

# Belumosudil

Care Team Contact Information: \_\_\_\_\_

Pharmacy Contact Information: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

- This treatment is often used for chronic graft-versus-host disease (chronic GVHD).
- It may also be used for other reasons.

Goal of Treatment: \_\_\_\_\_

- Treatment may continue until it no longer works or until side effects are no longer controlled.

## Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Belumosudil (BEL-ue-MOE-soo-dil); Rezurock (RE-zu-rok)	Blocks a protein that causes inflammation and tissue scarring, helping to calm the overactive immune system and reduce damage to organs.	Tablet taken by mouth.

## Treatment Administration and Schedule

Your belumosudil dosing instructions:

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- Belumosudil comes in 1 tablet strength: 200 mg.
- Take belumosudil 1 time a day, at about the same time each day.
- Take belumosudil with a meal.
- Swallow belumosudil tablets whole with a glass of water. Do not cut, crush, or chew the tablets.
- Do not change your dose or stop taking belumosudil without first talking to your care team.
- If you miss a dose of belumosudil take it as soon as you remember on the same day. Take your next dose of belumosudil at your regular time on the next day. Do not take extra doses of belumosudil to make up for a missed dose.
- If you take too much belumosudil, call your care team or go to the nearest hospital emergency room right away.

## Storage and Handling of Belumosudil

- Store belumosudil at room temperature between 68°F and 77°F (20°C and 25°C).
- Keep belumosudil in its original container. The belumosudil bottle contains a desiccant packet to help keep your tablets dry (protect from moisture). Keep the desiccant in the bottle.
- Tightly close the belumosudil bottle after you take your dose.
- Keep belumosudil and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused belumosudil.

## Appointments

Appointments may include regular check-ups with your care team, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

## Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
To help prevent or treat nausea and vomiting	<hr/> <hr/> <hr/>
Other	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
<p>Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection</p>	<p>Description: WBCs help protect your body from infections. A low WBC count increases your risk of infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Wash your hands often and bathe regularly.</li> <li>• Avoid crowded places and close contact with people who are sick.</li> <li>• Follow food safety and wound care advice from your care team.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Fever of 100.4°F (38°C) or higher</li> <li>• Chills</li> <li>• New or worsening cough or sore throat</li> <li>• Painful urination or signs of a urinary infection</li> <li>• Feeling much more tired than usual</li> <li>• Red, swollen, warm, or painful areas on the skin (possible skin infection)</li> </ul>
<p>Low Platelet Count (Thrombocytopenia)</p>	<p>Description: Platelets help your blood clot and wounds heal. A low platelet count increases your risk of bruising and bleeding.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Blow your nose gently and avoid picking it.</li> <li>• Brush your teeth gently with a soft toothbrush and keep good oral hygiene.</li> <li>• Use an electric razor for shaving and a nail file instead of nail clippers.</li> <li>• Avoid over-the-counter medicines that can increase bleeding risk (for example, nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen).</li> <li>• Talk with your care team or dentist before medical or dental procedures — you may need to pause treatment.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• A nosebleed lasting more than 5 minutes despite pressure</li> <li>• A cut that continues to bleed</li> <li>• Heavy gum bleeding when brushing or flossing</li> <li>• Sudden or severe headache</li> <li>• Blood in your urine or stool</li> <li>• Blood in your spit after coughing</li> </ul>
<p>Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia)</p>	<p>Description: RBCs and Hgb carry oxygen to your body’s tissues and remove carbon dioxide. Low RBC or Hgb (anemia) can make you feel weak, very tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Aim for 7 to 8 hours of sleep each night.</li> <li>• Do not drive, operate heavy machinery, or do other dangerous activities if you are very tired.</li> <li>• Balance activity and rest — stay as active as you can, but rest when needed.</li> <li>• Eat a balanced diet and follow any nutrition or supplement advice from your care team.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Shortness of breath</li> <li>• Dizziness or fainting</li> <li>• Fast or irregular heartbeats</li> <li>• Sudden or severe headache</li> </ul>

<p>Fatigue</p>	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Routine exercise can help reduce fatigue. Talk with your care team to find the right type and amount of activity for you.</li> <li>• Ask family and friends for help with daily tasks and for emotional support.</li> <li>• Try healthy ways to feel better, such as meditation, journaling, yoga, or guided imagery, to reduce anxiety and improve well-being.</li> <li>• Aim for 7 to 8 hours of sleep each night. Limit daytime naps to help you sleep better at night.</li> <li>• Do not drive, operate heavy machinery, or do other potentially dangerous activities if you are very tired.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Tiredness that affects your daily life or prevents you from doing normal activities</li> <li>• Tiredness that does not get better with rest</li> <li>• Dizziness or weakness along with severe tiredness</li> </ul>
<p>Swelling (Edema)</p>	<p>Description: Swelling and fluid retention can occur in different areas of the body, like the legs or hands. You might notice areas feel puffy or tighter than usual.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Keep a daily log of swelling and note any changes in size or location.</li> <li>• Elevate swollen limbs when resting.</li> <li>• Limit salt intake.</li> <li>• Stay active with regular, gentle exercises.</li> <li>• Avoid prolonged periods of sitting or standing without movement.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Swelling that suddenly worsens or spreads to other areas</li> <li>• Pain, redness, or warmth in the affected area</li> <li>• Signs of shortness of breath or difficulty breathing</li> <li>• Swelling is persistent and does not improve with home management</li> <li>• Unexpected weight gain</li> </ul> <p>Note: Your care team may ask you to contact them if your weight increases by a certain amount over a certain time period.</p>

<p>Cough and Shortness of Breath</p>	<p>Description: During treatment, you may start coughing more than usual. You may also feel like you can't catch your breath or that breathing is harder.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Drink 8 to 10 glasses of water each day to help with mucus.</li> <li>• Avoid and stop smoking.</li> <li>• Use a humidifier to make the air moist.</li> <li>• Try slow, deep breathing.</li> <li>• Use extra pillows to keep your head up when you sleep.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Trouble breathing</li> <li>• Chest pain or tightness</li> <li>• Cough</li> </ul>
<p>Nausea and Vomiting</p>	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. You may or may not vomit.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Eat smaller, more frequent meals.</li> <li>• Avoid fatty, fried, spicy, or highly sweet foods.</li> <li>• Eat bland foods at room temperature and drink clear liquids.</li> <li>• If you vomit, start with small sips of water, broth, or other clear liquids. If these stay down, try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal) and gradually return to solid foods.</li> <li>• Your care team may prescribe medicine for these symptoms.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Vomiting for more than 24 hours</li> <li>• Nonstop vomiting</li> <li>• Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine)</li> <li>• Blood or coffee-ground-like appearance in your vomit</li> <li>• Severe stomach pain that does not go away after vomiting</li> </ul>
<p>Diarrhea</p>	<p>Description: Diarrhea is loose, watery stools or more frequent bowel movements than usual. It can cause dehydration and weakness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Keep track of how often you go to the bathroom each day.</li> <li>• Drink 8 to 10 glasses of water or other fluids daily, unless your care team tells you otherwise.</li> <li>• Eat small meals of mild, low-fiber foods (such as bananas, applesauce, potatoes, chicken, rice, and toast).</li> <li>• If you have diarrhea, avoid high-fiber foods (such as raw vegetables, fruits, and whole grains), gas-producing foods (such as broccoli and beans), dairy (such as milk and yogurt), and spicy, fried, or greasy foods.</li> <li>• Your care team may recommend an antidiarrheal medicine such as loperamide (Imodium).</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• 4 or more bowel movements than normal in 24 hours</li> <li>• Dizziness or lightheadedness while having diarrhea</li> <li>• Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine)</li> <li>• Bloody diarrhea</li> </ul>

<p>Liver Problems</p>	<p>Description: Treatment can cause liver injury. Your care team may check your liver with blood tests before and during treatment.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Yellowing of your skin or the white part of your eyes (jaundice)</li> <li>• Severe nausea or vomiting</li> <li>• Pain on the right side of your stomach area (abdomen)</li> <li>• Dark, tea-colored urine</li> <li>• Bleeding or bruising more easily than normal</li> </ul>
<p>Kidney Problems</p>	<p>Description: Treatment can cause kidney problems, including damage to the kidneys and decreased kidney function. Your care team will monitor your kidney function during treatment.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Drink 8 to 10 glasses of water or other fluids each day, unless your care team tells you otherwise.</li> <li>• Your care team may give you fluids and electrolytes with your treatment.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Decrease in your amount of urine</li> <li>• Blood in your urine</li> <li>• Swelling of your ankles</li> <li>• Loss of appetite</li> </ul>
<p>Changes in Electrolytes</p>	<p>Description: Treatment may cause low levels of phosphate and calcium and high levels of potassium in your blood. Your care team will do blood tests to check you for these changes and will treat you if needed.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Heart rhythm changes (fast, slow, irregular, or pounding heartbeat)</li> <li>• Breathing difficulties, shortness of breath, or chest pain</li> <li>• Confusion, severe dizziness, or slurred speech</li> <li>• Fainting or seizures</li> <li>• Muscle weakness, cramps, or spasms</li> <li>• Tingling or numbness (mouth, hands, or feet)</li> <li>• Bone pain</li> <li>• Sudden weight gain or swelling of extremities</li> <li>• Severe fatigue or inability to perform daily activities</li> </ul>

**Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.  
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.**

## Intimacy, Fertility, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment can affect your **ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment.
- Treatment may **harm an unborn baby**.
  - If you are able to become pregnant:
    - Take a pregnancy test before starting treatment.
    - Use an effective method of birth control during treatment and for 1 week after your last dose of belumosudil.
    - If you think you might be pregnant or if you become pregnant, tell your care team right away.
  - If your partner is able to become pregnant, use an effective method of birth control—such as condoms—during treatment and for 1 week after your last dose of belumosudil.
- **Do NOT breastfeed** during treatment and for 1 week after your last dose of belumosudil.

## Additional Information

- **Tell your care team about all the medicines you take.**

This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.

  - Especially tell your care team **if you take proton pump inhibitor (PPI) medicines** (such as omeprazole (Prilosec) and esomeprazole (Nexium)). Ask your care team if you are not sure.
- **This Patient Education Sheet may not describe all possible side effects.**

Call your care team for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

## Notes

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Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources.

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