

## Ixazomib

Ixazomib belongs to a group of drugs called proteasome inhibitors. The possible benefits of treatment vary. Your doctor or nurse will explain to you about the treatment and its side effects.

### Your treatment

Your doctor or nurse clinician has prescribed for you a treatment called ixazomib. Ixazomib is used to treat Multiple Myeloma in combination with lenalidomide and dexamethasone in patients who have received at least one prior therapy.

Ixazomib is a capsule taken once a week for 3 out of 4 weeks (In a 28 day cycle, you should take the capsules on days 1, 8 and 15).

Ixazomib should be taken on the same day of the week and at the same time of day.

Ixazomib should be taken on an empty stomach (1 hour before or 2 hours after a meal).

The capsule should be swallowed whole with a glass of water. Do not open the capsule, crush, chew or dissolve it.

If a dose is delayed or missed, take it only if the next schedule dose is at least 72 hours away. Do not take a missed dose within 3 days of the next scheduled dose. Do not double a dose to make up for a missed dose. If vomiting occurs, do not repeat the dose; resume dosing at the next scheduled dose.

This treatment can have serious or possibly life-threatening side effects. It is very important that you report side effects straight away. Don't delay, if you feel unwell, please ring The Christie Hotline on **0161 446 3658**. The lines are open 24 hours a day.

### Increased risk of serious infection

You are vulnerable to infection while you are having treatment. Minor infections can become life-threatening in a matter of hours if left untreated. Symptoms of infection include fever, shivering, sweats, sore throat, diarrhoea, discomfort when you pass urine, cough or breathlessness. We recommend that you use a digital thermometer so you can check your temperature. You can buy one from your local chemist. A normal temperature is between 36°C and 37.5°C.

If your temperature is 37.5°C or above, or below 36°C or you have symptoms of an infection, contact The Christie Hotline straight away.



## Possible side effects

Ixazomib can cause many different side effects. Some are more likely to occur than others. We are all different, so we may get different side effects with varying severity. Most side effects are usually temporary, but in some rare cases they can be life-threatening. It is important to tell your hospital doctor or nurse about any side effects so they can be monitored and, where possible, treated.

## Common side effects (more than 1 in 10)

### • Low blood counts

Your white and red blood cells and platelets may temporarily decrease. This can put you at increased risk of infection, anaemia and/or bleeding.

**Nadir (low point):** platelets are lowest between days 14 - 21.

### • Diarrhoea

If this becomes a problem during or after your treatment, anti-diarrhoea tablets can be prescribed by your doctor. Ask the staff for a copy of 'Eating: help yourself' which has some useful ideas about diet when you are having treatment.

### • Constipation

You may become constipated. Try to drink plenty of fluids and eat foods high in fibre. Tell your doctor who may prescribe a suitable laxative. Please contact The Christie Hotline if your constipation lasts more than 3 days or you experience abdominal discomfort.

## Uncommon side effects (less than 1 in 10)

### • Tingling and numbness in the fingers or toes (peripheral neuropathy)

Ixazomib can cause nerve damage. This means you may experience numbness or pins and needles in your fingers or toes. **It is important to tell us if this happens**, as the dose of ixazomib may have to be reduced or stopped.

This is only usually mild and temporary, but sometimes lasts for some time or may become permanent. Please report these symptoms promptly to the nurse specialist or to your doctor.

### • Nausea and vomiting (sickness)

The severity of this varies from person to person. Anti-sickness medication will be given along with your chemotherapy to prevent this. If you continue to feel or be sick, tell your nurse because your anti-sickness medication may need to be changed or increased.

### • Blepharitis (inflamed, red eyes)

You may have inflammation of the eyelids which causes them to become red and swollen. If this becomes a problem, contact your doctor who may be able to prescribe some treatment.

### • Skin rash

You may develop a skin rash. This is usually mild and easily treated. Please tell your doctor on your next visit.

### • Peripheral oedema

You may experience swelling to the lower legs or ankles. Please tell your doctor on your next visit.

## Other medicines

- Before starting ixazomib treatment, make sure you tell your doctor about any other medications you are taking (including prescription, over the counter, vitamins, herbal remedies, etc.) There may be serious drug interactions.
- Do not take aspirin or products containing aspirin unless your doctor specifically permits this.
- Do not take St. John's Wort while you are on this therapy.
- Do not receive any kind of immunisation or vaccination without your doctor's approval while taking ixazomib.

## Sex, contraception and fertility

- Inform your doctor or nurse if you are pregnant or may be pregnant prior to starting this treatment. Ixazomib is dangerous to unborn babies. If you become pregnant while taking ixazomib, the medication must be stopped immediately.
- For both men and women: Use contraceptives, and do not get pregnant while taking ixazomib. Barrier methods of contraception, such as condoms, are recommended for up to 3 months after your last dose of ixazomib.
- Do not breast feed while taking ixazomib.

## Medical and dental treatment

If you need to go into hospital for any reason, always tell the doctors and nurses that you are having ixazomib. Explain you are taking capsules that no one should stop or restart without advice from your cancer doctor. Give them contact details for your cancer doctor. Talk to your cancer doctor or nurse if you think you need dental treatment. Always tell your dentist you are taking ixazomib before having any dental treatment.

## Late side effects

Some side effects may become evident only after a number of years. In reaching any decision with you about treatment, the potential benefit of treatment will be weighed against the risks of serious long term side effects to the heart, lungs, kidneys and bone marrow. With some drugs there is also a small but definite risk of developing another cancer. If any of these problems specifically applies to you, the doctor will discuss these with you and note this on your consent form.

## Contacts

If you have any general questions or concerns about your treatment, please ring the area where you are having treatment:

- Haematology CNS **0161 446 8167** or **918 7962**
- Haematology Day Unit **0161 446 3924**

For advice ring The Christie Hotline on **0161 446 3658** (24 hours)

Your consultant is: .....

Your hospital number is: .....

Your key worker is: .....

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

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For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for  
urgent support and specialist advice  
**The Christie Hotline: 0161 446 3658**  
Open 24 hours a day, 7 days a week

