



Provincial Health Services Authority

For the Patient: GUMCSPENZ

Palliative Therapy for Metastatic Castration Sensitive Prostate Cancer Using Enzalutamide

GU = Genito**U**rinary

MCS= Metastatic **C**astration **S**ensitive

P = **P**rostate

ENZ = **ENZ**alutamide

ABOUT THIS MEDICATION

What are these drugs used for?

- Enzalutamide (en" za loo' ta mide) is used to treat prostate cancer that has spread to other parts of the body.

How do these drugs work?

- Enzalutamide is an oral medication that blocks the effect of testosterone and reduces tumor size.

TREATMENT SUMMARY

How are these drugs given?

- Enzalutamide is given as a capsule by mouth.
- The starting dose is 160 mg by mouth once daily. A cycle of this medication is 4 weeks and you will go through multiple cycles depending on your response to treatment and/or side effects experienced.
- Doses may be reduced depending on side effects experienced.
- Enzalutamide can be taken with food or on an empty stomach.
- The capsules must be swallowed whole, do not chew or crush the capsules.
- 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 your missed dose, skip the missed dose and go back to your usual dosing times. Do not double the dose.

What will happen when I get my drugs?

- Blood tests and blood pressure measurements may be taken regularly during treatment. The dose of your medication may be changed based on your blood tests and/or other side effects.
- It is recommended that you monitor your blood pressure daily and keep a journal of the results to give 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 are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
Nausea does not usually occur with enzalutamide.	
Diarrhea may sometimes occur. If you have diarrhea and it is not controlled, you can quickly become dehydrated.	If diarrhea is a problem: <ul style="list-style-type: none">• Drink plenty of fluids.• Eat and drink often in small amounts.• Avoid high fibre foods as outlined in <i>Food Ideas to Help Manage Diarrhea</i>.* Tell your healthcare team if you have diarrhea for more than 24 hours.
Hot flashes (sudden sweating and feelings of warmth) sometimes occur when you first start taking enzalutamide. This usually improves as your body adjusts to enzalutamide.	If hot flashes are troublesome: <ul style="list-style-type: none">• Take your enzalutamide at bedtime.• If night sweats interfere with sleep, try taking enzalutamide in the morning.• Some people find it helpful to avoid alcohol, spicy food, and caffeine (coffee, tea, colas, chocolate).• Follow a regular exercise program.• Try staying in a cool environment.• Wear layers so that if you do experience a hot flash, the outer layers may be removed.• Ask your healthcare team for more advice if your hot flashes continue to bother you. There may be medications available.
Headache may sometimes occur.	Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.
Back, muscle, or joint pain may sometimes occur.	You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day or ibuprofen (e.g., ADVIL®) for mild to moderate pain. Tell your healthcare team if the pain interferes with your activity.

SIDE EFFECTS	MANAGEMENT
Swelling of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.	If swelling is a problem: <ul style="list-style-type: none"> • Elevate your feet when sitting. • Avoid tight clothing.
High blood pressure may sometimes occur.	Your blood pressure will be checked by your healthcare team during your visit. <ul style="list-style-type: none"> • You will be asked to check your blood pressure at home in between visits. • Your doctor may give you a prescription for blood pressure medication if your blood pressure is high. • Tell your doctor if you are already on blood pressure medication. Your doctor may have to adjust your dose.
Tiredness and lack of energy may sometimes occur.	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in <i>Fatigue/Tiredness – Patient Handout</i>.*
Hair loss is rare with enzalutamide. If you lose hair, it will grow back once you stop treatment with enzalutamide. Colour and texture may change.	If hair loss is a problem, refer to <i>Resources for Hair Loss and Appearance Changes – Patient Handout</i> .*

INSTRUCTIONS FOR THE PATIENT:

STOP TAKING ENZALUTAMIDE AND CHECK WITH YOUR HEALTHCARE TEAM OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of a **heart rhythm problem** such as fast or uneven heartbeat, dizziness, or fainting.
- **Seizures** or **loss of consciousness**.

CHECK WITH YOUR HEALTHCARE TEAM (DURING OFFICE HOURS) IF YOU HAVE:

- 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, or pink or red urine.

REPORT ADDITIONAL PROBLEMS TO YOUR HEALTHCARE TEAM