

Idelalisib (Zydelig®)

This leaflet is offered as a guide to you and your family. Idelalisib (Zydelig®) is a type of anti-cancer treatment called a targeted therapy. The aim of this treatment is to slow down the progression of the cancer and its symptoms. Your doctor or nurse will be happy to answer any questions you may have about your treatment.



Your treatment

Your doctor or nurse clinician has prescribed for you a treatment which is called Idelalisib (Zydelig). This treatment works by blocking the effects of an enzyme involved in the growth and survival of certain white blood cells called lymphocytes. This enzyme is over activated in certain white blood cell cancers, Idelalisib works by blocking this enzyme which will kill and reduce the number of cancer cells.

This drug is used in **Chronic Lymphocytic Leukaemia (CLL)** sometimes in a combination with Rituximab. It is used in patients who have high risk factors or have had at least one previous treatment.

This drug is also used in **Follicular Lymphoma** on its own to treat patient who haven't responded to two previous cancer treatments.

Idelalisib is taken as a tablet, swallowed whole, with or without food. The recommended dose is **150mg** twice a day; however this can be reduced at your consultant's discretion to 100mg twice a day if you experience side effects.

Idelalisib **should not be used with any other medicines unless your doctor has told you it is safe to do so.**

Tell your doctor if you are taking, have recently taken or might take any other medicines. This is extremely important, as using more than one medicine at the same time can strengthen or weaken their effect. Taking Idelalisib with certain medicines may stop them working properly, or may make side effects worse.

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 this 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.

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



Serious and fatal infections have occurred in patients taking Idelalisib. You must take additional medicine provided by your doctor while you are taking Idelalisib to prevent one type of infection. Your doctor will monitor you for evidence of infection. Tell your doctor right away if you become ill (especially with a fever, cough or breathing difficulties) while you are taking Idelalisib.

Possible side effects

This treatment can cause many different side effects. Some are more likely to occur than others. Everyone is different and not everyone gets all the side effects. 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)

- **Diarrhoea/inflammation of the large intestine**

Idelalisib can cause severe diarrhoea. Please contact a member of the haematology team if you have any changes in bowel habits. There are anti-diarrhoea tablets that can be prescribed after you have been seen by a doctor.

- **Rash/skin changes**

Idelalisib can cause skin rashes. With certain chemotherapies your skin can change colour, and become darker. This is called hyperpigmentation. Your skin is also more sensitive to the sun, so avoid direct sunlight, sit in the shade and protect yourself with a high factor sun block. If you notice any changes please get in contact with your haematology team.

- **Decreased number of white blood cells**

Idelalisib reduces the number of white blood cells being made in the bone marrow. White blood cells are our bodies defence system and fight off any infection. This resolves once treatment has finished.

- **Infections**

Idelalisib can make you more prone to infections due to a decreased number of white blood cells. Your immune system may be therefore more vulnerable to infections. It is important to get in contact if you become unwell or develop any symptoms of an infection.

- **Fever**

You can experience fevers with Idelalisib. It is important to check your temperature regularly at home. Please don't delay and get in touch straight away if your temperature goes to above 37.5°C or below 36°C, or you have symptoms of an infection.

Uncommon side effects (less than 1 in 10)

- **Inflammation of the lungs**

This drug can cause lung inflammation. Please contact your haematology team straight away if you develop a new or worsening cough, or any shortness of breath or difficulty in breathing.

- **Increased blood levels of liver enzymes or fats**

You will need regular blood tests whilst taking Idelalisib. This is check that your liver is working properly. Sometimes your doctor may need to stop the drug to allow your liver time to recover before continuing to treat at possibly a lower dose.

Serious and potentially life threatening side effects

In a small proportion of patients this treatment can result in very severe side effects which may rarely result in death. The team caring for you will discuss the risk of these side effects with you.

Sex, contraception & fertility

Protecting your partner and contraception: We recommend that you or your partner use a condom during sexual intercourse while you are having this treatment, and for up to **one month after ending treatment**. This treatment is dangerous to unborn babies and this will also protect you and your partner from any drugs that may be present in semen and in the vagina. If you suspect that you may be pregnant please tell your doctor immediately.

It is currently unknown whether Idelalisib may reduce the effectiveness of hormonal contraceptives, and therefore women using hormonal contraceptives should also use a condom as a second form of contraception.

Fertility: This treatment may affect your ability to have children. Your doctor or nurse should have discussed this with you. If not, please ask them before you start 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 you receive from 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 day unit **0161 446 3924**
- Lymphoma clinical nurse specialists **0161 446 8573**
- Lymphoma secretaries **0161 446 3753** Professor Radford/Dr Linton
0161 446 3360 Professor Illidge
0161 446 3956 Dr Smith
0161 446 3332 Professor Cowan
0161 446 3302 Dr Harris/Dr Chan
0161 446 3869 Dr Bloor
- Palatine Treatment Ward **0161 446 3960/3961**
- General enquiries **0161 446 3000**

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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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

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