

Vorinostat (Zolinza)

About This Medicine

Vorinostat is used to treat cancer. It is given orally (by mouth).

Possible Side Effects

- A decrease in the number of platelets. This may raise your risk of bleeding.
- Nausea
- Diarrhea (loose bowel movements)
- Tiredness
- Decreased appetite (decreased hunger)
- Changes in the way food and drinks taste

Note: Each of the side effects above was reported in 20% or greater of patients treated with vorinostat. All possible side effects are not included. Your side effects may be different depending on your cancer diagnosis, condition, or if you are receiving other medicines in combination. Please discuss any concerns or questions with your medical team.

Warnings and Precautions

- Risk of blood clots. A blood clot in your leg may cause your leg to swell, appear red and warm, and/or cause pain. A blood clot in your lungs may cause trouble breathing, pain when breathing, and/or chest pain.
- Blood sugar levels may change
- Electrolyte changes
- In addition to a decrease in platelets, this medicine may cause a decrease in the number of red blood cells. This may make you more tired.
- Nausea, vomiting and diarrhea may be severe and may require treatment to prevent dehydration (lack of water in the body from losing too much fluid).

Note: Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team.

How to Take Your Medicine



- Swallow the medicine whole with food. Do not open or crush the capsules.
- **Missed dose:** If you miss a dose, take it as soon as you think about it unless it is almost time for your next dose. Do not take 2 doses at the same time or extra doses. If you vomit a dose or miss a dose, contact your doctor.
- **Handling:** Wash your hands after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- If you get any of the content of a broken capsules on your skin or in your eyes, you should wash the area of the skin well with soap and water right away. Wash your eyes with flowing water for at least 15 minutes and call your doctor. Call your doctor if you get a skin reaction
- Cytotoxic medicines leave the body through urine and stool, but they can also be present in other body fluids such as blood, vomit, semen, and vaginal fluids. Take precautions to prevent others from coming in contact with your medicine or your body fluids. Follow safety precautions during your treatment and for as long as directed by your health care provider after your treatment. If you take a cytotoxic pill each day, follow these precautions every day.
- **Storage:** Store this medicine in the original container at room temperature.
- **Disposal of unused medicine:** Do not flush any expired and/or unused medicine down the toilet or drain unless you are specifically instructed to do so on the medicine label. Some facilities have take-back programs and/or other options. If you do not have a take-back program in your area, then please discuss with your nurse or your doctor how to dispose of unused medicine.

Treating Side Effects

- Manage tiredness by pacing your activities for the day.
- Be sure to include periods of rest between energy-draining activities.
- To decrease your risk of bleeding, use a soft toothbrush. Check with your nurse before using dental floss.
- Be very careful when using knives or tools.
- Use an electric shaver instead of a razor.
- Drink plenty of fluids to keep your urine pale yellow (up to 2 liters per day is recommended).
- If you throw up or have diarrhea, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).
- If you have diarrhea, eat low-fiber foods that are high in protein and calories and avoid foods that can irritate your digestive tracts or lead to cramping.
- Ask your nurse or doctor about medicine that can lessen or stop your diarrhea.
- To help with nausea and vomiting, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- To help with decreased appetite, eat small, frequent meals. Eat foods high in calories and protein, such as meat, poultry, fish, dry beans, tofu, eggs, nuts, milk, yogurt, cheese, ice cream, pudding, and nutritional supplements.
- Consider using sauces and spices to increase taste. Daily exercise, with your doctor's approval, may increase your appetite.
- Taking good care of your mouth may help food taste better and improve your appetite.



- If you have diabetes, keep good control of your blood sugar level. Tell your nurse or your doctor if your glucose levels are higher or lower than normal.

Food and Medicine Interactions

- There are no known interactions of vorinostat with food. This medicine should be taken with food.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) you are taking before starting this medicine as there are known medicine interactions with vorinostat. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.
- There are known interactions of vorinostat with blood thinning medicine such as warfarin. Ask your doctor what precautions you should take. You may need more frequent blood work to monitor your warfarin.
- Certain types of medicines called HDAC inhibitors (e.g., valproic acid) can interact with vorinostat and put you at an increased risk of bleeding. Talk to your doctor if you are taking a HDAC inhibitor, or if you do not know if you are taking an HDAC inhibitor.

When to Call the Doctor

Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Feeling dizzy or lightheaded
- Tiredness that interferes with your daily activities
- Easy bleeding or bruising
- Wheezing and/or trouble breathing
- Pain in your chest
- Your leg is swollen, red, warm, and/or painful
- Nausea that stops you from eating or drinking and/or nausea that is not relieved by prescribed medicine
- Throwing up more than 3 times a day
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- Changes in the way food and drink taste that is causing a loss of appetite
- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- Abnormal blood sugar
- Unusual thirst, passing urine often, headache, sweating, shakiness, irritability
- If you think you are pregnant or may have impregnated your partner

Reproduction Warnings

- **Pregnancy warning:** This medicine can have harmful effects on the unborn baby. Women of child-bearing potential should use effective methods of birth control during your cancer treatment and for at least 6 months after stopping treatment. Men with female partners of childbearing potential



should use effective methods of birth control during your cancer treatment and for at least 3 months after stopping treatment. Let your doctor know right away if you think you may be pregnant or may have impregnated your partner.

- **Breastfeeding warning:** Women should not breastfeed during treatment and for at least 1 week after stopping treatment because this medicine could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** In women, this medicine may affect your ability to have children in the future. Talk with your doctor or nurse if you plan to have children. Ask for information on egg banking.

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