

Selinexor (Xpovio)

About This Drug

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

Possible Side Effects

- 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.
- Cataract (clouding of lens in your eye)
- Nausea and vomiting (throwing up)
- Diarrhea (loose bowel movements)
- Constipation (not able to move bowels)
- Fever
- Tiredness
- Weight loss
- Decreased appetite (decreased hunger)
- Electrolyte changes
- Effects on the nerves called peripheral neuropathy. You may feel numbness, tingling, or pain in your hands and feet. It may be hard for you to button your clothes, open jars, or walk as usual. The effect on the nerves may get worse with more doses of the drug. These effects get better in some people after the drug is stopped but it does not get better in all people.
- Trouble breathing
- Upper respiratory tract infection

Note: Each of the side effects above was reported in 20% or greater of patients treated with selinexor. Your side effects may be different depending on your condition and/or drug combination. Not all possible side effects are included above.

Warnings and Precautions

- Severe decrease in platelets and white blood cells which can be life-threatening
- Severe nausea, vomiting, and diarrhea which can cause dehydration (lack of water in your body) and weight loss
- Severe decreased level of sodium in your blood, which can be life-threatening

- Risk of severe and life-threatening infections
- 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, confusion, or have hallucinations (see or hear things that are not there). You could feel dizzy or lightheaded and possibly pass out. **If you start to have any of these symptoms let your doctor know right away.**
- In patients with multiple myeloma, this drug may make cataracts worse or may raise the chance of new cataracts, which may require surgical treatment.

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

- Selinexor is usually prescribed in combination with dexamethasone for patients with multiple myeloma. Follow your doctor's instruction for your dexamethasone prescription.
- It is recommended that you take an anti-nausea medicine before you take selinexor, and as needed throughout your treatment to prevent severe nausea and vomiting. Discuss with your doctor and/or nurse which medicine may be best for you during your treatment.
- This drug may impair your ability to drive or use machinery. Use caution and talk your doctor and/or nurse about any precautions you may need to take.

How to Take Your Medication

- Swallow this medicine whole with water. Take at approximately the same time on each scheduled day. Do not break, chew, crush or divide tablets.
- **Missed dose:** If you vomit or miss a dose, take your next dose at the regular time, and contact your doctor. Do not take 2 doses at the same time and do not double up on the next dose.
- **Handling:** Wash your hands after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- This drug may be present in the saliva, tears, sweat, urine, stool, vomit, semen, and vaginal secretions. Talk to your doctor and/or your nurse about the necessary precautions to take during this time.
- **Storage:** Store this medicine in the original container at room temperature. Do not store above 30°C (86°F).
- **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 medication 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 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 plenty of fluids (a minimum of eight glasses 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).
- 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.
- 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 and/or constipation.
- If you are not able to move your bowels, check with your doctor or nurse before you use enemas, laxatives, or suppositories.
- To help with decreased appetite and weight loss, eat small, frequent meals. Eat foods high in calories and protein at every meal and snack, such as meat, poultry, fish, dry beans, tofu, eggs, nuts, milk, yogurt, cheese, ice cream, pudding, and nutritional supplements.
- To help with weight loss, drink fluids that contribute calories (whole milk, juice, soft drinks, sweetened beverages, milkshakes, and nutritional supplements) instead of water.
- Consider using sauces and spices to increase taste. Daily exercise, with your doctor's approval, may increase your appetite.
- If you have numbness and tingling in your hands and feet, be careful when cooking, walking, and handling sharp objects and hot liquids.

Food and Drug Interactions

- There are no known interactions of selinexor with food.
- This drug may interact with other medicines. Tell your doctor and pharmacist about all the prescription and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) that you are taking at this time. 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.

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
- Tiredness that interferes with your daily activities



- Feeling dizzy or lightheaded
- Blurred vision or other changes in eyesight
- Hallucinations
- Extreme tiredness or confusion
- Easy bleeding or bruising
- Wheezing and/or trouble breathing
- Coughing up yellow, green, or bloody mucus
- 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
- No bowel movement in 3 days or when you feel uncomfortable
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- Numbness, tingling, or pain in your hands and feet
- If you think you may be pregnant or may have impregnated your partner

Reproduction Warnings

- **Pregnancy warning:** This drug can have harmful effects on the unborn baby. Women of childbearing potential should use effective methods of birth control during your cancer treatment and for 1 week after stopping treatment. Men with female partners of childbearing potential should use effective methods of birth control during your cancer treatment and for 1 week 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 1 week after stopping treatment because this drug could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** In men and women both, this drug 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 sperm or egg banking.

Revised June 2022

