

# ORAL CANCER TREATMENT EDUCATION



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## OSIMERTINIB

### Name of your medication

Generic name — osimertinib (oh-si-MER-ti-nib)  
Brand name — Tagrisso® (tuh-GRIH-soh)

### Common uses

Osimertinib is used to treat non-small cell lung cancer (NSCLC) that has a genetic variant called epidermal growth factor (EGFR).

Osimertinib may also be used for other treatments.

### Dose and schedule

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Taking osimertinib 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 osimertinib is 80 milligrams (80 mg) to be taken by mouth at a scheduled time each day.
- Osimertinib should be taken with or without food at the same time each day.
- Osimertinib should be taken whole and not crushed or cut. If you are unable to swallow osimertinib, talk to your care provider or pharmacist for possible options.
- If you miss a dose of osimertinib, **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

- Osimertinib has many drug interactions. Inform your care providers of all prescription medications, over-the-counter

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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 osimertinib 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 osimertinib at room temperature (68°F–77°F) in a dry location away from light.
- Keep osimertinib out of reach of children and pets.
- Leave osimertinib in the provided packaging until it is ready to be taken.
- Whenever possible, you should give osimertinib to yourself and follow the steps below. If a family member, friend, or caregiver needs to give the osimertinib 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 osimertinib 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 osimertinib, **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 osimertinib.
- If you are traveling, put your osimertinib's packaging in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

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### Side Effects of Osimertinib

Below are common side effects that have been known to happen in about one third or more of patients taking osimertinib 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
<p><b>Decreased white blood cells (WBCs) and increased risk of infection</b></p>	<p>Your WBCs should be monitored by a simple blood test. When your WBCs are low, you are at greater risk for 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 such as:</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>Decreased platelet count and increased risk of bleeding</b></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"> <li>• Use caution to avoid bruises, cuts, or burns.</li> <li>• Blow your nose gently and do not pick your nose.</li> <li>• Brush your teeth gently with a soft toothbrush and maintain good oral hygiene.</li> <li>• When shaving, use an electronic razor instead of razor blades.</li> <li>• Use a nail file instead of nail clippers.</li> </ul> <p>Call your care provider if you have bleeding that won't stop. Examples include:</p> <ul style="list-style-type: none"> <li>• A bloody nose that bleeds for more than 5 minutes despite pressure</li> <li>• A cut that continues to ooze despite pressure</li> <li>• Gums that bleed excessively when you floss or brush</li> </ul> <p>Seek medical help immediately if you experience any severe headaches, blood in your urine or stool, coughing up blood, or prolonged and uncontrollable bleeding.</p> <p><b>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.</b></p>

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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 related to some other health problem.</li> <li>• Eat small, frequent meals throughout the day rather than a few large meals.</li> <li>• Eat bland, low-fiber foods (e.g., bananas, applesauce, potatoes, chicken, rice, toast).</li> <li>• Avoid high-fiber foods (e.g., raw vegetables, raw fruits, 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> </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>Decreased hemoglobin, part of the red blood cells that carry iron and oxygen</b></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"> <li>• Try to get 7–8 hours of sleep per night.</li> <li>• Avoid operating heavy machinery if you feel too tired.</li> <li>• Find a balance between work and rest.</li> <li>• Stay as active as possible, but know that it is OK to rest, too.</li> <li>• You might notice that you are more pale than usual.</li> </ul> <p>Let your healthcare provider know right away if you experience any of the following:</p> <ul style="list-style-type: none"> <li>• Shortness of breath</li> <li>• Dizziness</li> <li>• Palpitations</li> </ul>

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Possible Side Effect	Management
<p><b>Changes in electrolytes and other laboratory values</b></p> <ul style="list-style-type: none"> <li>• High glucose levels</li> <li>• High magnesium levels</li> </ul>	<p>Changes in some laboratory values may occur and will be monitored by a simple blood test.</p> <ul style="list-style-type: none"> <li>• You may not feel any symptoms if the changes are mild, and they usually are not a sign of a serious problem.</li> <li>• More severe changes may occur, which can be a sign of a serious problem.</li> </ul> <p>Notify your care provider if you experience any of the following:</p> <ul style="list-style-type: none"> <li>• Shortness of breath</li> <li>• Chest discomfort</li> <li>• Weakness or fatigue</li> <li>• New aches and pains</li> <li>• Headaches</li> <li>• Dizziness</li> <li>• Swelling of your legs or feet</li> <li>• Red or brown colored urine</li> </ul>
<p><b>Rash or dry/itchy skin</b></p>	<ul style="list-style-type: none"> <li>• Keep your skin moisturized with creams and moisturizing lotions to decrease the risk of rash or itchiness, and wear loose-fitting clothing.</li> <li>• Avoid using perfumes and cologne as these products may increase rash symptoms.</li> <li>• Avoid being in the heat for long periods of time.</li> <li>• Your provider may recommend an over-the-counter antihistamine or a topical cream.</li> <li>• Sunlight can make symptoms worse. <ul style="list-style-type: none"> <li>– Avoid sun exposure as much as possible to decrease the risk of sunburn. The highest exposure to UV (ultraviolet) radiation occurs from the hours of 10 am through 4 pm.</li> <li>– Wear long-sleeved clothing with UV protection, if possible.</li> <li>– Wear broad-brimmed hats.</li> <li>– Apply broad-spectrum sunscreen (UVA/UVB) with at least SPF 30 as often as directed on the bottle.</li> <li>– Use lip balm with at least SPF 30.</li> </ul> </li> </ul> <p>If your rash or itching continues to worsen, contact your care provider.</p>
<p><b>Mouth irritation or sores</b></p>	<p>Practice good mouth care.</p> <ul style="list-style-type: none"> <li>• Rinse your mouth frequently.</li> <li>• Brush your teeth with a soft toothbrush or cotton swab after meals.</li> <li>• Use a mild non-alcohol mouth rinse at least 4 times a day (after eating and at bedtime). One example is a mixture of 1/8 teaspoon of salt and 1/4 teaspoon of baking soda in 8 ounces of warm (not hot) water.</li> <li>• If you have sores in your mouth, avoid using tobacco products, alcohol, and mouthwashes that contain alcohol.</li> </ul> <p>Call your care provider if you experience pain or sores in your mouth or throat.</p>
<p><b>Nail changes</b></p>	<p>Usually this change starts at the cuticle and may affect the skin around the nail.</p> <ul style="list-style-type: none"> <li>• Biting, chewing, or picking at your nails can increase the risk of getting an infection.</li> <li>• Talk to your care provider if you notice any changes in your nails.</li> </ul>

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### Serious side effects of osimertinib

- ❑ Be aware of changes in the electrical activity of your heart, called QT prolongation. Tell your healthcare provider right away if you feel faint, lightheaded, or dizzy, or if you feel your heart beating irregularly or fast, while taking osimertinib.
- ❑ Osimertinib may be harmful to your eyes. Be sure to inform your care provider of any issue you have with your vision, or pain in your eyes. Your provider may stop treatment with osimertinib if your eyes are affected.
- ❑ Rarely, osimertinib can cause severe skin reactions, including Stevens-Johnson syndrome or erythema multiforme major which can be life-threatening. It can also cause blood vessel problems in your skin. Report any redness of the skin, hives, or purple spots. Seek emergency care if you have a severe rash or a rash on your mouth, eyes, or genitals.
- ❑ Osimertinib can make your heart work harder to pump blood to the rest of your body. Notify your care team if you are having shortness of breath or chest pain.
- ❑ Osimertinib may cause your lung tissue to scar which is called interstitial lung disease. Call your care team if you are feeling short of breath, have a fever, or have a lasting dry cough.
- ❑ Osimertinib can cause a condition where your bone marrow cannot make enough new blood cells (aplastic anemia). Report any fevers, bleeding, bruising, infection, tiredness, or unusually pale skin.

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

**(INSTITUTIONAL CONTACT INFO)**

### Handling body fluids and waste

Osimertinib remains in your body for several days after it is taken, so some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take osimertinib, it is important to follow the instructions below every day for as long as your treatment lasts. This will 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 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 osimertinib 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.

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- ❑ 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 osimertinib. Women of childbearing age and potential should use effective contraception during therapy and for a minimum of six weeks after the last dose of osimertinib. Men with female partners of childbearing age and potential should use effective contraception during therapy and for a minimum of four months after the last dose of osimertinib.
- ❑ Effective contraception could include one or more of the following: oral contraceptive, barrier methods, etc.
- ❑ Do not breastfeed while taking osimertinib and for two weeks after the last dose of osimertinib.
- ❑ Inform your care provider if you become pregnant.
- ❑ It is safe to hug and kiss, but special precautions may be needed for sexual activity while on oral chemotherapy. You are encouraged to talk to your care provider.

### Obtaining medication

- ❑ Talk with your care provider about how to obtain your osimertinib.

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

### Additional resources

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

**Product prescribing information:** [www.azpicentral.com/tagrisso/tagrisso.pdf#page=1](http://www.azpicentral.com/tagrisso/tagrisso.pdf#page=1)

**Product resources:** <https://www.tagrisso.com/stage-4/support/patient-resources.html>

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### 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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