

Possible Side Effects (*continued*):

Nausea and Vomiting

What to do:

- Eat small meals or snacks often during the day. Stay away from spicy or high-fat foods.
- Drink water during the day.
- Call your doctor if you are unable to keep liquids down for more than 24 hours or if you feel lightheaded or dizzy.

Diarrhea

What to do:

- Drink extra fluids during the day.
- Call your doctor if this happens more than 4 times in a day, or lasts for more than 1 to 2 days or if you feel lightheaded or dizzy.
- Your doctor may tell you to take a medicine called Loperamide (Imodium). Your doctor will tell you when and how to take this medicine, **do not follow** the instructions listed on the box.

Constipation

What to do:

- Call your doctor if you have increased straining or abdominal (belly) pain with bowel movements.
- Drink plenty of water during the day.
- Talk to your doctor about using stool softeners and laxatives.
- Call your doctor if you do not have a bowel movement for 2 days or become uncomfortable because you are unable to have a bowel movement.

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

Low-dose Abiraterone (Zytiga) with Food

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

If using the standard 1000 mg dose for treatment, refer to the "Abiraterone (Zytiga)" brochure. This is low-dose therapy.

What it looks like: 250 mg tablet (white, oval-shaped)

How to handle and store:

- **There are special safe handling instructions for this medicine.** Talk to your doctor, pharmacist or nurse about the precautions you need to follow when you take this medicine at home.
- Store in a closed container 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 tablets than ordered by your doctor.
- Swallow the tablet whole with a full glass of water.
- **Medicine should be taken with a low-fat breakfast.** This will allow your body to absorb the medicine better.

Examples of low-fat foods	<ul style="list-style-type: none">• fruit• fat-free or low-fat yogurts and cheese• grains and cereals• egg whites
Fatty foods to avoid	<ul style="list-style-type: none">• fried foods• pastries• breakfast meats• nut butters• butter or oils

- If you miss a dose, take it as soon as you remember.
Do not double up on doses.
- **Do not** crush, break or chew the tablet.
- Your doctor may order Prednisone for you to take with this medicine. Take the Prednisone as ordered by your doctor.

Disposal:

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

Precautions:

- Tell your doctor if you have any of the following:
 - ▶ heart problems
 - ▶ liver problems
 - ▶ kidney problems
 - ▶ pituitary problems
- 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

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

High Blood Pressure or Heart Problems

What to do:

- Keep track of your blood pressure when you start this medicine or when your dose changes. Call your doctor if your blood pressure is higher than normal.
- Tell your doctor if you feel lightheaded, dizzy, have headaches or swollen ankles.

Changes in Lab Values

What to do:

- It is important to keep your appointments to have your blood work checked.
- Your doctor may order following blood tests: electrolytes, liver function tests, complete blood count (CBC), thyroid function tests.
- Call your doctor if you have pain in your legs or other muscle pain or weakness while taking this medicine.

Swelling/Fluid Retention

What this means: You may see swelling in your feet or lower legs. You may also gain weight.

What to do:

- Call your doctor if you have any swelling or major weight gain.
- Your doctor may ask you to wear compression stockings or make changes in your diet to help manage this problem.

Continued on back...