

ORAL CANCER TREATMENT EDUCATION



PASSION FOR PATIENTS
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ELTROMBOPAG

Name of your medication

Generic name — eltrombopag (el-TROM-boh-pag)
Brand name — Promacta® (proh-MAK-tuh)

Common uses

Eltrombopag is used to treat:

- ☐ Low platelets in adult and pediatric patients one year and older with chronic immune (idiopathic) thrombocytopenia (ITP)
- ☐ Low platelets in patients with chronic hepatitis C
- ☐ Severe aplastic anemia in adult and pediatric patients two years and older

Eltrombopag may also be used for other treatments.

Dose and schedule

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

- ☐ Your dose may vary, but eltrombopag is to be taken by mouth at a scheduled time once daily.
- ☐ Eltrombopag should be taken without a meal or with a meal low in calcium (< 50 mg).
- ☐ Administer eltrombopag at least 2 hours before or 4 hours after antacids, foods high in calcium, or certain supplements.
- ☐ Eltrombopag should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow eltrombopag, talk to your care provider or pharmacist for possible options.
- ☐ If you miss a dose of eltrombopag, **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.

Drug and food interactions

- ☐ Eltrombopag has many drug interactions. Inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products that you are taking.
- ☐ Eltrombopag should be taken at least 2 hours before or 4 hours after eating dairy products and drinking calcium-fortified juices. This is because calcium-rich foods decrease the amount of eltrombopag in the body.
- ☐ Talk with your care provider or pharmacist before taking new medications or supplements, or receiving any vaccines.

Storage and handling

Handle eltrombopag 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 eltrombopag at room temperature (68°F–77°F) in a dry location away from light.
- ☐ Once reconstituted, the oral suspension should be administered immediately but may be kept at room temperature (68°F–77°F) for a maximum of 30 minutes.

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- ☐ Keep eltrombopag out of reach of children and pets.
- ☐ Leave eltrombopag in the provided packaging until it is ready to be taken.
- ☐ Whenever possible, give eltrombopag to yourself and follow the steps below. If a family member, friend, or caregiver needs to give eltrombopag 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 eltrombopag 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.
- ☐ A daily pill box or pill reminder is **not** recommended for use with eltrombopag.
- ☐ If you have any unused eltrombopag, **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 eltrombopag.
- ☐ If you are traveling, put your eltrombopag's packaging in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

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Side Effects of Eltrombopag

Below are common side effects that have been known to happen in about one third or more of patients taking eltrombopag are listed on 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
Nausea or vomiting	• Eat and drink slowly. • Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake. • Eat small, frequent meals throughout the day rather than a few large meals. • Eat bland foods; avoid spicy, fried, and greasy foods. • Avoid vigorous exercise immediately after eating. • Don't lie down immediately after eating. • Avoid strong odors. Let your provider know if you experience nausea or vomiting. Your provider may prescribe medication to help with the nausea or vomiting.
Diarrhea (loose and/or urgent bowel movements)	Monitor how many bowel movements you have each day. • Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake. • Eat small, frequent meals throughout the day rather than a few large meals. • Eat bland, low-fiber foods (e.g., bananas, applesauce, potatoes, chicken, rice, toast). • Avoid high-fiber foods (e.g., raw vegetables, raw fruits, whole grains). • Avoid foods that cause gas (e.g., broccoli, beans). • Avoid lactose-containing foods (e.g., yogurt, milk). • Avoid spicy, fried, and greasy foods. Contact your provider if any of the following occur: • The number of bowel movements you have in a day increases by four or more. • You feel dizzy or lightheaded. Your care provider may recommend an over-the-counter medication called loperamide (Imodium®) to help with your diarrhea, but talk to your care provider before starting this medication.

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Serious side effects of eltrombopag

- ☐ Eltrombopag may be harmful to your liver, especially if you have hepatitis C. Speak to your care provider to know when you need to have laboratory tests done to monitor your liver function.
- ☐ Eltrombopag can worsen a precancerous blood condition called myelodysplastic syndrome (MDS). You should not take eltrombopag if you have MDS.
- ☐ Higher platelet counts and a higher risk of blood clots can happen when taking eltrombopag. Tell your healthcare provider right away if you have signs and symptoms of a blood clot in the leg, such as swelling, pain, or tenderness in your leg.

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

(INSTITUTIONAL CONTACT INFO)

Handling body fluids and waste

Because eltrombopag remains in your body for several days after it is taken, some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take eltrombopag, 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 eltrombopag 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 eltrombopag. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of 7 days after the last dose of eltrombopag.
- ☐ Effective contraception could include 1 or more of the following: oral contraceptive, barrier methods, etc.
- ☐ Do not breastfeed while taking eltrombopag.
- ☐ 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 on eltrombopag, and you are encouraged to ask your care provider.

Obtaining medication

Talk with your care provider about the process for obtaining your eltrombopag.

_____ (PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

Additional resources

Product website: <https://www.us.promacta.com>

Product prescribing information: <https://www.novartis.us/sites/www.novartis.us/files/promacta.pdf>

Product resources: <https://www.us.promacta.com/persistent-or-chronic-ityp/patient-support/promacta-cost-assistance/>

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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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