

## Helpful tips for CLL/SLL patients on IMBRUVICA®

### You may experience side effects while taking IMBRUVICA®<sup>1</sup>

We are all different and react differently to treatment. The suggestions below may help you while on IMBRUVICA®. Talk to your healthcare provider if you think you are experiencing any side effects.



#### To help with upset stomach, nausea, or diarrhea<sup>2-4</sup>:

- Hydrate with fluids such as water, apple juice, ginger ale, tepid tea, or clear broth
- Avoid consumption of spicy, fatty, and/or greasy foods
- Eat bland foods such as crackers or dry toast
- Consider the BRAT diet during periods of diarrhea:  
**B**ananas, **R**ice, **A**pplesauce, **T**oast

People who experienced diarrhea while taking IMBRUVICA® had symptoms that lasted a median\* of 7 days (range, 1 to 655). The diarrhea completely went away in 85% of those people.<sup>1</sup>



#### To help reduce fatigue (tiredness)<sup>5</sup>:

- Balance periods of light movement with periods of rest
- Get plenty of sleep, which may include short naps
- Remain well-hydrated throughout the day
- Eat a well-balanced diet that includes protein



#### To help prevent infection<sup>6</sup>:

- Wash hands often and bathe every day
- Avoid crowds and individuals with contagious diseases
- Drink plenty of fluids
- Talk to your doctor or nurse if you are planning any travel during this time

Infection is a serious possible side effect of IMBRUVICA®. Notify a healthcare professional immediately if signs of infection (such as fever, chills, weakness, and confusion) occur.

The results seen in clinical studies are based on patients taking IMBRUVICA® every day, as directed by their doctor.



Establish a routine to help you remember to take your medicine.



Set an alarm, or pair IMBRUVICA® with an activity that you do every day.

### How to take IMBRUVICA® for CLL/SLL

**IMBRUVICA®**

420 mg  
**ONCE DAILY**

Continue to take IMBRUVICA® daily as directed by your doctor

For CLL/SLL, IMBRUVICA® is dosed once a day as either a single 420-mg tablet or three 140-mg capsules. Talk to your doctor about which dosing option is right for you.

Swallow the capsules or tablets whole with a glass of water at about the same time each day. Do not open, break, or chew the capsules. Do not cut, crush, or chew the tablets.

Take IMBRUVICA® as prescribed by your doctor. Do not change or skip your dose without talking to your healthcare provider first.

#### IMPORTANT SIDE EFFECT INFORMATION

IMBRUVICA® may cause serious side effects, including bleeding problems (hemorrhage), infections, decrease in blood cell counts, heart rhythm problems (ventricular arrhythmias, atrial fibrillation and atrial flutter), high blood pressure (hypertension), second primary cancers, and tumor lysis syndrome (TLS).

**The information in this handout is not intended to replace the advice of your doctor. If you have any questions about your IMBRUVICA® treatment, be sure to contact your healthcare provider.**

CLL=chronic lymphocytic leukemia, SLL=small lymphocytic lymphoma.  
\*Median is the middle number in a group of numbers that are arranged from lowest to highest. For example, in the group of numbers 1-11, 6 is the median.

**imbruvica®**  
(ibrutinib)  
560, 420, 280, 140 mg tablets | 140, 70 mg capsules

# Talk with your doctor about any side effects that you experience while taking IMBRUVICA® (ibrutinib).

## What is IMBRUVICA® (ibrutinib)?

IMBRUVICA® (ibrutinib) is a prescription medicine used to treat adults with:

- Chronic lymphocytic leukemia (CLL)/Small lymphocytic lymphoma (SLL)
- Chronic lymphocytic leukemia (CLL)/Small lymphocytic lymphoma (SLL) with 17p deletion

It is not known if IMBRUVICA® is safe and effective in children.

## IMPORTANT SIDE EFFECT INFORMATION

**Before taking IMBRUVICA®, tell your healthcare provider about all of your medical conditions, including if you:**

- have had recent surgery or plan to have surgery. Your healthcare provider may stop IMBRUVICA® for any planned medical, surgical, or dental procedure.
- have bleeding problems.
- have or had heart rhythm problems, smoke, or have a medical condition that increases your risk of heart disease, such as high blood pressure, high cholesterol, or diabetes.
- have an infection.
- have liver problems.
- are pregnant or plan to become pregnant. IMBRUVICA® can harm your unborn baby. If you are able to become pregnant, your healthcare provider will do a pregnancy test before starting treatment with IMBRUVICA®.
  - **Females** should not become pregnant during treatment and for 1 month after the last dose of IMBRUVICA®.
  - **Males** should avoid getting female partners pregnant during treatment and for 1 month after the last dose of IMBRUVICA®.
- are breastfeeding or plan to breastfeed. You and your healthcare provider should decide if you will take IMBRUVICA® or breastfeed.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking IMBRUVICA® with certain other medicines may affect how IMBRUVICA® works and can cause side effects.

## How should I take IMBRUVICA®?

- Take IMBRUVICA® exactly as your healthcare provider tells you to take it.
- Take IMBRUVICA® 1 time a day.
- Swallow IMBRUVICA® capsules and tablets whole with a glass of water.
- Do not open, break or chew IMBRUVICA® capsules.
- Do not cut, crush or chew IMBRUVICA® tablets.
- Take IMBRUVICA® at about the same time each day.
- If you miss a dose of IMBRUVICA® take it as soon as you remember on the same day. Take your next dose of IMBRUVICA® at your regular time on the next day. Do not take extra doses of IMBRUVICA® to make up for a missed dose.
- If you take too much IMBRUVICA® call your healthcare provider or go to the nearest hospital emergency room right away.

## What should I avoid while taking IMBRUVICA®?

- You should not drink grapefruit juice, eat grapefruit, or eat Seville oranges (often used in marmalades) during treatment with IMBRUVICA®. These products may increase the amount of IMBRUVICA® in your blood.

## What are the possible side effects of IMBRUVICA®?

**IMBRUVICA® may cause serious side effects, including:**

- **Bleeding problems (hemorrhage) are common** during treatment with IMBRUVICA®, and can also be serious and may lead to death. Your risk of bleeding may increase if you are also taking a blood thinner medicine. Tell your healthcare provider if you have any signs of bleeding, including: blood in your stools or black stools (looks like tar), pink or brown urine, unexpected bleeding, or bleeding that is severe or that you cannot control, vomit blood

or vomit looks like coffee grounds, cough up blood or blood clots, increased bruising, dizziness, weakness, confusion, change in your speech, or a headache that lasts a long time.

- **Infections** can happen during treatment with IMBRUVICA®. These infections can be serious and may lead to death. Tell your healthcare provider right away if you have fever, chills, weakness, confusion, or other signs or symptoms of an infection during treatment with IMBRUVICA®.
- **Decrease in blood cell counts.** Decreased blood counts (white blood cells, platelets, and red blood cells) are common with IMBRUVICA®, but can also be severe. Your healthcare provider should do monthly blood tests to check your blood counts.
- **Heart rhythm problems (ventricular arrhythmias, atrial fibrillation and atrial flutter).** Serious heart rhythm problems and death have happened in people treated with IMBRUVICA®, especially in people who have an increased risk for heart disease, have an infection, or who have had heart rhythm problems in the past. Tell your healthcare provider if you get any symptoms of heart rhythm problems, such as feeling as if your heart is beating fast and irregular, lightheadedness, dizziness, shortness of breath, chest discomfort, or you faint. If you develop any of these symptoms, your healthcare provider may do a test to check your heart (ECG) and may change your IMBRUVICA® dose.
- **High blood pressure (hypertension).** New or worsening high blood pressure has happened in people treated with IMBRUVICA®. Your healthcare provider may start you on blood pressure medicine or change current medicines to treat your blood pressure.
- **Second primary cancers.** New cancers have happened during treatment with IMBRUVICA®, including cancers of the skin or other organs.
- **Tumor lysis syndrome (TLS).** TLS is caused by the fast breakdown of cancer cells. TLS can cause kidney failure and the need for dialysis treatment, abnormal heart rhythm, seizure, and sometimes death. Your healthcare provider may do blood tests to check you for TLS.

**The most common side effects of IMBRUVICA® in adults with B-cell malignancies (MCL, CLL/SLL, WM and MZL) include:**

- diarrhea
- muscle and bone pain
- rash
- bruising
- nausea
- tiredness
- fever

**The most common side effects of IMBRUVICA® in adults with cGVHD include:**

- tiredness
- bruising
- diarrhea
- mouth sores (stomatitis)
- muscle spasms
- nausea
- pneumonia

**Diarrhea is a common side effect in people who take IMBRUVICA®. Drink plenty of fluids during treatment with IMBRUVICA® to help reduce your risk of losing too much fluid (dehydration) due to diarrhea. Tell your healthcare provider if you have diarrhea that does not go away.**

These are not all the possible side effects of IMBRUVICA®. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**General information about the safe and effective use of IMBRUVICA®**

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use IMBRUVICA® for a condition for which it was not prescribed. Do not give IMBRUVICA® to other people, even if they have the same symptoms that you have. It may harm them. You can ask your pharmacist or healthcare provider for information about IMBRUVICA® that is written for health professionals.

**Please see the accompanying full Important Product Information.**

## YOU&i™ Support Program

Want to receive more resources like this? The YOU&i™ Support Program helps you **learn about access** to IMBRUVICA®, **find affordability** support options, and sign up for **nurse call support** for answers to your questions about your disease and IMBRUVICA®.

Enrolling in the YOU&i™ Support Program is easy

**1-877-877-3536**

Monday - Friday, 8 AM - 8 PM ET; Saturday, 8 AM - 5 PM ET

[www.youandisupport.com](http://www.youandisupport.com)

**References:** 1. IMBRUVICA® (ibrutinib) Prescribing Information. Pharmacyclics LLC 2019. 2. American Cancer Society. *Managing Nausea and Vomiting at Home*. <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/nausea-and-vomiting/nausea-and-vomiting.html>. Accessed October 9, 2018. 3. Shaw C, Taylor L. Treatment-related diarrhea in patients with cancer. *Clin J Oncol Nurs*. 2012;16(4):413-417. 4. National Cancer Institute. *Managing chemotherapy side effects: diarrhea*. <http://www.cancer.gov/cancertopics/coping/chemo-side-effects/diarrhea.pdf>. Updated February 2012. Accessed October 9, 2018. 5. American Cancer Society. *Managing Cancer-related Fatigue at Home*. <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fatigue/managing-fatigue-at-home.html>. Accessed October 9, 2018. 6. American Cancer Society. *Preventing Infections in People with Cancer*. American Cancer Society. <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/infections/preventing-infections-in-people-with-cancer.html>. Accessed October 9, 2018.

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