

ORAL CHEMOTHERAPY EDUCATION



National Community Oncology
Dispensing Association, Inc.
PASSION FOR PATIENTS



TRIFLURIDINE AND TIPIRACIL

Name of your medication

Generic name — trifluridine (try-FLOOR-ih-deen) and tipiracil (ty-PEER-uh-sil)

Brand name — Lonsurf® (LON-serf)

Common uses

Trifluridine and tipiracil is a combination drug used to treat metastatic gastric, gastroesophageal, and colorectal cancer.

Trifluridine and tipiracil may also be used for other treatments.

Dose and schedule

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

- ☐ Your dose is based on many factors, including your height and weight, overall health, and diagnosis.
- ☐ Trifluridine is usually taken by mouth twice daily on days 1–5 and days 8–12 of each 28-day cycle. You should only take this medication on days it has been prescribed by your care provider. The dose may be adjusted by your care provider based on your individual needs.
- ☐ Trifluridine and tipiracil should be taken within one hour after completion of the morning and evening meals, at the same time each day.
- ☐ Trifluridine and tipiracil should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow trifluridine and tipiracil, talk to your care provider or pharmacist for possible options.
- ☐ If you miss a dose of trifluridine and tipiracil, **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

- ☐ Trifluridine and tipiracil has many drug interactions, please inform your care providers of all prescription medications, over-the counter medications, vitamins, and herbal products.
- ☐ Talk with your care team or pharmacist before taking new medications or supplements, or receiving any vaccines.

Storage and handling

Handle trifluridine and tipiracil 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 trifluridine and tipiracil at room temperature (68°F–77°F) in a dry location away from light.
- ☐ Keep trifluridine and tipiracil out of reach of children and pets.

ORAL CANCER TREATMENT EDUCATION



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TRIFLURIDINE AND TIPIRACIL

- Leave trifluridine and tipiracil in the provided packaging until it is ready to be taken.
- Whenever possible, you should give trifluridine and tipiracil to yourself and follow the steps below. If a family member, friend, or caregiver needs to give the trifluridine and tipiracil 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 trifluridine and tipiracil 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 trifluridine and tipiracil, **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 trifluridine and tipiracil.
- If you are traveling, put your trifluridine and tipiracil's packaging in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

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TRIFLURIDINE AND TIPIRACIL

Side Effects of Trifluridine and Tipiracil

Below are common side effects that have been known to happen in about one third or more of patients taking trifluridine and tipiracil 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
Decreased hemoglobin, part of the red blood cells that carry iron and oxygen	Your hemoglobin should be monitored by a simple blood test. When your hemoglobin is low, you may notice that you get tired or fatigued more easily. • Try to get 7–8 hours of sleep per night. • Avoid operating heavy machinery if you feel too tired. • Find a balance between work and rest. • Stay as active as possible, but know that it is okay to rest as needed. • You might notice that you are more pale than usual. Let your care provider know right away if you experience: • Shortness of breath • Dizziness • Palpitations
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.

Continued on the next page

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TRIFLURIDINE AND TIPIRACIL

Possible Side Effect	Management
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.
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 and vomiting.
Decreased platelet count and increased risk of bleeding	Your platelets should be monitored by a simple blood test. When they are low, you may bruise or bleed more easily than usual. - Use caution to avoid bruises, cuts, or burns. - Blow your nose gently, and do not pick your nose. - Brush your teeth gently with a soft toothbrush, and maintain good oral hygiene. - When shaving, use an electronic razor instead of razor blades. - Use a nail file instead of nail clippers. Call your care provider if you have bleeding that won't stop. Examples include: - A bloody nose that bleeds for more than five minutes despite pressure - A cut that continues to ooze despite pressure - Gums that bleed excessively when you floss or brush Seek medical help immediately if you experience any severe headaches, observe blood in your urine or stool, cough up blood, or experience prolonged and uncontrollable bleeding. You may need to take a break or hold your medication for medical or dental procedures. Talk to your care provider or dentist before any scheduled procedures.

Continued on the next page

ORAL CANCER TREATMENT EDUCATION



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TRIFLURIDINE AND TIPIRACIL

Possible Side Effect	Management
Decreased appetite or weight loss	Talk to your care provider if you notice a decrease in weight while taking this medication. When you do not feel like eating, try: • Eat small, frequent meals instead of three large meals each day. • Keep snacks nearby so you can eat when you feel hungry. • Drink liquid nutritional supplements. • Drink 8–10 glasses of water or fluid each day, especially if you are not eating, unless your care provider has instructed you to limit your fluid intake.
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, such as bananas, applesauce, potatoes, chicken, rice, and toast. • Avoid high-fiber foods, such as raw vegetables, raw fruits, and whole grains. • Avoid foods that cause gas, such as broccoli and beans. • Avoid lactose-containing foods, such as yogurt and 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.

Serious side effects of trifluridine and tipiracil

- ❑ Bone marrow suppression is a decrease in the number of white blood cells, red blood cells and platelets that can be severe with Trifluridine/Tipiracil. Speak to your care team to know when you need to have laboratory tests done to monitor your blood cell counts. You also may need to take a break or “hold” your medication for medical or dental procedures. Talk to your care provider or dentist before any scheduled procedures.

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

(INSTITUTIONAL CONTACT INFO)

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TRIFLURIDINE AND TIPIRACIL

Handling body fluids and waste

Since trifluridine and tipiracil 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 trifluridine and tipiracil, it is important to know the following instructions every day for as long as your treatment lasts. This is to 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 trifluridine and tipiracil 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 trifluridine and tipiracil. Women of childbearing age and potential should use effective contraception during therapy and for at least 6 months after the final dose of trifluridine and tipiracil. Men of childbearing age and potential should use effective contraception, including condoms, during therapy and for a minimum of 3 months after the last dose of trifluridine and tipiracil.
- ☐ Effective contraception could include one or more of the following: oral contraceptive, barrier methods, etc.
- ☐ Do not breastfeed while taking trifluridine and tipiracil and for 1 day after the last dose of trifluridine and tipiracil.
- ☐ Please inform your care provider if you become pregnant.
- ☐ It is safe to hug and kiss. Special precautions may be needed for sexual activity while on oral chemotherapy, and you are encouraged to ask your care provider.

ORAL CANCER TREATMENT EDUCATION



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TRIFLURIDINE AND TIPIRACIL

Obtaining medication

Talk with your care provider about the process for obtaining your trifluridine and tipiracil.

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Additional resources

Product website: <https://www.lonsurf.com>

Product prescribing information: <https://www.taihooncology.com/us/prescribing-information.pdf>

Product resources:

- ☐ <https://www.lonsurf.com/patient-resources/patient-starter-kit>
- ☐ <https://www.lonsurf.com/financial-support/cost-assistance>
- ☐ <https://www.lonsurf.com/taking-lonsurf/potential-treatment-changes>

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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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