

Mitotane (Lysodren)

About This Medicine

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

Possible Side Effects

- Nausea and vomiting (throwing up)
- Diarrhea (loose bowel movements)
- Pain in your abdomen
- Decreased appetite (decreased hunger)
- Feeling dizzy or feeling that your environment is spinning
- Increase in your cholesterol level
- Increase in your triglyceride levels
- Changes in your thyroid function
- Decreased testosterone level in men
- Depression
- Rash

Note: 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

- Changes in your adrenal gland function. Some hormones may not be produced, especially those that are produced in response to severe injury or shock. Your doctor may prescribe replacement steroids as needed.
- Changes in your central nervous system can happen. The central nervous system is made up of your brain and spinal cord. You could feel extreme tiredness, sleepiness, and dizziness.
- If you are female and premenopausal, you have a higher risk of developing ovarian cysts.
- Changes in your liver function, which can cause liver failure,
- Bone marrow suppression. This is a decrease in the number of white blood cells, red blood cells, and platelets. This may raise your risk of infection, make you tired and weak, and raise your risk of bleeding.

- Prolonged bleeding time, which increases your risk of bleeding.

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

Important Information

- Talk to your doctor before and any minor/major surgical and/or dental procedures. Also, if you must have emergency surgery, tell the doctor that you are on mitotane.
- This medicine may impair your ability to drive or you machinery. Use caution and talk to your doctor and/or nurse about any precautions you may need to take.
- This medicine can affect hormone levels and could result in a condition that causes swelling of the breasts in men.

How to Take Your Medicine

- Swallow the medicine whole, with a high fat meal or snack. Do not crush, chew, or split tablets.
- **Missed dose:** If you vomit or miss a dose, take your next dose at the regular time. Do not take 2 doses at the same time and do not double up on the next dose.
- If any tablets are broken or crushed, do not touch them with your bare hands. Carefully throw away the capsules and wash your hands after handling.
- **Handling:** Wash your hands with soap and water, before and after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- If a broken or crushed tablet comes in contact with your or your caregiver's skin, you should wash the area of the skin well with soap and water right away. 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,
- If you are dizzy, get up slowly after sitting or lying down.
- To decrease the risk of infection, wash your hands regularly.
- Avoid close contact with people who have a cold, the flu, or other infections.



- Take your temperature as your doctor or nurse tells you, and whenever you feel like you may have a fever.
- To help decrease the 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 enough fluids to keep your urine pale yellow.
- 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 foods high in calories and protein such as meat, poultry, fish, dry beans, tofu, eggs, nuts, milk, yogurt, cheese, ice creams, puddings, and nutritional supplements.
- Consider using sauces and spices to increase taste. Daily exercise, with your doctor's approval may increase your appetite.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.
- If you get a rash, do not put anything on it unless your doctor or nurse says you may. Keep the area around the rash clean and dry. Ask your doctor for medicine if your rash bothers you.

Food and Medicine Interactions

- There are no known interactions of mitotane 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 mitotane. 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 mitotane with thinning medicine such as warfarin. Ask your doctor what precautions you should take.
- This medicine interactions with hormonal birth control (i.e., birth control pills, skin patches, vaginal rings, injections) and affect how they work. Discuss with your doctor and/or nurse what method of birth control may be right for you during your treatment.

When to Call the Doctor

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

- Fever of 100.4° F (38° C) or higher



- Chills
- Feeling dizzy or lightheaded
- Confusion
- Trouble speaking
- Trouble thinking and/or memory loss
- Numbness, tingling, pins and needles, or pain in your arms, hands, legs, or feet
- Tiredness that interferes with your daily activities
- Extreme tiredness and/or coma
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- Pain in your abdomen or lower abdomen (pelvis) that does not go away
- Abnormal vaginal bleeding
- A new rash and/or itching or a rash that is not relieved by prescribed medicines
- Lose interest in your daily activities that you used to enjoy and feeling this way every day, and/or you feel hopelessness
- Signs of abnormal bleeding such as coughing up blood, throwing up blood (may look like coffee grounds), easy bleeding or bruising, red or black tarry bowel movements, abnormally heavy menstrual flow, nosebleeds, or any other unusual bleeding
- Signs of possible liver problems: dark urine, pale bowel movements, pain in your abdomen, feeling very tired and weak, unusual itching, or yellowing of the eyes or skin
- Signs of low thyroid function: tiredness, unexplained weight gain, hair loss, dry skin, constipation, increased sensitivity to cold
- Signs of low adrenal gland function: nausea, vomiting, loss of appetite, tiredness, weakness, feeling dizzy or lightheaded
- If you think you may be pregnant

Reproduction Warnings

- **Pregnancy warning:** This medicine can have harmful effects on the unborn baby. Women of childbearing potential should use effective non-hormonal methods of birth control during your cancer treatment and for as long as medicine level is detectable in your blood. Let your doctor know right away if you think you may be pregnant.
- Birth control pills (oral contraceptives) and other hormonal forms of birth control may not be effective with this medicine.
- **Breastfeeding warning:** Women should not breast feed during treatment and for as long as medicine level is detectable in your blood because this medicine could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** Fertility studies have not been done with this medicine. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm or egg banking.



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