

# VORINOSTAT

## (vor-IN-o-stat)

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**Other name:** Zolinza®

**Appearance:** Capsule - 100mg in white

### Why it is used

- For treating skin disease in T-cell lymphoma (also known as CTCL)

### Before taking it

- Tell your doctor if you have / have had diabetes, liver disease, blood clots, heart disease (including any family history of irregular heartbeat or sudden death), abnormal electrolytes, eating disorders, or any allergies.

### Pregnancy and breastfeeding

- Vorinostat should not be used if you are pregnant. If there is ANY chance that you or your partner may become pregnant, you and your partner together must:
  - ✓ **Use 2 effective forms of birth control at the same time** during treatment and until at least **6 months** after stopping Vorinostat (general recommendation).
- Tell your doctor right away if you or your partner becomes pregnant.
- Do not breastfeed while taking Vorinostat.

### How to take it

- Follow the instructions as directed. You may need more than 1 capsule to get the right dose.
- Take Vorinostat after a meal.
- Swallow capsule(s) whole with a glass of water. Do not crush or open the capsules.

### While taking it

- Drink at least 8 glasses (8 X 250mL) of liquid every day to prevent dehydration.
- Other drugs can affect blood levels of Vorinostat. Make sure that your doctor and pharmacist have a complete list and any new changes of all your medicines and supplements. These also include non-prescriptions, vitamins and herbals. Check with your doctor or pharmacist before starting or stopping any medicines / supplements.

\*Additional symptom control information can be found at:

<http://www.cancercare.on.ca/toolbox/drugs/patientdruginfo/symptomcontrol/>

Download the most updated version from <http://www.cancercare.on.ca/cms/One.aspx?portalId=1377&pageId=11759>

Information presented here are events likely to take place, but some events may have been excluded.

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Prepared by the Cancer Care Ontario-Medication Information Sheets Working Group.

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## Safety

- Store at room temperature, away from heat, light or moisture. Keep out of reach of children and pets.
- Do not dispose of any unused drugs at home. Bring them to your pharmacy for safe disposal.

## Side effects and what to do

	Get emergency medical help right away	Contact doctor		What to do
		As soon as possible (office hours)	Does not improve or if severe	
<b>More common side effects</b>				
Mild tiredness			✓	<ul style="list-style-type: none"> <li>• Rest often; take naps if needed. Get up and move slowly.</li> <li>• Eat well-balanced meals and drink plenty of fluids. Light exercise may help.</li> <li>• Rest when feeling tired or weak. Do not drive a motor vehicle or operate machinery when feeling tired.</li> </ul>
Diarrhea			✓	<ul style="list-style-type: none"> <li>• Drink plenty of fluids. Limit hot, spicy, fried foods, foods/drinks with caffeine, orange or prune juice.</li> <li>• Try the BRAT diet (<b>B</b>ananas, <b>R</b>ice, <b>A</b>pple sauce, <b>T</b>oast).</li> <li>• Take anti-diarrhea drug(s) if given to you by your doctor.</li> <li>• Also see <a href="#">Diarrhea</a> pamphlet.*</li> </ul>
Nausea and vomiting (generally mild)			✓	<ul style="list-style-type: none"> <li>• Drink clear fluids and avoid large meals. Get fresh air and rest.</li> <li>• Limit spicy, fried foods or foods with a strong smell.</li> <li>• Take anti-nausea drug(s) if given to you by your doctor.</li> <li>• Phone your doctor as soon as possible if you have vomited several times a day and if nausea has lasted more than 24 hours.</li> <li>• Also see <a href="#">Nausea &amp; Vomiting</a> pamphlet.*</li> </ul>
Unusual taste Dry mouth			✓	<ul style="list-style-type: none"> <li>• Chewing gum or sucking on ice chips may help.</li> </ul>

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<b>More common side effects (continued)</b>				
Unusual bleeding or bruising	✓			<ul style="list-style-type: none"> <li>• May be a result of low platelets</li> <li>• Go to emergency if bleeding does not stop.</li> <li>• Use a soft toothbrush and avoid use of dental floss. Be careful not to cut or bruise yourself.</li> <li>• Check with your doctor before any surgery or dental work.</li> <li>• Do not take drugs that affect bleeding such as aspirin, ibuprofen and naproxen (Advil®, Motrin®, Aleve®). Use acetaminophen (Tylenol®) instead for headache, fever, or aches and pains.</li> <li>• If taking aspirin regularly, talk to your doctor before you stop taking it.</li> <li>• Also see <a href="#">Low Platelets</a> pamphlet.*</li> </ul>
Bleeding does not stop	✓			
Black tarry stools	✓			
Coughing up blood	✓			
Nose bleed that does not stop	✓			
Poor appetite Not feel like eating Weight loss			✓	<ul style="list-style-type: none"> <li>• Eat foods that you like and try to eat regular small meals.</li> <li>• Use meal supplements if possible. See a dietitian.</li> </ul>
Anemia  (Pale skin, weakness, breathlessness)			✓	<ul style="list-style-type: none"> <li>• Rest often. Eat well-balanced meals.</li> <li>• Light exercise may help. Keep activity times short with breaks in-between.</li> <li>• Do not drive a car or operate heavy machinery if you feel dizzy, lightheaded, or sleepy.</li> <li>• Some patients may need medication or blood transfusion to correct low red blood cells.</li> <li>• Also see <a href="#">Anemia</a> pamphlet.*</li> </ul>
Muscle spasms Headache			✓	<ul style="list-style-type: none"> <li>• May take 1 to 2 Regular Strength acetaminophen (Tylenol®) tablets every 4 hours, as needed for aches and pains.</li> <li>• Rest often, but may try light exercise.</li> </ul>

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<b>More common side effects (continued)</b>				
Hair loss or thinning			✓	<ul style="list-style-type: none"> <li>• Use a gentle soft brush; care should be taken with the use of hair sprays, bleaches, dyes and perms.</li> <li>• Your hair usually grows back after your treatment is finished, but the texture or colour may change.</li> </ul>
<b>Less common side effects</b>				
Constipation			✓	<ul style="list-style-type: none"> <li>• Eat a high fibre diet with whole grains, fruits and raw vegetables.</li> <li>• Drink plenty of fluids. Try light exercise.</li> <li>• Phone your doctor if you have not had a bowel movement for 3 or more days (or 2 days, if you are using regular laxatives), or have severe bloating or belly pain.</li> <li>• Also see <a href="#">Constipation</a> Pamphlet.*</li> </ul>
Pains or cramps in the belly			✓	<ul style="list-style-type: none"> <li>• Treat constipation or diarrhea.</li> </ul>
Dizziness Lightheadedness			✓	<ul style="list-style-type: none"> <li>• Do not drive a motor vehicle or operate machinery if dizzy.</li> <li>• Get up and move slowly; get plenty of rest.</li> </ul>
Kidney problems	✓			<ul style="list-style-type: none"> <li>• Watch for pain on lower back side of the body, passing little or no urine, recent swelling in the legs, ankles, or feet, shortness of breath, or recent unusual weight gain.</li> </ul>
High blood sugar	✓			<ul style="list-style-type: none"> <li>• Watch for excessive thirst, urinating more often than usual, or if your blood sugar is out of control (if you usually check your own blood sugar).</li> </ul>
Blood clot	✓			<ul style="list-style-type: none"> <li>• Watch for calf pain or swelling, tenderness or hardened vein in leg(s).</li> </ul>

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<b>Less common side effects (continued)</b>				
Lung problems	✓			<ul style="list-style-type: none"> <li>• Watch for recent or worsening dry cough, wheezing, breathlessness, trouble breathing, chest pain (may feel worse when you cough or take deep breaths) or coughing up blood.</li> </ul>
<b>Rare side effects</b>				
Dehydration	✓			<ul style="list-style-type: none"> <li>• Watch for tiredness, weakness, severe dry mouth/skin and thirst, passing little or no urine.</li> </ul>
Stroke	✓			<ul style="list-style-type: none"> <li>• Watch for sudden severe headache, dizziness, weakness or numbness especially on one side of the body, loss of vision, speech or balance.</li> </ul>
Heart problems	✓			<ul style="list-style-type: none"> <li>• Watch for rapid, fluttering or pounding heartbeat, chest pain, sudden fainting, recent swelling in legs or abdomen, or shortness of breath.</li> </ul>
Allergic reaction	✓			<ul style="list-style-type: none"> <li>• Watch for skin rash, itchiness with wheezing, breathing difficulty, flushing, swollen eyelids, lips or tongue.</li> </ul>

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