

# Abiraterone (Micronized Formulation) and Methylprednisolone

**Care Team Contact Information:** \_\_\_\_\_

**Pharmacy Contact Information:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

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

**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 |
|---|---|----------------------------|
| Abiraterone (A-bih-RA-teh-rone):<br>Yonsa (YON-suh) | Slows down or stops the growth of cancer cells by lowering levels of certain hormones in the body.  | Tablet(s) taken by mouth.  |
| Methylprednisolone (MEH-thul-pred-NIH-suh-lone)     | Prevents side effects like high blood pressure, low potassium, and fluid retention that can result from abiraterone blocking the body's natural hormones. | Tablet(s) taken by mouth.  |

## Treatment Administration and Schedule:

Your abiraterone (micronized formulation) and methylprednisolone instructions:

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- Do not change or stop taking any of your treatment without talking with your care team first.
- Swallow tablets whole. Do NOT chew, crush, dissolve, or divide the tablets.
- If you take more than your prescribed dose, call your care team or go to the nearest hospital emergency room right away.

## Treatment Administration and Schedule (Continued):

### Abiraterone (Micronized Formulation)

- Abiraterone is available in two brands: Zytiga (abiraterone) and Yonsa (abiraterone (micronized formulation)). Do NOT switch between the two unless your care team tells you to. Note: The abiraterone dose, corticosteroid product, and how you take them are different between products.
- Abiraterone (micronized formulation) comes in 1 tablet strength: 125 mg.
- Take abiraterone (micronized formulation) by mouth 1 time a day with or without food.
- If you miss a dose of abiraterone (micronized formulation) and it has been less than 12 hours since your usual time, take it as soon as you remember. If it has been more than 12 hours, skip the missed dose. Do NOT take 2 doses at the same time.
- Your dose may differ, but the usual abiraterone (micronized formulation) is 500 mg (four 125 mg tablets) by mouth 1 time a day.

### Methylprednisolone

- Take methylprednisolone **with food** and a glass of water.
- If possible, take your evening dose of methylprednisolone before 6 P.M. This can help prevent problems with falling asleep.
- Your dose may differ, but the usual methylprednisolone dose is 4 mg by mouth 2 times a day.

### Storage and Handling of Abiraterone (Micronized Formulation) and Methylprednisolone

- Store abiraterone (micronized formulation) and methylprednisolone at room temperature, between 68°F and 77°F, in a dry location away from light.
- Keep abiraterone (micronized formulation), methylprednisolone, and all medicines out of the reach of children and pets.
- Wash your hands with soap and water before and after handling the medicine.
- Abiraterone (micronized formulation) can cause harm to an unborn baby and loss of pregnancy (miscarriage). People who are or may become pregnant should wear gloves when handling abiraterone (micronized formulation).
- Ask your care team how to safely throw away any unused abiraterone (micronized formulation).

**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  |
|-----------------------------|--|
| High Blood Pressure         | <p>Description: High blood pressure happens when the pressure of blood against the walls of your arteries is too high, and it can lead to heart disease and stroke. It's important to check your blood pressure regularly. Your care team might give you medicine or change your treatment if needed.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Exercise regularly, control your weight, and limit alcohol and sodium consumption.</li> <li>If you are already being treated for high blood pressure, your care team may change your blood pressure medicine.</li> <li>Your care team may ask you to track your blood pressure regularly.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Headaches</li> <li>Dizziness or lightheadedness</li> <li>Blurred vision</li> <li>Trouble breathing</li> <li>Nose bleeds</li> <li>A pounding sensation in the chest, neck, or ears</li> <li>Irregular heartbeats</li> <li>Chest pain or pressure</li> </ul>                                 |
| Swelling or Fluid Retention | <p>Description: Swelling and fluid retention can occur in different areas of the body, like the legs or hands. You might notice areas feel puffy or tighter than usual.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Keep a daily log of swelling and note any changes in size or location.</li> <li>Elevate swollen limbs when resting.</li> <li>Limit salt intake.</li> <li>Stay active with regular, gentle exercises.</li> <li>Avoid prolonged periods of sitting or standing without movement.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Swelling that suddenly worsens or spreads to other areas</li> <li>Pain, redness, or warmth in the affected area</li> <li>Signs of shortness of breath or difficulty breathing</li> <li>Swelling is persistent and does not improve with home management</li> <li>Unexpected weight gain</li> </ul> <p>Note: Your care team may ask you to contact them if your weight increases by a certain amount over a certain time period.</p> |
| Low Blood Potassium         | <p>Description: Treatment can decrease the amount of potassium in your blood. Your body needs potassium to function correctly. It gets potassium through the food you eat. Your care team will check your blood potassium level during your treatment.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Take your methylprednisolone as prescribed.</li> <li>Eat a well-balanced diet.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Muscle weakness and cramps</li> <li>Irregular heartbeat</li> <li>Fatigue and weakness</li> <li>Nausea and vomiting</li> <li>Confusion</li> </ul>   |

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| <p>High Cholesterol and Triglycerides</p> | <p>Description: Treatment can increase the amount of cholesterol and triglycerides in your blood. While cholesterol and triglycerides are needed by the body, large levels can be harmful and may lead to heart issues. Your care team may check your cholesterol and triglyceride levels during your treatment.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Eat foods that are low in saturated and trans fats.</li> <li>• Increase your fiber intake.</li> <li>• Exercise around 30 minutes a day most days of the week.</li> <li>• Maintain a healthy weight.</li> <li>• Do not smoke and limit alcohol consumption.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Symptoms of heart attack or stroke, such as sudden numbness, weakness, or chest pain</li> </ul>   |
| <p>High Blood Sugar</p>                   | <p>Description: Treatment can increase the amount of sugar in your blood. Your body needs potassium to function correctly. But when your blood sugar levels are high for a long time, they can be harmful to your body. Your care team may check your blood sugar levels during your treatment.</p> <p>Recommendations</p> <ul style="list-style-type: none"> <li>• Limit sugary drinks and foods.</li> <li>• Eat smaller, more frequent meals.</li> <li>• Exercise around 30 minutes a day most days of the week.</li> <li>• 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.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Frequent urination</li> <li>• Drowsiness</li> <li>• Increased thirst</li> <li>• Loss of appetite</li> <li>• Blurred vision</li> <li>• Fruity smell on your breath</li> <li>• Confusion</li> <li>• Nausea, vomiting, or stomach pain</li> </ul> |
| <p>Liver Problems</p>                     | <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"> <li>• Yellowing of your skin or the whites of your eyes</li> <li>• Severe nausea or vomiting</li> <li>• Pain on the right side of your stomach area (abdomen)</li> <li>• Dark urine (tea colored)</li> <li>• Bleeding or bruising more easily than normal</li> </ul>   |

|                                  |   |
|----------------------------------|---|
| Fatigue                          | <p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Routine exercise has been shown to decrease levels of fatigue. Work with your care team to find the right type of exercise for you.</li> <li>• Ask your family and friends for help with daily tasks and emotional support.</li> <li>• Try healthy ways to feel better, like meditation, writing in a journal, doing yoga, and using guided imagery to lower anxiety and feel good.</li> <li>• 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.</li> <li>• Don't use heavy machines or do things that need your full attention if you're very tired to avoid accidents.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Tiredness that affects your daily life</li> <li>• Tiredness all the time, and it doesn't get better with rest</li> <li>• Dizziness and weakness, along with being tired</li> </ul>  |
| Hot Flashes                      | <p>Description: Hot flashes are sudden feelings of warmth that spread over your body, often leading to sweating and a rapid heartbeat. Hot flashes may last from a few seconds to several minutes and can be uncomfortable or disrupt daily activities.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Keep a journal to track occurrences, duration, and triggers.</li> <li>• Dress in layers with lightweight clothing to adjust to temperature changes.</li> <li>• Stay cool by using fans, air conditioning, or cool cloths.</li> <li>• Avoid triggers such as hot drinks, spicy foods, caffeine, and alcohol.</li> <li>• Practice relaxation techniques like deep breathing, yoga, or meditation to reduce stress.</li> <li>• Maintain healthy habits with a balanced diet and regular exercise.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Severe hot flashes</li> </ul>  |
| Muscle or Joint Pain or Weakness | <p>Description: You may experience muscle or joint discomfort that makes daily activities harder. Symptoms can include aching, stiffness, swelling, and weakness, which can hinder lifting objects or walking long distances. You may also feel fatigued, making it difficult to stay active.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Track your pain levels, areas of discomfort, and any activities that worsen or improve your symptoms.</li> <li>• 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.</li> <li>• Apply a warm compress to relax stiff muscles or use cold packs to reduce swelling and numb pain in affected areas.</li> <li>• Your care team may prescribe or recommend medications, including over-the-counter pain relievers.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Persistent or worsening muscle or joint pain that does not improve with home treatments</li> <li>• New symptoms, such as swelling, redness, or warmth in the joints</li> <li>• Severe weakness that affects your ability to perform daily activities</li> </ul> <p>Side effects from pain relief medications that you are unable to manage</p> |

## Select Rare Side Effects

| Side Effect      | Talk to Your Care Team if You Have Any of These Signs or Symptoms   |  |
|------------------|---|--|
| Heart Problems   | <ul style="list-style-type: none"> <li>• Palpitations (rapid or irregular heartbeat)</li> <li>• Dizziness or lightheadedness</li> <li>• Shortness of breath</li> <li>• Chest discomfort or pain</li> </ul>  | <ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Confusion</li> <li>• Fainting or near-fainting spells</li> </ul> |
| Adrenal Problems | These side effects may happen if you stop taking methylprednisolone, get an infection, or are under stress. <ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Muscle weakness</li> <li>• Weight loss</li> <li>• Decreased appetite</li> <li>• Low blood pressure</li> <li>• Dizziness</li> <li>• Salt craving</li> <li>• Nausea</li> <li>• Vomiting</li> <li>• Darkening of the skin</li> <li>• Abdominal pain</li> </ul> |  |
| Low Blood Sugar  | <ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Confusion</li> <li>• Difficulty concentrating</li> <li>• Sweating</li> </ul>  | <ul style="list-style-type: none"> <li>• Shaking</li> <li>• Hunger</li> <li>• Fatigue</li> </ul>                             |

**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, and Pregnancy

- 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 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 your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment and 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.
- **If you are receiving gonadotropin-releasing hormone (GnRH) analog therapy, you should continue with this treatment** during your treatment with abiraterone (micronized formulation) and methylprednisolone unless you have had a surgery to remove both of your testicles to lower the amount of testosterone in your body.
- **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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