

Possible Side Effects (*continued*):

Diarrhea

What to do:

- Drink extra fluids during the day.
- Call your doctor if this happens more than 4 times in a day, or for more than 1 or 2 days or if you feel lightheaded or dizzy.

Low White Blood Cells / Preventing Infection

What this means: You may be at risk of getting an infection.

What to do:

- Call your doctor if your temperature is 100.4 degrees Fahrenheit (38 degrees Celsius) or higher.
- Wash your hands often.
- If you are told you have a low white blood cell count, stay away from people who have colds or do not feel well.

Bleeding / Bruising / Black Stools

What to do:

- Call your doctor if you are bruising more easily, if your stools are black or tarry or if you have other unusual bleeding.
- Call your doctor if you have sudden, severe stomach pain.
- **Do not** use aspirin, ibuprofen (Advil, Motrin) or naproxen (Aleve) for regular aches and pains.

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 Low Platelet Medicine

Ruxolitinib (Jakafi)

This brochure contains important information on how to use, handle, and store your medicine, what side effects to look for and how to manage those side effects. 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:

What it looks like: White, round/oval tablets.

How to handle and store:

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

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How to take:

- **Do not** take more pills than ordered by your doctor.
- Swallow the tablet whole with a full glass of water.
- This medicine can be taken with or without food.
- **Do not** crush, break, or chew the tablets.
- If you miss a dose, take it as soon as you remember it. If it is almost time for your next dose, skip the missed dose. **Do not double up on doses.**
- **Do not** eat grapefruit and grapefruit juice while on this medicine and for 2 weeks after you stop taking the medicine.

Disposal:

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

Precautions:

- Tell your doctor or pharmacist about any medicines you take, including prescription and over-the-counter medicines, vitamins and herbal products.
- **Do not get pregnant while on this medicine.** Talk with your doctor about what birth control to use.
- **Do not breastfeed while on this medicine.**
- **Do not take Echinacea and St John's Wort.**

Possible Side Effects

You can find more information on side effects in the Patient Education booklet. *Treatment with Chemotherapy and Anti-cancer Medicines.*

Headache / Dizziness**What to do:**

- Talk to your doctor before you take any over-the-counter pain medicine.
- Call your doctor if your headache continues or keeps you from doing your normal daily activities.
- Call your doctor if you feel faint or have extreme dizziness.
- **Do not** drive if you feel dizzy.

Fatigue

What this means: Fatigue can be due to many factors, including low blood counts, sleep changes, stress, not eating well and pain.

What to do:

- Be active, but plan times to rest.
- Get enough sleep.
- Drink plenty of water and eat small meals often during the day.
- Call your doctor if you have shortness of breath or trouble breathing when you are resting.

Muscle Spasms / Pain**What to do:**

- Talk to your doctor before you take any over-the-counter pain medicine.
- Drink plenty of water.
- **Do not** lift heavy objects.
- Call your doctor if your muscle pain keeps you from doing your normal daily activities.

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