

Cladribine

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for hairy cell leukemia, 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
Cladribine (KLAD-rih-been)	Slows down or stops the growth of cancer cells by damaging the genetic material that cancer cells need to multiply.	Infusion given into a vein. OR Injection given under the skin.

Treatment Administration and Schedule: Treatment is sometimes repeated every 4 weeks. This length of time is called a “cycle”.

- Your cycle may be a different length. Talk with your care team.
- Cladribine is often given with other treatments. Talk with your care team about your exact treatments and schedule.

Option #1: Cladribine Each Day on Days 1 to 5 for 1 Cycle

Treatment Name	Cycle 1									
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	...	Day 28	
Cladribine	✓	✓	✓	✓	✓					

Option #2: Cladribine Continuous Infusion on Days 1 to 7 for 1 Cycle

Treatment Name	Cycle 1									
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	...	Day 28
Cladribine	→	→	→	→	→	→	→			

Appointments: Appointments may include regular check-ups with your care team, treatment 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 Given at the Clinic or Hospital	Supportive Care Taken at Home
Supportive Care to Prevent and Treat Side Effects	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
<p>Low White Blood Cell (WBC) Count and Increased Risk of Infection (Boxed Warning)</p>	<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)
<p>Low Platelet Count (Boxed Warning)</p>	<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

<p>Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Boxed Warning)</p>	<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
<p>Fatigue</p>	<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

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Kidney Problems (Boxed Warning)	<ul style="list-style-type: none"> • Decrease in your amount of urine • Blood in your urine 	<ul style="list-style-type: none"> • Swelling of your ankles • Loss of appetite
Neurologic Problems (Boxed Warning)	<ul style="list-style-type: none"> • Gradual or sudden weakness and stiffening in the arms and legs • Trouble with coordination, balance, and mobility • Loss of control of bowel and bladder functions 	<ul style="list-style-type: none"> • Tingling, burning, or numbness in the arms and legs • Muscle weakness • Muscle spasms and stiffness
Heart Problems	<ul style="list-style-type: none"> • Swelling of your stomach-area (abdomen), legs, hands, feet, or ankles • Shortness of breath • Nausea or vomiting • New or worsening chest discomfort, including pain or pressure 	<ul style="list-style-type: none"> • Weight gain • Pain or discomfort in your arms, back, neck, or jaw • Protruding neck veins • Breaking out in a cold sweat • Feeling lightheaded or dizzy • Fast heartbeats
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) 	<ul style="list-style-type: none"> • Dark urine (tea colored) • Bleeding or bruising more easily than normal
Progressive Multifocal Leukoencephalopathy (PML)	<p>PML is a rare, serious brain infection caused by a virus that can happen in people who receive cladribine. People with weakened immune systems can get PML. PML can result in death or severe disability. There is no known treatment, prevention, or cure for PML.</p> <ul style="list-style-type: none"> • Confusion • Dizziness or loss of balance • Difficulty walking or talking • Decreased strength or weakness on one side of your body • Vision problems, such as blurred vision or loss of vision 	

<p>Tumor Lysis Syndrome (TLS)</p>	<p>Tumor lysis happens when cancer cells break apart and flood your bloodstream with chemicals and toxins faster than your body can get rid of them. TLS is a group of conditions that affect your heart, kidneys, and muscles</p> <ul style="list-style-type: none"> • Severe nausea, vomiting, or diarrhea • Urinating smaller amounts or dark-colored urine • Muscle cramps or twitching • Rapid heartbeats or chest pain • Confusion or weakness • Seizures
<p>Infusion or Injection Reactions</p>	<ul style="list-style-type: none"> • Chills or shaking • Itching, rash, or flushing • Trouble breathing or wheezing; tongue-swelling • Dizziness or feeling faint • Fever of 100.4°F (38°C) or higher • Pain in your back or neck

**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 6 months 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 6 months after your last dose.
- **Do NOT breastfeed** during treatment and for 10 days after your last dose.

Handling Body Fluids and Waste

Some drugs you receive may stay in your urine, stool, sweat, or vomit for many days after treatment. Because many cancer drugs are toxic, your body waste may also be dangerous to touch. To help protect yourself, your loved ones, and the environment, **follow these instructions** for at least **48 hours** after each dose of **cladribine**:

- People who are pregnant should avoid touching anything that may be soiled with body fluids from the patient.
- You can use your usual toilet. Always close the lid and flush to discard all waste. If you have a low-flow toilet, flush twice.
- If the toilet or seat is soiled with urine, stool, or vomit, clean the surface after each use before others use it.
- Wash your hands with soap and water for at least 20 seconds after using the toilet.
- If you need a bedpan, inform your caregiver so they can wear gloves and assist with cleanup. Wash the bedpan with soap and water daily.
- If you cannot control your bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb waste.
- Wash any skin exposed to body waste with soap and water.
- Wash soiled linens or clothing separately from other laundry. If you don't have a washer, place them in a plastic bag until they can be washed.
- Wash your hands with soap and water after touching soiled linens or clothing.

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

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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.

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.

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