pets.
- Leave decitabine and cedazuridine in the provided packaging until it is ready to be taken.

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- Whenever possible, you should give decitabine and cedazuridine to yourself and follow the steps below. If a family member, friend, or caregiver needs to give the decitabine and cedazuridine to you, they also need to follow these steps.
 1. Wash hands with soap and water.
 2. Put on gloves to avoid touching the medication. (Gloves are not necessary if you give the drug to yourself.)
 3. Gently transfer the decitabine and cedazuridine from its package to a small medicine or other disposable cup.
 4. Administer the medicine immediately by mouth with water.
 5. Remove gloves and do not use them for anything else.
 6. Throw gloves and medicine cup in household trash.
 7. Wash hands with soap and water.
- If a daily pill box or pill reminder will be used, contact your care team before using.
 - The person filling the box or reminder should wear gloves (gloves are not necessary if you are filling the box or reminder).
 - When empty, the box or reminder should be washed with soap and water before refilling. Be sure to wash hands with soap and water after the task is complete, whether or not gloves are worn.
- If you have any unused decitabine and cedazuridine, **do not** throw it in the trash and **do not** flush it down the sink or toilet. Talk to your care provider or pharmacist about proper disposal of decitabine and cedazuridine.
- If you are traveling, put your decitabine and cedazuridine's packaging in a separate sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

Side Effects of Decitabine and Cedazuridine

Below are common side effects that have been known to happen in about one-third or more of patients taking decitabine and cedazuridine; these are listed on the left side of this table. You **MAY NOT** experience these side effects. Options to help manage any side effects that do occur are included on the right side of this table. These should be discussed with your care provider. If you experience any side effect you cannot manage or that is not listed here, contact your care provider.

Possible Side Effect	Management
Decreased white blood cells (WBCs) and increased risk for infection	<p>Your WBCs should be monitored by a simple blood test. When your WBCs are low, you are at a greater risk of having an infection. Take the following precautions to protect yourself from infection.</p> <ul style="list-style-type: none">• Wash your hands often, especially before eating and after using the bathroom.• Avoid crowds and people with fevers, flu, or other infection.• Bathe regularly to keep good personal hygiene. <p>Contact your care provider if you experience any signs or symptoms of an infection:</p> <ul style="list-style-type: none">• Fever (temperature more than 100.4°F or 38°C)• Chills• Sore throat• Burning with urination• Unusual tiredness• A sore that becomes red, is draining, or does not heal <p>Check with your care provider before taking any medicine for a fever or chills.</p>

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Possible Side Effect	Management
<p>Decreased platelet count and increased risk of bleeding</p>	<p>Your platelets should be monitored by a simple blood test. When they are low, you may bruise or bleed more easily than usual.</p> <ul style="list-style-type: none"> • Use caution to avoid bruises, cuts, or burns. • Blow your nose gently, and do not pick your nose. • Brush your teeth gently with a soft toothbrush, and maintain good oral hygiene. • When shaving, use an electronic razor instead of razor blades. • Use a nail file instead of nail clippers. <p>Call your care provider if you have bleeding that won't stop. Examples include the following:</p> <ul style="list-style-type: none"> • A bloody nose that bleeds for more than five minutes despite pressure • A cut that continues to ooze despite pressure • Gums that bleed excessively when you floss or brush <p>Seek medical help immediately if you experience any severe headaches, observe blood in your urine or stool, cough up blood, or experience prolonged and uncontrollable bleeding.</p> <p>You may need to take a break or “hold” your medication for medical or dental procedures. Talk to your care provider or dentist before any scheduled procedures.</p>
<p>Decreased hemoglobin, part of the red blood cells that carry iron and oxygen</p>	<p>Your hemoglobin should be monitored by a simple blood test. When your hemoglobin is low, you may notice that you get tired or fatigued more easily.</p> <ul style="list-style-type: none"> • Try to get 7–8 hours of sleep per night. • Avoid operating heavy machinery if you feel too tired. • Find a balance between work and rest. • Stay as active as possible, but know that it is OK to rest as needed. • You might notice that you are more pale than usual. <p>Let your care provider know right away if you experience any of the following:</p> <ul style="list-style-type: none"> • Shortness of breath • Dizziness • Palpitations
<p>Fatigue</p>	<p>You may be more tired than usual or have less energy.</p> <ul style="list-style-type: none"> • Stay as active as possible, but know it is OK to rest as needed. • Try to do some activity every day. • Plan your activities, and do them at a time of day when you feel a bit more energetic. • Avoid operating cars or machinery if you feel too tired.

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Possible Side Effect	Management
Constipation	<p>Monitor how many bowel movements you have each day.</p> <ul style="list-style-type: none"> • Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake. • Stay active and exercise, if possible. • Eat foods high in fiber, like raw fruits and vegetables. <p>Contact your care provider if you have not had a bowel movement in 3 or more days.</p> <p>Your care provider may recommend over-the-counter medications to help with your constipation. A daily stool softener, such as docusate (Colace®), and/or a laxative, such as senna (Senokot®), may be helpful. If these do not help within 48 hours, tell your provider.</p>
Muscle or joint pain or weakness	<ul style="list-style-type: none"> • Keep a diary of your pain, including a description of when and where the pain is occurring, what it feels like, and how long it lasts. • Stay as active as possible, but know that it is OK to rest as needed, too. • Tell your care provider if pain interferes with your activity. <p>If the pain or weakness bothers you, ask your provider how you may ease this discomfort. Take only pain medication that has been prescribed or recommended by your care provider</p>
Mouth irritation or sores	<p>Practice good mouth care.</p> <ul style="list-style-type: none"> • Rinse your mouth frequently. • Brush your teeth with a soft toothbrush or cotton swab after meals. • Use a mild nonalcohol mouth rinse at least 4 times a day (after eating and at bedtime). For example, you can use a mixture of 1/8 teaspoon of salt and 1/4 teaspoon of baking soda in 8 ounces of warm (not hot) water. • If you have sores in your mouth, avoid using tobacco products, alcohol, and mouthwashes that contain alcohol. <p>Call your care provider if you experience pain or sores in your mouth or throat.</p>
Nausea or vomiting	<ul style="list-style-type: none"> • Eat and drink slowly. • Drink 8-10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake. • Eat small, frequent meals throughout the day rather than a few large meals. • Eat bland foods; avoid spicy, fried, and greasy foods. • Avoid vigorous exercise immediately after eating. • Don't lie down immediately after eating. • Avoid strong odors. <p>Let your provider know if you experience nausea or vomiting. Your provider may prescribe medication to help with the nausea or vomiting.</p>

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<p>Diarrhea (loose and/or urgent bowel movements)</p>	<p>Monitor how many bowel movements you have each day.</p> <ul style="list-style-type: none"> • Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake because of some other health problem. • Eat small, frequent meals throughout the day rather than a few large meals. • Eat bland, low-fiber foods (e.g., bananas, applesauce, potatoes, chicken, rice, toast). • Avoid high-fiber foods (e.g., raw vegetables, raw fruits, whole grains). • Avoid foods that cause gas (e.g., broccoli, beans). • Avoid lactose-containing foods (e.g., yogurt, milk). • Avoid spicy, fried, and greasy foods. <p>Contact your provider if either of the following occurs:</p> <ul style="list-style-type: none"> • The number of bowel movements you have in a day increases by 4 or more. • You feel dizzy or lightheaded. <p>Your care provider may recommend an over-the-counter medication called loperamide (Imodium®) to help with your diarrhea, but talk to your care provider before starting this medication.</p>
<p>Rash or itchy skin</p>	<ul style="list-style-type: none"> • Keep your skin moisturized with creams and moisturizing lotions to decrease the risk of rash or itchiness, and wear loose-fitting clothing. • Avoid using perfumes and cologne as these products may increase rash symptoms. • Avoid being in the heat for long periods of time. • Your provider may recommend an over-the-counter antihistamine or a topical cream. <p>Sunlight can make symptoms worse.</p> <ul style="list-style-type: none"> • Avoid sun exposure as much as possible to decrease the risk of sunburn. The highest exposure to ultraviolet (UV) radiation occurs from 10 am to 4 pm. • Wear long-sleeved clothing, with UV protection if possible. • Wear broad-brimmed hats. • Apply broad-spectrum sunscreen (UVA/UVB) with at least SPF 30 as often as directed on the bottle. • Use lip balm with at least SPF 30. <p>If your rash or itching continues to worsen, contact your care provider.</p>
<p>Fluid retention or swelling</p>	<ul style="list-style-type: none"> • Do not stand for long periods of time. • Keep your legs elevated when sitting or lying down. • Avoid eating salty foods, which can increase swelling. • Avoid wearing tight-fitting clothing and shoes. • Weigh yourself daily. <p>Contact your care provider if you notice any of the following:</p> <ul style="list-style-type: none"> • Swelling in the hands, feet, or legs • Shortness of breath • Weight gain of 5 or more pounds in 1 week

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Possible Side Effect	Management
Headache	<p>Ask your provider what you may use to help with this discomfort.</p> <p>Contact your care provider right away if your headache has any of the following characteristics:</p> <ul style="list-style-type: none"> • Follows a head injury • Is severe or starts suddenly • Does not go away after 3 days • Is associated with vomiting, visual disturbance, neck stiffness, drowsiness, confusion, rash, weakness in an arm or leg, or numbness • Is made worse by coughing or lowering the head
Changes in liver function	<p>Your liver function will be checked periodically by a simple blood test. Contact your care provider if you notice any of the following:</p> <ul style="list-style-type: none"> • Yellowing of the skin or whites of your eyes • Dark or brown urine • Bleeding or bruising
Changes in electrolytes and other laboratory values <ul style="list-style-type: none"> • High or low glucose levels • Low albumin levels • Low sodium levels • Low calcium levels 	<p>Changes in some laboratory values may occur and will be monitored by a simple blood test.</p> <ul style="list-style-type: none"> • You may not feel any symptoms if the changes are mild, and they usually are not a sign of a serious problem. • More severe changes may occur, which can be a sign of a serious problem. <p>Notify your care provider if you have any of the following:</p> <ul style="list-style-type: none"> • Shortness of breath • Chest discomfort • Weakness or fatigue • New aches and pains • Headaches • Dizziness • Swelling of your legs or feet • Red- or brown-colored urine

Serious side effects

- Decitabine and cedazuridine can cause serious birth defects. Do not take decitabine and cedazuridine if you are pregnant or think you might be pregnant.
- Decitabine and cedazuridine can lower your white blood cells and your platelets, increasing your risk of infection and bleeding.
- Bone marrow suppression is a decrease in the number of white blood cells, red blood cells, and platelets that can be severe with decitabine and cedazuridine. Speak to your care provider to know when you need to have laboratory tests done to monitor your blood cell counts. You also may need to take a break or “hold” your medication for medical or dental procedures. Talk to your care provider or dentist before any scheduled procedures.

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If you experience ANY uncontrolled side effect, call your physician or healthcare center immediately:

(INSTITUTIONAL CONTACT INFO)

Handling body fluids and waste

Since decitabine and cedazuridine remains in your body for several days after it is taken, some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take decitabine and cedazuridine it is important to know the following instructions every day for as long as your treatment lasts. This is to keep yourself, loved ones, and the environment as safe as possible.

- Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- Toilet and septic systems
 - You may use the same toilet, septic tank, and/or sewer that you usually use. If you have a low-flow toilet, close the lid and flush twice to ensure that all waste has been discarded.
 - If the toilet or toilet seat becomes soiled with urine, stool, or vomit, clean the surfaces before other people use the toilet.
 - Wash hands with soap and water after using the toilet.
- If you need a bedpan, be sure your caregiver knows to wear gloves to assist with cleanup and to wash the bedpan with soap and water every day.
- If you do not have good control of bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb body waste.
- Wash any skin that has been exposed to body waste or decitabine and cedazuridine with soap and water.
- Linens or clothing that are soiled with body fluids or body waste should be washed separately from other linens and clothing. If you do not have a washer, place the soiled linens in a plastic bag until they can be washed.
- Wash hands with soap and water after touching linens or clothing that may be soiled with body fluids.

Pregnancy, sexual activity, and contraception

- Women should not become pregnant and men should not get a partner pregnant while taking decitabine and cedazuridine. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of 6 months (women) and 3 months (men) after the last dose of decitabine and cedazuridine.
- Effective contraception could include 1 or more of the following: oral contraceptive, barrier methods, etc.
- Do not breastfeed while taking decitabine and cedazuridine and for 2 weeks after the last dose of decitabine and cedazuridine.
- Please inform your care provider if you become pregnant.
- It is safe to hug and kiss. Special precautions may be needed for sexual activity while on oral chemotherapy, and you are encouraged to ask your care team for assistance.

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Obtaining medication

- Talk with your care provider about the process for obtaining your decitabine and cedazuridine.

_____ (PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

Additional resources

- Product website:** <https://www.inqovi.com>
- Product prescribing information:** <https://www.inqovi.com>
- Financial assistance:** www.taihopatientsupport.com

Updated – May 20, 2022

Additional instructions

Important notice: The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources. This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the medications whatsoever, and any and all decisions, with respect to such medications, are at the sole risk of the individual consuming the medication. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

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