



Provincial Health Services Authority

## For the Patient: GUCABO

Therapy for Metastatic Renal Cell Carcinoma Using Cabozantinib

**GU = GenitoUrinary**  
**CABO = CABOzantinib**

### **ABOUT THIS MEDICATION**

#### **What is this drug used for?**

- Cabozantinib (CABOMETYX®) is used to treat kidney cancer that has spread to other parts of the body in patients who have had prior therapy.

#### **How does this drug work?**

- Cabozantinib is an oral medication given as therapy for metastatic kidney cancer. This treatment may reduce both tumor growth and spread as well as promote cancer cell death.

### **TREATMENT SUMMARY**

#### **How is this drug given?**

- Cabozantinib is given as a tablet by mouth.
- The dose is given by mouth once daily and may be reduced based on the side effects you experience.
- This treatment will be taken for 4 weeks. This makes up 1 cycle of treatment, and then repeated for additional cycles depending on your response to treatment.
- Take cabozantinib on an empty stomach.
- If you miss a dose take it as soon as you can if it is within 12 hours of the missed dose. If it is more than 12 hours since the missed dose, skip the missed dose and go back to your usual dosing times.

#### **What will happen when I get my drugs?**

- Blood tests, urine tests, and blood pressure may be taken regularly during treatment. The dose of your treatment may be changed based on your results and/or other side effects.
- It is recommended that you monitor your blood pressure daily for at least the first 2 cycles and keep a journal of the measurements that can be submitted to your physician.

## **SIDE EFFECTS AND WHAT TO DO ABOUT THEM**

Your doctor will review the risks of treatment and possible side effects with you before starting treatment.

Side effects for **CABOZANTINIB** are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

<b>SIDE EFFECTS</b>	<b>MANAGEMENT</b>
<b>Nausea and vomiting</b> may occur.	You may be given a prescription for anti-nausea drug(s) to take at home. <b>It is easier to prevent nausea than treat it once it has occurred</b> , so follow directions closely. <ul style="list-style-type: none"><li>• Drink plenty of fluids.</li><li>• Eat and drink often in small amounts.</li></ul>
<b>Skin rashes</b> may sometimes occur.	If itching is very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.
<b>Diarrhea</b> commonly occurs.	If diarrhea is a problem: <ul style="list-style-type: none"><li>• Drink plenty of fluids.</li><li>• Eat and drink often in small amounts.</li><li>• Avoid high fibre foods</li></ul> Call your doctor for advice if the diarrhea is watery or you have soft stools many times a day.
<b>Constipation</b> may sometimes occur.	<ul style="list-style-type: none"><li>• Exercise if you can.</li><li>• Gradually increase fiber intake daily and drink plenty of fluids</li></ul>
<b>High blood pressure</b> may sometimes occur. This can happen very quickly after starting treatment.	Your blood pressure will be checked during your visits to your doctor. <ul style="list-style-type: none"><li>• You may be asked to check your blood pressure frequently between visits.</li><li>• Your doctor may give you medication if your blood pressure is high.</li><li>• Tell your doctor if you are already on blood pressure medication. Your doctor may have to adjust your dose.</li></ul>
<b>Headache</b> may sometimes occur.	Take acetaminophen (e.g., <b>TYLENOL®</b> ) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.

SIDE EFFECTS	MANAGEMENT
<p><b>Sore mouth</b> may sometimes occur. Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. <b>Mouth sores or bleeding gums can lead to an infection.</b></p>	<ul style="list-style-type: none"> <li>• Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste.</li> <li>• Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day.</li> <li>• You can also request a prescription for Magic Mouthwash from your doctor.</li> </ul>
<p><b>Muscle or joint pain</b> may sometimes occur.</p>	<p>You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day for mild to moderate pain. Tell your doctor if the pain interferes with your activity.</p>
<p>Your <b>white blood cells</b> may decrease. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, <b>you are at greater risk of having an infection.</b></p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> <li>• Wash your hands often and always after using the bathroom.</li> <li>• Avoid crowds and people who are sick.</li> <li>• Stop taking cabozantinib and call your doctor <b>immediately</b> at the first sign of an infection such as fever (over 100°F or 38°C by an oral thermometer), chills, cough, or burning when you pass urine.</li> </ul>
<p>Your <b>platelets</b> may decrease. Platelets help to make your blood clot when you hurt yourself. <b>You may bruise or bleed more easily than usual.</b></p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> <li>• Try not to bruise, cut, or burn yourself.</li> <li>• Clean your nose by blowing gently. Do not pick your nose.</li> <li>• Avoid constipation.</li> <li>• Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene.</li> </ul> <p>Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> <li>• Do not stop taking any medication that has been prescribed by your doctor (e.g., <b>ASA for your heart</b>).</li> <li>• For minor pain, try acetaminophen (e.g., TYLENOL®) first, to a maximum of 4 g (4000 mg) per day, but occasional use of ibuprofen may be acceptable.</li> </ul>

SIDE EFFECTS	MANAGEMENT
<p><b>Swelling</b> of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.</p>	<p>If swelling is a problem:</p> <ul style="list-style-type: none"> <li>• Elevate your feet when sitting.</li> <li>• Avoid tight clothing.</li> </ul>
<p><b>Hand-foot skin reaction</b> may sometimes occur during cabozantinib treatment. The palms of your hands and soles of your feet may tingle, become red, numb, painful, or swollen. Skin may also become dry or itchy. You may not be able to do your normal daily activities if blisters, severe pain, or ulcers occur.</p>	<ul style="list-style-type: none"> <li>• Avoid tight-fitting shoes or rubbing pressure to hands and feet, such as that caused by heavy activity.</li> <li>• Avoid tight-fitting jewellery.</li> <li>• Clean hands and feet with lukewarm water and gently pat to dry; avoid hot water.</li> <li>• Apply a sunscreen with an SPF (sun protection factor) of at least 30.</li> <li>• Apply lanolin-containing creams (e.g., BAG BALM®, UDDERLY SMOOTH®) to hands and feet, liberally and often.</li> <li>• Tell your cancer doctor or your nurse at the next visit if you have any signs of hand-foot skin reaction.</li> </ul> <p>Stop taking cabozantinib and call your cancer doctor if the skin reaction is painful, as your dose may need to be changed.</p>
<p><b>Loss of appetite</b> and <b>weight loss</b> sometimes occur.</p>	<ul style="list-style-type: none"> <li>• Increase high calorie/protein fluids such as full-fat milk, homemade smoothies, nutritional supplements</li> <li>• Limit fluid intake prior to meals</li> <li>• Increase intake of high calorie foods</li> </ul>
<p><b>Tiredness</b> and lack of energy may sometimes occur.</p>	<p>Do not drive a car or operate machinery if you are feeling tired.</p>
<p><b>Blood clots</b> may rarely occur. This is more likely to happen if you have had blood clots before. Signs to watch for include tenderness or hardness over a vein, calf tenderness, sudden onset of cough, chest pain, or shortness of breath.</p>	<p>To help prevent blood clots:</p> <ul style="list-style-type: none"> <li>• Keep active.</li> <li>• Drink plenty of fluids.</li> <li>• Avoid tight clothing.</li> <li>• Do not sit with your legs crossed at the knees.</li> </ul>

## **INSTRUCTIONS FOR THE PATIENT:**

### **SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:**

- Sign of an **infection** such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- Signs of a **blood clot** such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath.
- Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of feet or lower legs, or fainting.
- **Seizures** or **loss of consciousness** with or without **confusion, headache, or changes in eyesight.**
- Sudden **back, chest, neck, or abdominal pain** or tenderness.
- Signs of a **stroke** such as sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg.

### **SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:**

- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- **Painful hand-foot skin reaction** such as painful redness, peeling, tingling, numbness, swelling or blistering of the palms of your hands and/or the bottoms of your feet.
- **Pain** in your mouth, teeth, or jaw, or **poor healing** of your gums or mouth after a dental procedure.
- Increased **sore throat** or **mouth** that makes it difficult to swallow comfortably.

**If you experience symptoms or changes in your body that have not been described above but worry you, or if any symptoms are severe, contact \_\_\_\_\_ at telephone number \_\_\_\_\_**