

# Filgrastim

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

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

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

- Filgrastim is used to stimulate the growth of neutrophils (NOO-troh-fils), a type of white blood cell important in the body's fight against infection.
- Filgrastim is often used for:
  - People receiving anti-cancer medicines that can cause fever and a low blood cell count.
  - People donating or collecting cells for stem cell transplant.
  - People with severe chronic neutropenia.
- Filgrastim may also be used for other reasons.

**Goal of Treatment:** \_\_\_\_\_

**Treatment Regimen**

Treatment Name	How the Treatment Works	How the Treatment is Given
Filgrastim (fil-GRAS-tim): Neupogen (NOO-poh-jen), Granix, Nypozi, Releuko, Zarxio	Helps the body make more white blood cells.	Infusion given into a vein. Or Injection given under the skin in the stomach area (abdomen), back of your arm, or your upper outer buttocks.

**Treatment Administration and Schedule**

- If your care team decides that the injections can be given at home by you or your caregiver, follow the detailed "Instructions for Use" that comes with your prescription for information on how to prepare and inject a dose.
- You and your caregiver will be shown how to prepare and inject filgrastim before you use it.
- Your care team will tell you how much filgrastim to inject and when to inject it. Do not change your dose or stop filgrastim unless your care team tells you to.
- If you are receiving filgrastim because you are also receiving chemotherapy, your dose of filgrastim should be injected at least 24 hours before or 24 hours after your dose of chemotherapy. Your care team will do blood tests to monitor your white blood cell count, and if necessary, adjust your filgrastim dose.
- If you miss a dose of filgrastim, talk to your care team about when you should give your next dose.

**Storage and Handling of Filgrastim**

- Store filgrastim in the refrigerator between 36°F to 46°F (2°C to 8°C). Do not freeze.
- Keep filgrastim in the original carton to protect from light or physical damage. Do not leave filgrastim in direct sunlight.
- Do not shake filgrastim
- Take filgrastim out of the refrigerator 30 minutes before use and allow it to reach room temperature before preparing an injection.
- Throw away (dispose of) any filgrastim that has been left at room temperature for longer than 24 hours.
- After you inject your dose, throw away (dispose of) any unused filgrastim left in the vials or prefilled syringes. Do not save unused filgrastim in the vials or prefilled syringes for later use.
- Keep filgrastim out of the reach of children and pets.

**Appointments:** Appointments may include regular check-ups with your care team, injection appointments, 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 bone pain	
Other	

## Common Side Effects

Side Effect	Important Information
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"> <li>Blow your nose gently and avoid picking it.</li> <li>Brush your teeth gently with a soft toothbrush and maintain good oral hygiene.</li> <li>Use an electric razor for shaving and a nail file instead of nail clippers.</li> <li>Avoid over-the-counter medications that may increase the risk of bleeding, such as NSAIDs.</li> <li>Talk with your care team or dentist before medical or dental procedures, as you may need to pause your treatment.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Nosebleed lasting over 5 minutes despite pressure</li> <li>Cut that continues to bleed</li> <li>Significant gum bleeding when flossing or brushing</li> <li>Severe headaches</li> <li>Blood in your urine or stool</li> <li>Blood in your spit after a cough</li> </ul>
Fever	<p>Description: Fever is common after receiving filgrastim.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Take your temperature with a thermometer if you feel like you have a fever.</li> <li>Your care team may recommend medicines for fever.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Fever of 100.4°F (38°C) or higher</li> <li>Fever lasting for more than an hour</li> <li>Any signs of infections, such as persistent cough, shortness of breath, or pain</li> </ul>
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"> <li>Eat smaller, more frequent meals.</li> <li>Avoid fatty, fried, spicy, or highly sweet foods.</li> <li>Eat bland foods at room temperature and drink clear liquids.</li> <li>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.</li> <li>Your care team may prescribe medicine for these symptoms.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Vomiting for more than 24 hours</li> <li>Vomiting that's nonstop</li> <li>Signs of dehydration (like feeling very thirsty, having a dry mouth, feeling dizzy, or having dark urine)</li> <li>Blood or coffee-ground-like appearance in your vomit</li> <li>Bad stomach pain that doesn't go away after vomiting</li> </ul>

Pain in the Bones, Arms, and Legs	<p>Description: After receiving filgrastim, you may experience some bone pain. This happens because the medicine helps your bone marrow produce a lot of new white blood cells, which can cause swelling and soreness. You may feel a dull ache in areas like your hips, thighs, back, or arms. This discomfort usually starts 1 to 2 days after your injection and can last for about 2 to 4 days. In some cases, it may continue for up to a week.</p> <p>Recommendations:</p> <ul style="list-style-type: none"><li>• Your care team may recommend an anti-histamine (such as loratadine (Claritin)) to prevent and treat bone pain.</li><li>• For some patients, your care team may recommend a nonsteroidal anti-inflammatory drug (NSAID) (such as naproxen (Aleve)) or an alternative pain medicine. Talk with your care team before using these.</li><li>• These medicines are typically taken for 5 to 7 days after you receive filgrastim.</li></ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"><li>• Bone pain lasting more than 7 days</li><li>• Severe bone pain</li></ul>
-----------------------------------	---

## Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Spleen Rupture	<p>Your spleen may become enlarged and possibly rupture. A ruptured spleen can cause death.</p> <ul style="list-style-type: none"> <li>• Pain in the left upper stomach area</li> <li>• Pain in your left shoulder</li> </ul>
Lung Problems	<ul style="list-style-type: none"> <li>• Cough</li> <li>• Shortness of breath</li> <li>• Chest pain</li> </ul>
Sickle Cell Crisis	<p>If you have a sickle cell disease and receive filgrastim, you may have a serious sickle cell crisis.</p> <ul style="list-style-type: none"> <li>• Pain</li> <li>• Difficulty breathing</li> </ul>
Kidney Injury	<ul style="list-style-type: none"> <li>• Swelling of your face or ankles</li> <li>• Blood in your urine or dark-colored urine</li> <li>• You urinate less than usual</li> </ul>
Capillary Leak Syndrome (CLS)	<p>CLS happens when fluids and proteins leak from your small blood vessels into surrounding tissues. It requires immediate treatment to prevent a drop in blood pressure and other serious complications.</p> <ul style="list-style-type: none"> <li>• Swelling or puffiness</li> <li>• Urinating less than usual</li> <li>• Trouble breathing</li> <li>• Swelling of your stomach area (abdomen) and feeling of fullness</li> <li>• Dizziness or feeling faint</li> <li>• A general feeling of tiredness</li> </ul>
Inflammation of Your Blood Vessels	<ul style="list-style-type: none"> <li>• Purple spots or redness of your skin</li> </ul>
Inflammation of the Aorta	<p>Inflammation of the aorta (the large blood vessel which transports blood from the heart to the body) has been reported in people who received filgrastim.</p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Abdominal pain</li> <li>• Feeling tired</li> <li>• Back pain</li> </ul>

Bone Marrow Problems called Myelodysplastic Syndrome (MDS) or Acute Myeloid Leukemia (AML)	<p>If you have breast cancer or lung cancer, when filgrastim is used with chemotherapy and radiation therapy, or with radiation therapy alone, you may have an increased risk of developing myelodysplastic syndrome (MDS) or acute myeloid leukemia (AML).</p> <ul style="list-style-type: none"> <li>• Weakness</li> <li>• Weight loss</li> <li>• Fever</li> <li>• Frequent infections</li> <li>• Blood in urine or stool</li> <li>• Shortness of breath</li> <li>• Feeling very tired</li> <li>• Bruising or bleeding more easily</li> </ul>
Allergic Reactions	<ul style="list-style-type: none"> <li>• Rash over your whole body</li> <li>• Shortness of breath</li> <li>• Wheezing</li> <li>• Dizziness</li> <li>• Swelling around your mouth or eyes</li> <li>• Fast heart rate</li> <li>• Sweating</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.**

#### Pregnancy and Breastfeeding

- It is not known if filgrastim will harm an unborn baby.
- It is not known if filgrastim passes into breast milk.

#### 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.

- **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 19, 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.

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. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

Permission: Patient Education Sheets are provided as a free educational resource for patients with cancer and their caregivers in need of concise, easy to understand information about cancer therapy. Healthcare providers are permitted to copy and distribute the sheets to patients as well as direct patients to the Patient Education Sheets website. However, commercial reproduction or reuse, as well as rebranding or reposting of any type, are strictly prohibited without permission of the copyright holders. Permission requests, including direct linking from Electronic Health Records, and licensing inquiries should be emailed to [patienteducationsheets@ncoda.org](mailto:patienteducationsheets@ncoda.org).

Copyright © 2026 by Network for Collaborative Oncology Development & Advancement, Inc. All rights reserved.

PES-548