

Abemaciclib

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for breast cancer, but it may also be used for other reasons.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Abemaciclib (uh-BEH-muh-SY-klib): Verzenio (ver-ZEH-nee-oh)	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	Tablet(s) taken by mouth.

Treatment Administration and Schedule

Your abemaciclib dosing instructions:

- Abemaciclib comes in 4 tablet strengths: 50 mg, 100 mg, 150 mg, and 200 mg.
- Your care team may change your dose if needed. Do not stop taking abemaciclib or change the dose without talking to your care team.
- Your dose might differ, but abemaciclib is typically taken as either:
 - 150 mg by mouth 2 times a day when given in combination with fulvestrant or an aromatase inhibitor (such as anastrozole, letrozole, or exemestane).
 - 200 mg by mouth 2 times a day when used alone.
- Take abemaciclib with or without food and at same time every day.
- Swallow abemaciclib tablets whole. Do not crush, cut, or dissolve the tablets.
- If you vomit or miss a dose of abemaciclib, take your next dose at your regular time. Do not take 2 doses of abemaciclib at the same time to make up for the missed dose.
- If you take too much abemaciclib, call your care team or seek emergency help right away.

Storage and Handling of Abemaciclib

- Store abemaciclib at room temperature between 68°F to 77°F in a dry location away from light.
- Wash your hands with soap and water before and after handling abemaciclib.
- People who are or may be pregnant should wear gloves when handling abemaciclib.
- Keep abemaciclib and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused abemaciclib.

Appointments: Appointments may include regular check-ups with your care team, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
To help prevent or treat nausea and vomiting	
To help prevent or treat diarrhea	
Other	

Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count and Increased Risk of Infection	<p>Description: WBCs help protect the body against infections. If you have a low WBC count, you may be at a higher risk of infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Wash your hands and bathe regularly. Avoid crowded places. Stay away from people who are sick. Your care team may prescribe a drug that promotes the growth of WBCs. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Fever of 100.4 °F (38°C) or higher Chills Cough Sore throat Painful urination Tiredness that is worse than normal Skin infections (red, swollen, or painful areas)
Low Platelet Count	<p>Description: Platelets help the blood clot and heal wounds. If you have low platelet counts, you are at a higher risk of bruising and bleeding.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Blow your nose gently and avoid picking it. Brush your teeth gently with a soft toothbrush and maintain good oral hygiene. Use an electric razor for shaving and a nail file instead of nail clippers. Avoid over-the-counter medications that may increase the risk of bleeding, such as NSAIDs. Talk with your care team or dentist before medical or dental procedures, as you may need to pause your treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Nosebleed lasting over 5 minutes despite pressure Cut that continues to bleed Significant gum bleeding when flossing or brushing Severe headaches Blood in your urine or stool Blood in your spit after a cough
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb)	<p>Description: RBCs and Hgb help bring oxygen to your body's tissues and take away carbon dioxide. If you have low RBC counts or Hgb, you may feel weak, tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Get 7 to 8 hours of sleep each night. Avoid operating heavy machinery when tired. Balance work and rest, staying active but resting when needed. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Shortness of breath Dizziness Fast or abnormal heartbeats Severe headache

Fatigue	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Routine exercise has been shown to decrease levels of fatigue. Work with your care team to find the right type of exercise for you. Ask your family and friends for help with daily tasks and emotional support. Try healthy ways to feel better, like meditation, writing in a journal, doing yoga, and using guided imagery to lower anxiety and feel good. Make a regular sleep schedule and limit naps during the day so you can sleep better at night, aiming for 7 to 8 hours of sleep. Don't use heavy machines or do things that need your full attention if you're very tired to avoid accidents. 	<p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Tiredness that affects your daily life Tiredness all the time, and it doesn't get better with rest Dizziness and weakness, along with being tired
Diarrhea	<p>Description: Diarrhea is when you have loose, watery bowel movements more often than usual. The need to use the bathroom may occur urgently.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Keep track of how many times you go to the bathroom each day. Drink 8 to 10 glasses of water or other fluids every day, unless your doctor tells you otherwise. Eat small meals of mild, low-fiber foods like bananas, applesauce, potatoes, chicken, rice, and toast. Stay away from foods with high fiber (like raw vegetables, fruits, and whole grains), foods that cause gas (like broccoli and beans), dairy foods (like yogurt and milk), and spicy, fried, and greasy foods. Your care team may recommend medicine (such as loperamide) for diarrhea. 	<p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> 4 or more bowel movements than normal in 24 hours Dizziness or lightheadedness while having diarrhea Bloody diarrhea
Stomach-Area (Abdominal) Pain	<p>Description: Abdominal pain is when you feel discomfort or pain in the belly area.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Severe abdominal pain 	

Nausea and Vomiting	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. This may or may not cause vomiting.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small amounts of water, broth, or other clear liquids when you are ready to eat again. If that stays down, then try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal). Slowly work up to eating solid food. • Your care provider may prescribe medicine for these symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Vomiting for more than 24 hours • Vomiting that's nonstop • Signs of dehydration (like feeling very thirsty, having a dry mouth, feeling dizzy, or having dark urine) • Blood or coffee-ground-like appearance in your vomit • Bad stomach pain that doesn't go away after vomiting
Liver Problems	<p>Description: Treatment can harm your liver. This may cause nausea, stomach pain, and bleeding or bruising. It can also turn your skin and eyes yellow and make your urine dark. Lab tests may be performed to monitor liver function.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Yellowing of your skin or the whites of your eyes • Severe nausea or vomiting • Pain on the right side of your stomach area (abdomen) • Dark urine (tea colored) • Bleeding or bruising more easily than normal
Kidney Problems	<p>Description: Treatment can cause kidney problems, including damage to the kidneys and decreased kidney function. Your care team may monitor your kidney function during treatment.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Drink 8 to 10 glasses of water or other fluids each day, unless your care team tells you otherwise. • Your care team will give you fluids and electrolytes with your treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Decrease in your amount of urine • Blood in your urine • Swelling of your ankles • Loss of appetite

Low Appetite	<p>Description: Treatment can cause a low appetite, which means you may not feel like eating much. It's important to eat enough so your body gets the nutrients it needs to heal and stay strong. Eating healthy foods helps you feel better and recover faster.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Be as active as possible. Do some physical activity before a meal. Before starting an exercise program, talk with your care team. Take note of the times during the day when your appetite is best. Do not limit food when your appetite is good. Eat your largest meal when you feel the hungriest, whether it is breakfast, lunch, or dinner. Eat 5-6 small meals per day and snack anytime. Choose foods high in protein, such as beans, chicken, fish, meat, yogurt, tofu, and eggs. During meals, eat high-protein foods first. Choose foods that are high in calories. Do not select foods that are labeled "low-fat," "fat-free" or "diet." If you feel full quickly when eating, do not drink any liquids 30 minutes before a meal so you have more room for solid food. Then, drink liquids between meals. Choose liquids with extra calories, not diet drinks. Eat a bedtime snack. Choose something easy to digest, such as peanut butter and crackers. If you tend to experience reflux or heartburn, eat at least an hour before lying down. If food is not appealing, try a nutritious beverage, such as a high-protein shake or smoothie, instead of solid food. Ask your healthcare team to recommend a liquid nutrition supplement. Add a scoop of protein powder, yogurt, or ice cream for added protein and calories. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Weight loss No appetite Tiredness
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Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Blood Clots in Your Veins, or in the Arteries of Your Lungs	<ul style="list-style-type: none"> Pain or swelling in your arms or legs Shortness of breath Chest pain Rapid breathing Rapid heart rate
Lung Problems	<ul style="list-style-type: none"> Trouble breathing or shortness of breath Cough Chest pain

**Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.**

Intimacy, Fertility, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment can affect your **ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment.
- Treatment may **harm an unborn baby**.
 - If you are able to become pregnant, take a pregnancy test before starting treatment.
 - Use an effective method of birth control during treatment and for at least 3 weeks after your last dose.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment.
- **Do NOT breastfeed** during treatment and for at least 3 weeks after your last dose.

Additional Information

- **Tell your care team about all the medicines you take.**
This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- **Abemaciclib may affect the way other medicines work, and other medicines may affect how abemaciclib works**, causing serious side effects.
Especially tell your care team if you take a medicine that contains ketoconazole.
- **Do not drink grapefruit juice or eat grapefruit.** Grapefruit may increase the amount of abemaciclib in your blood.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

Updated Date: January 8, 2026

Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, 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.

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