

ORAL CANCER TREATMENT EDUCATION



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NILUTAMIDE

Name of your medication

Generic name — nilutamide (ny-LOO-tuh-mide)
Brand name — Nilandron® (nih-LAN-drun)

Common uses

Nilutamide is used to treat prostate cancer.
Nilutamide may also be used for other treatments.

Dose and schedule

Taking nilutamide 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 nilutamide is 300 milligrams (300 mg) to be taken by mouth at a scheduled time once a day for 30 days, followed by 150 milligrams (150 mg) daily.
- Nilutamide can be taken with or without food but at the same time each day,
- Nilutamide should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow nilutamide, talk to your care provider or pharmacist for possible options.
- If you miss a dose of nilutamide, **do not** take an extra dose or two doses at one time. Simply take your next dose at the regularly scheduled 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

- Nilutamide has many 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.
- Drinking alcohol while taking nilutamide can lead to facial flushing, low blood pressure, and feeling poorly overall.

Storage and handling

Handle nilutamide 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 nilutamide at room temperature (68°F to 77°F) in a dry location away from light.
- Keep nilutamide out of reach of children and pets.
- Leave nilutamide in the provided packaging until it is ready to be taken.
- Whenever possible, you should give nilutamide to yourself and follow the steps below. If a family member, friend, or caregiver needs to give the nilutamide to you, they also need to follow these steps.

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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 nilutamide 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 nilutamide.
 - ❑ If you have any unused nilutamide, **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 nilutamide.
 - ❑ If you are traveling, put your nilutamide's packaging in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

Side Effects of Nilutamide

Common side effects that have been known to happen in about one third or more of patients taking nilutamide 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
Hot flashes (sudden sweating and feelings of warmth)	<p>If hot flashes are bothersome, consider the following recommendations:</p> <ul style="list-style-type: none">• Mild, regular exercise may help after consulting with your care provider.• Try staying in a cool environment.• Wear layers so that if you experience a hot flash, the outer layers may be removed.• Avoid or limit caffeine, spicy food, alcohol, and stress, which may cause hot flashes to worsen. <p>Inform your care provider if this side effect is bothersome as there may be medications that can help with hot flashes.</p>
Eye changes	<p>This medication may cause blurred vision, dry eyes, or eye pain.</p> <p>Report changes in eyesight to your care provider.</p>

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Serious side effects

- Nilutamide may cause swelling of your lung tissue known as interstitial pneumonitis. Call your care team right away if you have trouble breathing, new or worsening cough, chest pain, or wheezing.
- Nilutamide may be harmful to your liver. Seek medical attention if you notice yellowing of the skin or whites of your eyes, dark or brown urine, bleeding, or bruising.

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

(INSTITUTIONAL CONTACT INFO)

Handling body fluids and waste

Nilutamide remains in your body for several days after it is taken, and some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take nilutamide, 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 nilutamide 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

- Men should not get a partner pregnant while taking nilutamide. Males and females of childbearing age and potential should use effective contraception during therapy and for a minimum of 30 days after the last dose of nilutamide.
- Effective contraception could include 1 or more of the following: oral contraceptive, barrier methods, etc.
- Please inform your care provider if your partner becomes 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.

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Obtaining medication

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

_____ (PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

Additional resources

Product website: <https://www.anipharma.com/products-detail.php?group=Nilutamide+Tablets&>
Product prescribing information: <https://dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?setid=5ccf0e9a-8935-4c8c-b883-b4967281eb4a>

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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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