

## Possible Side Effects (*continued*):

### Pain

Back and joint pain are common side effects of this medicine.

#### What to do:

- Keep a record of your pain and share it with your doctor at your next appointment.
- It may help to use relaxation exercises or warm compresses.
- Talk to your doctor about medicines that you can take to help with your pain.

### Hot Flashes

You may have episodes of warmth, sweating and flushing (“hot flash”), sometimes followed by a cold chill.

#### What to do:

- Drink 8 to 10 cups of non-caffeinated fluid and exercise each day.
- Wear all natural fiber clothes in layers.
- Keep away from triggers such as warm rooms, spicy foods, smoking or beverages with caffeine or alcohol.
- Talk to your doctor before you take over-the-counter remedies.
- Tell your doctor if this side effect bothers you or interferes with your activities or sleep.

**This is not a complete list of all possible side effects. Tell your doctor if you have these or any other side effects that you think are caused by this medicine. Your James health care team can give you other tips for how to manage your side effects.**

## PATIENT EDUCATION

# Taking Your Treatment Home

What you need to know about your Anti-Cancer Medicine

## Enzalutamide (Xtandi)

Here is important information on how to use, handle, and store your medicine, what side effects to look for and how to manage them. If you have questions about this medicine, call your doctor at the number below:

Staple business card here or write in doctor's contact information:

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**What it looks like:** White capsule (40 mg)

#### How to handle and store:

- It is safe to handle Enzalutamide as a whole capsule, but **do not** crush the capsule.
- Store in a closed container at room temperature in a dry place such as a cabinet away from light, heat and moisture.
- **Do not** store in your bathroom or refrigerator.
- Keep this medicine away from children and do not share it with anyone.

## The James



THE OHIO STATE UNIVERSITY  
COMPREHENSIVE CANCER CENTER

**How to take:**

- Take this medicine 1 time each day at the same time of day, or as ordered by your doctor.
- **Do not** take more capsules than ordered by your doctor.
- This medicine may be taken with or without food.
- If you miss a dose, take the missed dose as soon as you remember that day.
- If you forget to take your medicine one day, take it at your regular time the next day. **Do not double up on doses.**
- **Do not** crush, break or chew the capsules.
- **Do not** stop taking this medicine without talking to your doctor first.
- **If you take too much of this medicine, go to the nearest emergency room right away.**

**Disposal:**

- Talk with your doctor or pharmacist about how to get rid of prescription medicines safely.

**Precautions:**

- Tell your doctor if you have a history of seizures, stroke, brain injury, or brain tumors or any other medical problems.
- **Do not plan a pregnancy while on this medicine.** Talk with your doctor about what birth control to use.
- Tell your doctor or pharmacist about any medicines you take, including prescription and over-the-counter medicines, vitamins and herbal products.
- **Do not eat grapefruit or drink grapefruit juice.** This can increase your risk of side effects.
- **Do not take St. John's Wort.**

**Possible Side Effects****Weakness**

Having a loss or lack of body strength.

**What to do:**

- Unless told otherwise, drink 8 to 10 cups of non-caffeinated fluid each day.
- Ask your doctor about healthy, safe ways to exercise and be active.

**Fatigue**

Feeling more tired than usual.

**What to do:**

- Talk to your doctor about healthy, safe ways to exercise and be active.
- Limit your amount of caffeine.
- Go to sleep and wake up at the same time each day.

**Diarrhea**

Having 2 or more loose stools within a 4 hour period.

**What to do:**

- Unless told otherwise, drink 8 to 10 cups of non-caffeinated fluid each day.
- Eat smaller amounts of food during the day.
- **Do not** drink coffee or tea or eat high-fiber foods and dairy products. These can make your diarrhea worse.