

ORAL CANCER TREATMENT EDUCATION



PASSION FOR PATIENTS
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ABIRATERONE

Name of your medication

Generic name — abiraterone acetate (A-bih-RA-teh-rone A-seh-tayt)

Brand names — Zytiga® (zy-TEE-guh), Yonsa® (YON-suh)

Please make sure to follow the instructions on the side of the table that your provider has checked.

Common uses

☐ Abiraterone (Zytiga)	☐ Yonsa
Treatment of metastatic castration-resistant prostate cancer (CRPC) and treatment of metastatic high-risk castration-sensitive prostate cancer (CSPC)	Treatment of metastatic castration-resistant prostate cancer (CRPC)

Abiraterone may also be used for other treatments.

Dose and schedule

Taking abiraterone acetate as instructed is important to allow your treatment to be as effective as possible, so here are some key points to remember.

☐ Abiraterone (Zytiga)	☐ Yonsa
For CRPC, take 1,000 mg orally once daily with prednisone 5 mg orally twice daily. For CSPC, take 1,000 mg orally once daily with prednisone 5 mg orally once daily. Zytiga is recommended to be taken on an empty stomach. In some cases, your provider may prescribe a lower dose to be taken with food. Patients should either be prescribed a gonadotropin-releasing hormone (GnRH) analog or have had a bilateral orchiectomy. If you miss a dose of abiraterone, do not take an extra dose or two doses at one time. Simply take your next dose at the regularly scheduled time. Be sure to write down if you miss a dose and let your care provider know about any missed doses.	Take 500 mg administered orally once daily in combination with methylprednisolone 4 mg administered orally twice daily. Yonsa is recommended to be taken with or without food. Patients should either be prescribed a gonadotropin-releasing hormone (GnRH) analog or have had a bilateral orchiectomy.

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Drug and food interactions

- ❑ Abiraterone acetate has many drug interactions. Inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products that you are taking.
- ❑ Grapefruit or grapefruit juice may interact with abiraterone acetate; avoid eating or drinking these during treatment with abiraterone acetate.
- ❑ Talk with your care team or pharmacist before taking new medications or supplements, or receiving any vaccines.

Storage and handling

Handle abiraterone acetate with care. Just like when chemotherapy is given into the vein, this drug can be toxic, and exposure of the drug to others should be limited.

- ❑ Store abiraterone acetate at room temperature (68°F–77°F) in a dry location away from light.
- ❑ Keep abiraterone acetate out of reach of children and pets.
- ❑ Leave abiraterone acetate in the provided packaging until it is ready to be taken.
- ❑ Whenever possible, give abiraterone acetate to yourself and follow the steps below. If a family member, friend, or caregiver needs to give abiraterone acetate to you, they also need to follow these steps:
 1. Wash hands with soap and water.
 2. Put on gloves to avoid touching the medication. (Gloves are not necessary if you give the drug to yourself.)
 3. Gently transfer the abiraterone acetate from its package to a small medicine or other disposable cup.
 4. Administer the medicine immediately by mouth with water.
 5. Remove gloves and do not use them for anything else.
 6. Throw gloves and medicine cup in household trash.
 7. Wash hands with soap and water.
- ❑ If a daily pill box or pill reminder will be used, contact your care team before using:
 - The person filling the box or reminder should wear gloves (gloves are not necessary if you are filling the box or reminder).
 - When empty, the box or reminder should be washed with soap and water before refilling. Be sure to wash hands with soap and water after the task is complete, whether or not gloves are worn.
- ❑ If you have any unused abiraterone acetate, **do not** throw it in the trash and **do not** flush it down the sink or toilet. Talk to your care provider or pharmacist about proper disposal of abiraterone acetate.
- ❑ If you are traveling, put your abiraterone acetate's packaging in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

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Side Effects of Abiraterone Acetate

The common side effects that have been known to happen in more than 30% of patients taking abiraterone acetate are listed in the left side of this table. You **MAY NOT** experience these side effects. Options to help manage any side effects that do occur are included on the right side of this table. These should be discussed with your care provider. If you experience any side effect you cannot manage or that is not listed here, contact your care provider.

Possible Side Effect	Management
Changes in electrolytes and other laboratory values • High triglyceride levels • High glucose levels • High sodium levels • Low potassium levels	Changes in some lab values may occur and will be monitored by a simple blood test. • You may not feel any symptoms if the changes are mild, and they usually are not a sign of a serious problem. • More severe changes may occur, which can be a sign of a serious problem. Notify your care provider if you have any of the following: • Shortness of breath • Chest discomfort • Weakness or fatigue • New aches and pains • Headaches • Dizziness • Swelling of your legs or feet • Red- or brown-colored urine
Changes in liver function	Your liver function will be checked periodically by a simple blood test. Contact your care provider if you notice any of the following: • Yellowing of the skin or whites of your eyes • Dark or brown urine • Unusual bleeding or bruising
Fatigue	You may be more tired than usual or have less energy. • Stay as active as possible, but know it is okay to rest as needed, too. • Try to do some activity every day. • Plan your activities and do them at a time of day when you feel a bit more energetic. • Avoid operating heavy machinery if you feel too tired.
Increased blood pressure	Routinely take your blood pressure. Record your blood pressure in a journal/diary, and report your findings to your physician. Contact your healthcare provider for high blood pressure or if symptoms such as the following occur: • Headache • Dizziness • Chest pain • Shortness of breath • Fluid retention, weight gain, or swelling

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Possible Side Effect	Management
Fluid retention or swelling	- Do not stand for long periods of time. - Keep your legs elevated when sitting or lying down. - Try not to eat salty foods, which can increase swelling. - Avoid tight-fitting clothing and shoes. - Weigh yourself daily. Contact your care provider if you notice any of the following: - Swelling in the hands, feet, or legs - Shortness of breath - Weight gain of 5 or more pounds in 1 week
Decreased white blood cells (WBCs) and increased risk for infection	Your WBCs should be monitored by a simple blood test. When your WBCs are low, you are at a greater risk of having an infection. Take the following precautions to protect yourself from infection. - Wash your hands often, especially before eating and after using the bathroom. - Avoid crowds and people with fevers, flu, or other infection. - Bathe regularly to keep good personal hygiene. Contact your care provider if you experience any signs or symptoms of an infection such as: - Fever (temperature more than 100.4°F or 38°C) - Chills - Sore throat - Burning with urination - Unusual tiredness - A sore that becomes red, is draining, or does not heal Check with your care provider before taking any medicine for a fever or chills.
Muscle or joint pain or weakness	- Keep a diary of your pain, including a description of when and where the pain is occurring, what it feels like, and how long it lasts. - Stay as active as possible, but know that it is okay to rest as needed, too. - Tell your care provider if pain interferes with your activity. If the pain or weakness bothers you, ask your provider what you may use to help with this discomfort. Take only pain medication that has been prescribed or recommended by your care provider.

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Serious side effects of abiraterone acetate

- ❑ Abiraterone can alter your body's ability to make the right amount of steroids. Tell your healthcare provider if you have any of the following symptoms: dizziness, fast heartbeats, feelings of being faint or lightheaded, headache, confusion, muscle weakness, pain in your legs, or swelling in your legs or feet.
- ❑ Abiraterone may be harmful to your adrenal glands. Speak to your care provider to know when you need to have laboratory tests done to monitor your adrenal glands. Steroid medication is often prescribed to help with this side effect.
- ❑ Your blood sugar levels may be lower while taking abiraterone. Contact your care team if you have signs of low blood sugar like feeling shaky, sweating, being very hungry, being more tired than normal, or having trouble keeping your blood sugar within a desired range.

If you experience ANY uncontrolled side effect, call your physician or healthcare center immediately:

(INSTITUTIONAL CONTACT INFO)

Handling body fluids and waste

Abiraterone acetate remains in your body for several days after it is taken, so some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take abiraterone acetate, it is important to follow the instructions below every day for as long as your treatment lasts. This will keep yourself, loved ones, and the environment as safe as possible.

- ❑ Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- ❑ Toilet and septic systems
 - You may use the same toilet, septic tank, and/or sewer that you usually use. If you have a low-flow toilet, close the lid and flush twice to ensure all waste has been discarded.
 - If the toilet or toilet seat becomes soiled with urine, stool, or vomit, clean the surfaces before other people use the toilet.
 - Wash hands with soap and water after using the toilet.
- ❑ If you need a bedpan, be sure your caregiver knows to wear gloves to assist with cleanup and to wash the bedpan with soap and water every day.
- ❑ If you do not have good control of bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb body waste.
- ❑ Wash any skin that has been exposed to body waste or abiraterone acetate with soap and water.
- ❑ Linens or clothing that are soiled with body fluids or body waste should be washed separately from other linens and clothing. If you do not have a washer, place the soiled linens in a plastic bag until they can be washed.
- ❑ Wash hands with soap and water after touching linens or clothing that may be soiled with body fluids.

Pregnancy, sexual activity, and contraception

- ❑ Women should not become pregnant and men should not get a partner pregnant while taking abiraterone acetate. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of 3 weeks after the last dose of abiraterone acetate.
- ❑ Effective contraception could include 1 or more of the following: oral contraceptive, barrier methods, etc.
- ❑ Inform your care provider if you become pregnant.

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- It is safe to hug and kiss. Special precautions may be needed for sexual activity while taking abiraterone acetate, and you are encouraged to ask your care provider.

Obtaining medication

Talk with your care provider about how to obtain your abiraterone acetate.

(PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

Additional resources

Product website: www.zytiga.com, www.yonsarx.com

Product prescribing information: www.zytiga.com/shared/product/zytiga/zytiga-prescribing-information.pdf,
www.yonsarx.com/wp-content/uploads/2019/03/YonsaFullPrescribingInformation.pdf

Updated – October 1, 2024

Additional instructions

Important notice: The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources. This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the medications whatsoever, and any and all decisions, with respect to such medications, are at the sole risk of the individual consuming the medication. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

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