

# ORAL CANCER TREATMENT EDUCATION



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## IDELALISIB

### Name of your medication

Generic name — idelalisib (i-deh-luh-LIH-sib)  
Brand name — Zydelig® (zy-DEH-lig)

### Common uses

Idelalisib is used to treat relapsed chronic lymphocytic leukemia (CLL).  
Idelalisib may also be used for other treatments.

### Dose and schedule

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Taking idelalisib 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 idelalisib is 150 milligrams (150 mg) to be taken by mouth at a scheduled time twice a day.
- Idelalisib can be taken with or without food, but at the same time each day.
- Idelalisib should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow idelalisib, talk to your care provider or pharmacist for possible options.
- If you miss a dose of idelalisib, follow these guidelines:
  - **Do not** take the missed dose if it has been more than six hours since you should have taken it. Simply take the next dose at the regularly scheduled time.
  - **Do not** take two doses at one time.
  - Be sure to write down if you miss a dose and let your care provider know about any missed doses.

### Drug and food interactions

- Idelalisib has many drug interactions. 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.
- Avoid live vaccines during treatment with idelalisib.
- Grapefruit or grapefruit juice may interact with idelalisib. Avoid eating or drinking these during your treatment with idelalisib.

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### Storage and handling

Handle idelalisib 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 idelalisib at room temperature (68°F–77°F) in a dry location away from light.
- Keep idelalisib out of reach of children and pets.
- Leave idelalisib in the provided packaging until it is ready to be taken.
- Whenever possible, you should give idelalisib to yourself and follow the steps below. If a family member, friend, or caregiver needs to give the idelalisib 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 idelalisib 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.
- A daily pill box or pill reminder is not recommended to be used with idelalisib.
- If you have any unused idelalisib, **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 idelalisib.
- If you are traveling, put your idelalisib's packaging in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

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### Side Effects of Idelalisib

The common side effects that have been known to happen in more than 30% of patients taking idelalisib are listed in 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
<p><b>Decreased white blood cells (WBCs) and increased risk for infection</b></p>	<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"> <li>• Wash your hands often, especially before eating and after using the bathroom.</li> <li>• Avoid crowds and people with fevers, flu, or other infection.</li> <li>• Bathe regularly to keep good personal hygiene.</li> </ul> <p>Contact your care provider if you experience any signs or symptoms of an infection:</p> <ul style="list-style-type: none"> <li>• Fever (temperature more than 100.4°F or 38°C)</li> <li>• Chills</li> <li>• Sore throat</li> <li>• Burning with urination</li> <li>• Unusual tiredness</li> <li>• A sore that becomes red, is draining, or does not heal</li> </ul> <p>Check with your care provider before taking any medicine for a fever or chills.</p>
<p><b>Changes in liver function</b></p>	<p>Your liver function should 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"> <li>• Yellowing of the skin or whites of your eyes</li> <li>• Dark or brown urine</li> <li>• Bleeding or bruising</li> <li>• Abdominal pain</li> </ul>
<p><b>Nausea or vomiting</b></p>	<ul style="list-style-type: none"> <li>• Eat and drink slowly.</li> <li>• Drink 8–10 glasses of water or fluid per day unless your care provider has instructed you to limit your fluid intake.</li> <li>• Eat small, frequent meals throughout the day rather than a few large meals.</li> <li>• Eat bland foods; avoid spicy, fried, and greasy foods.</li> <li>• Avoid vigorous exercise immediately after eating.</li> <li>• Do not lay down immediately after eating.</li> <li>• Avoid strong odors.</li> </ul> <p>Let your provider know if you experience nausea or vomiting. Your provider may prescribe medication to help with the nausea or vomiting.</p>

*Continued on the next page*

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Possible Side Effect	Management
<p><b>Diarrhea (loose and/or urgent bowel movements)</b></p>	<p>Monitor how many bowel movements you have each day.</p> <ul style="list-style-type: none"> <li>• Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake.</li> <li>• Eat small, frequent meals throughout the day rather than a few large meals.</li> <li>• Eat bland, low-fiber foods, such as bananas, applesauce, potatoes, chicken, rice, and toast.</li> <li>• Avoid high-fiber foods, such as raw vegetables, raw fruits, and whole grains.</li> <li>• Avoid foods that cause gas, such as broccoli and beans.</li> <li>• Avoid lactose-containing foods, such as yogurt and milk.</li> <li>• Avoid spicy, fried, and greasy foods.</li> </ul> <p>Contact your provider if any of the following occur:</p> <ul style="list-style-type: none"> <li>• The number of bowel movements you have in a day increases by four or more.</li> <li>• You feel dizzy or lightheaded.</li> <li>• You have diarrhea <u>along with</u> severe abdominal pain, nausea or vomiting, chills, or fever.</li> </ul> <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><b>Fatigue</b></p>	<p>You may be more tired than usual or have less energy.</p> <ul style="list-style-type: none"> <li>• Stay as active as possible, but know it is OK to rest as needed.</li> <li>• Try to do some activity every day.</li> <li>• Plan your activities, and do them at a time of day when you feel a bit more energetic.</li> <li>• Avoid operating heavy machinery if you feel too tired.</li> </ul>
<p><b>Fever</b></p>	<p>You may feel hot, cold and shivery, achy or dizzy. This usually starts during the first month of therapy but could happen at any time.</p> <ul style="list-style-type: none"> <li>• Call your doctor immediately if you have a fever of 100.4° F.</li> </ul> <p>Ask your doctor if you can take medicine to help with the fever.</p>
<p><b>Respiratory tract infection</b></p>	<ul style="list-style-type: none"> <li>• Wash your hands often, especially before eating and after using the bathroom.</li> <li>• Avoid people with fevers, flu, or other infections.</li> <li>• Maintain good personal hygiene.</li> <li>• Report symptoms of a respiratory infection like a cough sneezing, runny nose, fever, and scratchy or sore throat to your provider.</li> </ul>

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### Serious side effects of idelalisib

- Rarely, idelalisib can cause severe skin reactions, including Stevens-Johnson syndrome, which can be life-threatening. Seek emergency care if you have a severe rash or a rash on your mouth, eyes, or genitals.
- Severe allergic reactions are a rare but serious side effect of idelalisib. Immediately seek medical attention if you notice difficulty breathing, swelling of the mouth or tongue, or a serious rash.
- Idelalisib can cause swelling of your lung tissue known as non-infectious pneumonitis. Call your care team right away if you have trouble breathing, new or worsening cough, chest pain, or wheezing.
- Idelalisib may rarely cause a tear or hole in your intestine, called bowel perforation. Speak to your care team right away if you have a high fever, or nausea, vomiting, or severe stomach pain.

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

### (INSTITUTIONAL CONTACT INFO)

### Handling body fluids and waste

Because idelalisib 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 idelalisib, 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 idelalisib 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 idelalisib. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of 1 month for women and for a minimum of 3 months for men, after the last dose of idelalisib.

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- Effective contraception could include 1 or more of the following: oral contraceptive, barrier methods, etc.
- Do not breastfeed while taking idelalisib and for 1 month after the last dose of idelalisib.
- 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 provider.

### Obtaining medication

- Talk with your care provider about the process for obtaining your idelalisib.

\_\_\_\_\_ (PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

### Additional resources

**Product website:** [www.zydelig.com](http://www.zydelig.com)

**Product prescribing information:**

[www.gilead.com/~media/Files/pdfs/medicines/oncology/zydelig/zydelig\\_pi.pdf](http://www.gilead.com/~media/Files/pdfs/medicines/oncology/zydelig/zydelig_pi.pdf)

**Product resources:** [www.zydeligaccessconnect.com/hcp](http://www.zydeligaccessconnect.com/hcp)

*Updated – November 29, 2023*

### Additional instructions

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**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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