

ORAL CHEMOTHERAPY EDUCATION



VORINOSTAT

Name of your medication

Generic name — vorinostat (vor-IN-oh-stat)

Brand name — Zolinza® (zoh-LIN-zah)

Approved uses

Vorinostat is used to treat adult patients with cutaneous T-cell lymphoma (CTCL).

Dose and schedule

Taking vorinostat 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 vorinostat is 400 milligrams (400 mg) to be taken by mouth at a scheduled time once a day.
- Vorinostat should be taken with food, at the same time each day.
- Vorinostat should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow vorinostat, talk to your care provider or pharmacist for possible options.
- If you miss a dose of vorinostat, **do not** take an extra dose or two doses at one time. Simply take the 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

- Vorinostat has many drug interactions. Inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products that you are taking.
- Talk with your care provider or pharmacist before taking new medications or supplements, or receiving any vaccines.

Storage and handling

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

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

Side Effects of Vorinostat

Below are common side effects that have been known to happen in about one third or more of patients taking vorinostat 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>Changes in electrolytes and other laboratory values</p> <ul style="list-style-type: none"> • High blood glucose 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
<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 okay 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 heavy machinery if you feel too tired.

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Possible Side Effect	Management
Diarrhea (loose and/or urgent bowel movements)	<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>
Kidney damage	<p>Your care provider will monitor your kidney function by checking the amount of protein in your urine.</p>
Changes in kidney function	<p>Your kidney (renal) function will be checked periodically by a simple blood test. Contact your care provider if you notice either of the following:</p> <ul style="list-style-type: none"> • Decreased amount of urination • Unusual swelling in your legs and feet
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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Serious side effects of vorinostat

- Vorinostat can increase your risk of having a blood clot. Seek immediate medical attention if you have sudden swelling in an arm or leg, or if you have chest pain or trouble breathing.
- Vorinostat may cause myelosuppression, which is a condition where you have fewer red blood cells, white blood cells, or platelets than normal. You will have regular blood tests to monitor your blood cell counts. Talk to your care team before any scheduled procedures while on vorinostat.
- Vorinostat can affect a number of different organs. You will need to get regular laboratory blood tests while on treatment.

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

_____ (INSTITUTIONAL CONTACT INFO)

Handling body fluids and waste

Because vorinostat 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 vorinostat, 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 vorinostat 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 vorinostat. Men and women of childbearing age and potential should use effective contraception during therapy. Women should continue contraception for 6 months after stopping vorinostat, and men should continue for 3 months.
- Effective contraception could include one or more of the following: oral contraceptive, barrier methods, etc.

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- Do not breastfeed while taking vorinostat and for 1 month after the last dose of vorinostat.
- 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 vorinostat, and you are encouraged to ask your care provider.

Obtaining medication

Talk with your care provider about the process for obtaining your vorinostat.

_____ (PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

Additional resources

Product website: www.merck.com/product/prescription-products/home.html

Product prescribing information: www.merck.com/product/usa/pi_circulars/z/zolinza/zolinza_pi.pdf

Product resources: www.merck.com/product/usa/pi_circulars/z/zolinza/zolinza_ppi.pdf

Updated – March 8, 2020

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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