



Provincial Health Services Authority

## For the Patient: **GUMCSPABI**

Therapy for Metastatic Castration Sensitive Prostate Cancer using Abiraterone and Prednisone

**GU** = Genito**U**ri**n**ary (tumor group)

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

**P** = **P**rostate

**ABI** = **ABI**raterone

### **ABOUT THIS MEDICATION**

#### **What are these drugs used for?**

- Abiraterone in combination with prednisone are used to treat prostate cancer that has spread to other parts of the body in patients whose disease is responding to hormone therapy

#### **How do these drugs work?**

- Abiraterone stops your body from making androgens (male hormones like testosterone) and this can slow the growth of prostate cancer.

### **TREATMENT SUMMARY**

#### **How are these drugs given?**

- Abiraterone is supplied as tablets, which are taken by mouth once daily. The standard dose is 1000 mg/day.
- Take abiraterone on an empty stomach once a day, at least 1 hour before or 2 hours after a meal.
- Take abiraterone at around the same time every day.
- Do not split, chew or crush abiraterone tablets. Swallow whole.
- Prednisone is a tablet that can be taken by mouth once daily or as a split dose twice daily. Standard dose of prednisone is 10 mg/day.
- Take prednisone with food to avoid any stomach upset.
- If you forget to take abiraterone or prednisone, take your normal dose the following day.
- If you forget to take abiraterone or prednisone for more than one day, talk to your doctor.

#### **What will happen when I get my drugs?**

- A blood test is done every 2 to 4 weeks. The dose and timing of your treatment may be changed based on your blood tests and/or other side effects.

## SIDE EFFECTS AND WHAT TO DO ABOUT THEM

The 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
<b>Nausea</b> and <b>vomiting</b> may occur. Most people have little or no nausea.	You may be given a prescription for antinausea drug(s) to take at home. <b>It is easier to prevent nausea than treat it once it has occurred</b> , so follow directions closely. <ul style="list-style-type: none"><li>• Drink plenty of fluids.</li><li>• Eat and drink often in small amounts.</li></ul>
<b>Hot flashes</b> (sudden sweating and feelings of warmth) may sometimes occur when you first start taking abiraterone. This usually improves as your body adjusts to abiraterone.	If hot flashes are troublesome: <ul style="list-style-type: none"><li>• Take your abiraterone at bedtime.</li><li>• If night sweats interfere with sleep, try taking abiraterone in the morning.</li><li>• Some people find it helpful to avoid alcohol, spicy food, and caffeine (coffee, tea, colas, chocolate).</li><li>• Follow a regular exercise program.</li><li>• Try staying in a cool environment.</li><li>• Wear layers so that if you do experience a hot flash, the outer layers may be removed.</li></ul> Ask your doctor for more advice if your hot flashes continue to bother you. There may be medications available.
<b>Muscle</b> or <b>joint pain</b> may sometimes occur.	You may take acetaminophen (e.g., <b>TYLENOL®</b> ) every 4-6 hours to a maximum of 4 g (4000 mg) per day or ibuprofen (e.g., <b>ADVIL®</b> ) for mild to moderate pain. Tell your doctor if the pain interferes with your activity.
<b>Swelling</b> 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"><li>• Elevate your feet when sitting.</li><li>• Avoid tight clothing.</li></ul>

SIDE EFFECTS	MANAGEMENT
<p><b>High blood pressure</b> may sometimes occur. This can happen very quickly after starting treatment.</p>	<p>Your blood pressure will be checked during your visits to your doctor.</p> <ul style="list-style-type: none"> <li>• You may be asked to check your blood pressure frequently between visits.</li> <li>• Your doctor may give you medication if your blood pressure is high.</li> <li>• Tell your doctor if you are already on blood pressure medication. Your doctor may have to adjust your dose.</li> </ul>
<p><b>Tiredness</b> and lack of energy may sometimes occur.</p>	<ul style="list-style-type: none"> <li>• Do not drive a car or operate machinery if you are feeling tired.</li> </ul>

**STOP TAKING ABIRATERONE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:**

- Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of feet or lower legs, or fainting.

**SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:**

- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- Signs of **bladder problems** such as changes in urination, painful burning sensation, presence of blood, or abdominal pain.

**CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTH YOU:**

- Uncontrolled diarrhea.
- Headache not controlled with acetaminophen (e.g., **TYLENOL®**).
- Cough.
- Heartburn or indigestion.

**If you experience symptoms or changes in your body that have not been described above but worry you, or if any symptoms are severe, contact \_\_\_\_\_ at telephone number \_\_\_\_\_**