

## **For the Patient: HNOTVAN**

Other Names: Therapy for Medullary Thyroid Cancer using Vandetanib

**HN** = Head and Neck (tumour group)

**OT** = Other (includes Thyroid)

**VAN** = VANDetanib

### **ABOUT THIS MEDICATION**

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

- Vandetanib (van DET a nib) is an oral drug treatment given as therapy to treat medullary thyroid cancer.

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

- Vandetanib works by interfering with certain enzymes called tyrosine kinases that are important in the growth and spread of certain types of cancer. It prevents the growth of new blood vessels surrounding cancer cells, and prevents the increase in the number of cancer cells.

### **INTENDED BENEFITS**

- This drug is being given to destroy and/or limit the growth of cancer cells in your body. This treatment may improve your current symptoms, and delay or prevent the onset of new symptoms.
- It may take several treatments before your doctor can judge whether or not this medicine is helping. The medicine is continued as long as there is benefit and side effects tolerable.

### **TREATMENT SUMMARY**

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

Vandetanib is a tablet swallowed whole once a day. For specific instructions, see the "Instructions for the Patient" section.

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

- A blood test is done each cycle on or before each treatment. The dose and timing of your treatment may be changed based on your blood counts and/or other side effects.
- The doctor will review the results of the blood test and meet with you each cycle. If you are to proceed with treatment, he/she will give you a prescription to fill at the pharmacy.

**What are the side effects of vandetanib, how often do they occur, and how do I manage them?**

Unexpected and unlikely side effects can occur with any drug treatment. The ones listed below are particularly important for you to be aware of as they are directly related to the common actions of the drugs in your treatment plan.

<b>SERIOUS SIDE EFFECTS</b>	<b>How common is it?</b>	<b>MANAGEMENT</b>
<b>High blood pressure</b> may occur.	common	Your blood pressure will be checked during your visits to your doctor.
<b>Decreased blood flow to the heart</b> may sometimes occur. Symptoms may include severe chest pain, shortness of breath, feeling lightheaded or faint, or a cold sweat.	uncommon	<b>Call your doctor and get emergency help immediately.</b>
<b>Irregular heartbeats</b> may occur. Symptoms may include feeling faint, lightheaded, dizzy or fast heartbeat.	uncommon	<b>Call your doctor and get emergency help immediately.</b>
<b>Bleeding problems</b> from your nose, mouth, stomach or lungs, or bruising on your skin.	uncommon	<b>Call your doctor and get emergency help immediately.</b>

<b>OTHER SIDE EFFECTS</b>	<b>How common is it?</b>	<b>MANAGEMENT</b>
<b>Sensitivity of the skin to sunlight</b>	uncommon	<ul style="list-style-type: none"> <li>• Use a sunblock during and for 4 months following the last dose of vandetanib.</li> </ul>
<b>Skin rashes, dryness or itching</b> may sometimes occur. Rash may be like acne.	Common	<ul style="list-style-type: none"> <li>• Wear loose cotton clothes</li> <li>• Urea-containing lotions may be helpful, particularly if the skin is very dry (e.g., UREMOL®, URISEC®)</li> </ul>

OTHER SIDE EFFECTS	How common is it?	MANAGEMENT
<p><b>Hand-foot skin reaction</b> may sometimes occur during vandetanib treatment. The palms of your hands and soles of your feet may tingle, become red, numb, painful, or swollen. Skin may also become dry or itchy.</p>	<p>common</p>	<ul style="list-style-type: none"> <li>• Avoid tight-fitting shoes or rubbing pressure to hands and feet.</li> <li>• Clean hands and feet with lukewarm water and gently pat to dry; avoid hot water.</li> <li>• Apply lanolin-containing creams (e.g., BAG BALM®, UDDERLY SMOOTH®) to hands and feet, liberally and often.</li> <li>• Tell your cancer doctor or your nurse at the next visit if you have any signs of hand-foot skin reaction as your dose may need to be changed.</li> </ul>
<p><b>Diarrhea</b> may sometimes occur.</p>	<p>common</p>	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Eat and drink often in small amounts.</li> <li>• Avoid high fibre foods as outlines in <i>Food Ideas to Help with Diarrhea During Chemotherapy</i>.* </li></ul>
<p><b>Tiredness</b> and lack of energy may sometimes occur. Vandetanib is not likely to affect your ability to drive or use machinery.</p>	<p>uncommon</p>	<ul style="list-style-type: none"> <li>• Try the ideas in <i>Your Bank of Energy Savings: How People with Cancer Can Handle Fatigue</i>.*</li> </ul>
<p><b>Nausea</b> does not usually occur with vandetanib.</p>	<p>uncommon</p>	<ul style="list-style-type: none"> <li>• Drink plenty of fluids</li> <li>• Eat and drink often in small amounts.</li> <li>• Try the ideas in <i>Food Choices to Control Nausea</i>.</li> </ul>

OTHER SIDE EFFECTS	How common is it?	MANAGEMENT
<b>Loss of appetite and weight loss</b> may occur.	common	<ul style="list-style-type: none"> <li>• Try the ideas in <i>High Energy High Protein Ideas</i> and <i>Healthy Eating Using High Energy, High Protein Foods</i>.*</li> </ul>
<b>Headache or pain</b> may sometimes occur.	uncommon	Take acetaminophen (e.g., <b>TYLENOL®</b> ) first, but occasional use of ibuprofen may be acceptable.
<b>Numbness or tingling of the fingers and toes</b> may sometimes occur.	uncommon	<ul style="list-style-type: none"> <li>• Be careful when handling items that are sharp, hot or cold.</li> <li>• Tell your doctor at your next visit, especially if you have trouble with buttons, writing, or picking up small objects.</li> </ul>

## **INSTRUCTIONS FOR THE PATIENT**

### **How should I take this drug?**

Vandetanib is best taken with a glass of water with or without food. Take it about the same time every day. If you have trouble swallowing the tablet, you can dissolve it in water. Do not crush the tablet. Avoid fruit and fruit juices containing grapefruit, start fruit, pomegranate, Seville oranges, and other similar citrus fruits.

### **What if I miss a dose?**

If you miss a dose of vandetanib, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times. Do not double the dose to make up for a forgotten tablet.

If you vomit the dose of vandetanib within 30 minutes of taking it, repeat the dose. Let your doctor know as your medication to prevent nausea may need to be changed.

### **How should I store this drug?**

Store vandetanib tablets out of reach of children, at room temperature, away from heat, light, and moisture.

### **What other drugs can interact with vandetanib?**

Many prescription and non-prescription medicines, vitamins, and herbal supplements may interact with vandetanib and cause side effects. The pharmacist will check for interactions prior to starting vandetanib. Inform your doctor and pharmacist when you start a new medicine.

## **THE FOLLOWING INFORMATION IS VERY IMPORTANT**

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

- Signs of a **stroke** such as sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness, or numbness in face, arm or leg.
- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heartbeat, face swelling, or breathing problems.
- Signs of **bleeding problems** such as black, tarry stools; blood urine; pinpoint spots on skin.
- **Seizures** or **loss of consciousness** with or without **confusion, headache, or changes in eyesight.**
- **Severe skin reactions** (e.g., redness, pain, ulcers, blisters and shedding of the skin)

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

- Abdominal pain that doesn't go away.

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

- Delayed wound healing
- Weight loss or lack of appetite
- Changes in vision
- Easy bruising or minor bleeding

**If you experience symptoms or changes in your body that have not been described above but worry you, or in any symptoms are severe, contact:**

\_\_\_\_\_ at telephone  
number: \_\_\_\_\_