

Zanubrutinib

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- Zanubrutinib is often used for mantle cell lymphoma (MCL), waldenström's macroglobulinemia (WM), marginal zone lymphoma (MZL), follicular lymphoma (FL), and chronic lymphocytic leukemia (CLL) or small lymphocytic lymphoma (SLL).
- Zanubrutinib 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
Zanubrutinib (ZAN-yoo-BROO-tih-nib): Brukinsa (BROO-kin-suh)	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	Tablet(s) taken by mouth. Or Capsule(s) taken by mouth.

Treatment Administration and Schedule

- Zanubrutinib may be used alone or in combination with other treatments. Talk with your care team about your exact treatment and schedule.

Your zanubrutinib dosing instructions:

- Zanubrutinib comes in 1 capsule strength (80 mg) and 1 tablet strength (160 mg).
- Your dose may differ, but zanubrutinib is usually dosed as either:
 - 160 mg (two 80 mg capsules or one 160 mg tablet) by mouth 2 times a day.
 - 320 mg (four 80 mg capsules or two 160 mg tablets) by mouth 1 time a day.
- Take zanubrutinib with or without food and at the same time each day.
- Swallow zanubrutinib capsules whole with a glass of water. Do not open, break, or chew the capsules.
- Swallow zanubrutinib tablets whole with a glass of water. Do not chew or crush the tablets.
 - Zanubrutinib tablets can be split in half as prescribed by your healthcare provider.
- If you miss a dose of zanubrutinib, take it as soon as you remember on the same day. Return to your normal schedule the next day.

Storage and Handling of Zanubrutinib

- Store zanubrutinib at room temperature between 68°F and 77°F (20°C and 25°C).
- Zanubrutinib comes in a bottle with a child-resistant cap.
- People who are or may be pregnant should wear gloves when handling zanubrutinib.
- Wash your hands with soap and water after handling zanubrutinib.
- Keep zanubrutinib and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused zanubrutinib.

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.

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. <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
Muscle, Bone, or Joint Pain	<p>Description: Muscle pain feels like soreness, aches, cramps, or stiffness in one or more muscles. It may also include tenderness or weakness. Joint pain happens where two bones come together and can feel sharp, dull, throbbing, or burning. It often causes stiffness, swelling, and difficulty moving.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Track your pain levels, areas of discomfort, and any activities that worsen or improve your symptoms. • Engage in gentle exercises like walking, stretching, or yoga to maintain mobility and strength, but consult your care team before starting any new exercise routine. • Apply a warm compress to relax stiff muscles or use cold packs to reduce swelling and numb pain in affected areas. • Your care team may prescribe or recommend medications, including over-the-counter pain relievers. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Uncontrolled muscle or joint pain • Swelling, redness, or warmth in the joints • Weakness • Difficulty walking or moving

Rash or Itchy Skin	<p>Description: Rash or itching skin can cause symptoms like redness, swelling, and varying bumps, such as small red spots, welts, or patches.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep your skin moisturized with creams or lotions to reduce rash and itchiness; wear loose-fitting clothing. • Avoid perfumes and colognes, as they may worsen rash symptoms. • Limit time spent in heat to prevent worsening symptoms. • Avoid sun exposure, especially between 10 AM and 4 PM, to lower the risk of sunburn. • Wear long-sleeved clothing with UV protection and broad-brimmed hats. • Apply broad-spectrum sunscreen (UVA/UVB) with at least SPF 30 as directed. • Use lip balm that contains at least SPF 30. • Avoid tanning beds. • Your care team may recommend medicines for symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Rash or itching that continues to worsen
High Blood Sugar	<p>Description: Treatment can increase your blood sugar (glucose).</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Eat a well-balanced diet. • Limit sugary drinks and foods. • Eat smaller, more frequent meals. • Be physically active for at least 30 minutes most days. • Your care team may ask you to check your blood sugar at home. If you are already doing this, they may ask you to do it more frequently. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Frequent urination • Drowsiness • Increased thirst • Loss of appetite • Blurred vision • Fruity smell on your breath • Confusion • Nausea, vomiting, or stomach pain • It becomes harder to control your blood sugar

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Heart Rhythm Problems	<p>Serious heart problems, including atrial fibrillation, atrial flutter, and ventricular arrhythmias, have happened in people treated with zanubrutinib and may lead to death. Your risk for heart rhythm problems may be increased if you have high blood pressure, have had heart rhythm problems in the past, or have a short-term (acute) infection.</p> <ul style="list-style-type: none"> Your heartbeat is fast or irregular Feel lightheaded or dizzy Pass out (faint) Shortness of breath Chest discomfort
Liver Problems	<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
Risk of New Cancers	<p>There is a risk of developing new cancers during or after treatment with zanubrutinib. Talk with your care team about this risk, and ask about the signs and symptoms of new cancers.</p>

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, 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 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 1 week 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 and for 1 week after your last dose.
- Do NOT breastfeed** during treatment and for 2 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.
- **Avoid grapefruit, grapefruit juice, Seville oranges, and Seville orange juice** during treatment with zanubrutinib since they may increase the level of zanubrutinib 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

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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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