

Hydroxyurea

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for:
 - Chronic myeloid leukemia (CML)
 - Head and neck cancer
 - Sickle cell anemia
- It may also be used for other reasons.

Goal of Treatment: _____

- Treatment may continue for a certain time period, 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
Hydroxyurea (hy-DROK-see-yoo-REE-uh): Hydrea (hy-DREE-uh), Droxia (DROK-see-uh), Siklos (see-K-los), Xromi (ex-RO-mee)	Slows down or stops the growth of cancer cells. For sickle cell anemia, it increases the production of a type of hemoglobin.	<ul style="list-style-type: none"> • Capsule(s) taken by mouth. • Oral solution taken by mouth. • Tablet(s) taken by mouth.

Treatment Administration and Schedule

Your hydroxyurea dosing instructions:

- Hydroxyurea comes in different dosage forms and strengths:
 - Capsules (Droxia, Hydrea, and generic hydroxyurea): 200 mg, 300 mg, 400 mg, and 500 mg
 - Oral Solution (Xromi): 100 mg/mL
 - Tablet (Siklos): 100 mg and 1,000 mg

Treatment Administration and Schedule (Continued)

Hydroxyurea Capsules

- Take hydroxyurea 1 time a day, around the same time each day.
- Take hydroxyurea with or without food. Take it the same way each day.
- If you miss a dose of hydroxyurea, do not take an extra dose or 2 doses at one time. Take your next dose at the regularly scheduled time.
- If you take too much hydroxyurea, call your care team or go to the nearest hospital emergency room right away.

Hydroxyurea Oral Solution

- Take hydroxyurea 1 time a day, around the same time each day.
- Take hydroxyurea with or without food. Take it the same way each day.
- If you miss a dose of hydroxyurea, do not take an extra dose or 2 doses at one time. Take your next dose at the regularly scheduled time.
- If you take too much hydroxyurea, call your care team or go to the nearest hospital emergency room right away.

Hydroxyurea Tablets

- Take hydroxyurea 1 time a day, around the same time each day.
- Take hydroxyurea with or without food. Take it the same way each day.
- Swallow the tablet(s) with a glass of water. If you are not able to swallow the tablets, you can dissolve your prescribed dose in a small amount of water in a teaspoon and swallow right away.
- Hydroxyurea is supplied as 100 mg tablets and 1,000 mg tablets. The tablets have separation lines (score lines) and can be broken at these score lines to provide smaller doses.
 - Each 100 mg tablet can be divided into 2 equal parts (each part is 50 mg).
 - Each 1,000 mg tablet can be divided into 4 equal parts (each part is 250 mg).
- Your care team will tell you how many tablets or parts of a tablet you should take.
- If you miss a dose of hydroxyurea, do not take an extra dose or 2 doses at one time. Take your next dose at the regularly scheduled time.
- If you take too much hydroxyurea, call your care team or go to the nearest hospital emergency room right away.

Storage and Handling

Hydroxyurea Capsules

- Store hydroxyurea capsules at room temperature between 68°F and 77°F (20°C and 25°C).
- Keep the hydroxyurea bottle tightly closed.
- Ask your care team how to safely throw away any unused hydroxyurea.
- Hydroxyurea capsules must be handled with care. To decrease the risk of exposure, you or your caregivers should do the following when handling hydroxyurea:
 - Wear disposable gloves when handling hydroxyurea capsules or bottles containing hydroxyurea.
 - Wash your hands with soap and water before and after handling hydroxyurea capsules or bottles containing hydroxyurea.
 - Do not open, break, or chew the capsules.
 - Avoid contact with crushed or opened capsules. If contact from crushed or opened capsules happens on the skin, wash the skin area right away and thoroughly with soap and water. If contact from crushed or opened capsules happens in the eyes, flush the eyes thoroughly with water or isotonic eyewash used for that purpose for at least 15 minutes.
 - If the powder from the capsule is spilled, wipe it up right away with a damp disposable towel. Throw the damp disposable towel and the empty capsules away in a closed container, such as a plastic bag. The spill areas should then be cleaned three times using a detergent solution followed by clean water.

Hydroxyurea Oral Solution

- Hydroxyurea oral solution comes in a bottle with a child-resistant cap.
- Refrigerate hydroxyurea oral solution between 35°F and 46°F (2°C and 8°C). Do not freeze.
- Store the hydroxyurea oral solution bottle and oral dosing syringe in a clean place.
- Hydroxyurea oral solution should be used within 12 weeks after opening the bottle. Dispose of (throw away) any unused medicine and the dosing syringes after 12 weeks.
- Do not use after the expiration date on the carton and bottle.
- Hydroxyurea oral solution should be handled with care. To decrease the risk of exposure, caregivers should do the following when handling hydroxyurea:
 - Wear disposable gloves when handling oral dosing syringes or bottles containing hydroxyurea.
 - Wash your hands with soap and water before and after handling oral dosing syringes or bottles containing hydroxyurea.
 - Avoid contact with the oral solution. If contact with the oral solution happens on the skin, wash the skin area right away and thoroughly with soap and water. If contact with the oral solution happens in the eyes, flush the eyes thoroughly with water and isotonic eyewash used for that purpose for at least 15 minutes.
 - If the oral solution is spilled, wipe it up right away with a damp disposable towel. Throw the damp disposable towel away in a closed container such as a plastic bag. The spill area should then be cleaned up using a detergent solution followed by clean water.

☐ Hydroxyurea Tablets

- Store hydroxyurea tablets at room temperature between 68°F and 77°F (20°C and 25°C).
- Keep the bottle tightly closed.
- Broken hydroxyurea tablets must be stored in the bottle and must be used within 3 months.
- Ask your care team how to safely throw away any unused hydroxyurea.
- Hydroxyurea tablets must be handled with care. To decrease the risk of exposure, you or your caregivers should do the following when handling hydroxyurea:
 - Wear disposable gloves when handling hydroxyurea or bottles containing hydroxyurea.
 - Wash your hands with soap and water before and after handling hydroxyurea tablets or bottles containing hydroxyurea.
 - Avoid contact with crushed tablets. If contact with crushed tablets happens on the skin, wash the skin area right away and thoroughly with soap and water. If contact with crushed tablets happens in the eyes, flush the eyes thoroughly with water or isotonic eyewash used for that purpose for at least 15 minutes.
 - Powder spilled from the broken tablet should be wiped up with a damp disposable towel which must be thrown away in a closed container such as a plastic bag to avoid ingestion of powder by other people. The spill areas should then be cleaned using a detergent solution followed by clean water.

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
Supportive care to prevent and treat side effects	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
Infections	<p>Description: Treatment may increase your chance of getting an infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Wash your hands often and bathe regularly. <p style="text-align: right;">Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Fever of 100.4°F (38°C) or higher • Chills • New or worsening cough or sore throat • Painful urination or signs of a urinary infection • Feeling much more tired than usual • Red, swollen, warm, or painful areas on the skin (possible skin infection)
Enlarged Red Blood Cells (Macrocytosis)	<p>Description: Hydroxyurea can cause your red blood cells to become larger than normal. This usually does not cause symptoms by itself, but it can be a sign that your blood counts are changing and can make it harder to detect low folic acid (folate) levels. It may also be linked with anemia or vitamin deficiencies.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Your care team may prescribe a folic acid supplement for you. <p style="text-align: right;">Talk to your care team if you have:</p> <ul style="list-style-type: none"> • New or worsening tiredness or weakness • Shortness of breath with usual activities • Dizziness, lightheadedness, or pale skin
Headache	<p>Description: Headaches are pain in your head that can vary in intensity, frequency, and location.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep a headache diary to track the frequency, duration, intensity, and triggers of your headaches. • Stay hydrated by drinking plenty of water, as dehydration can contribute to headaches. • Apply a cold or warm compress to your forehead or neck to help ease headache pain. • Get adequate sleep (7 to 8 hours per night) and establish a regular sleep schedule. • Limit caffeine intake. • Your care team may recommend medicine for headaches. <p style="text-align: right;">Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Severe headache • More frequent or worsening headaches • Dizziness or feeling faint • Confusion • Changes in vision

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Low Blood Counts (Boxed Warning)	<p>Treatment can cause low blood counts, including low red blood cells (anemia), white blood cells (neutropenia), and platelets (thrombocytopenia), and can be severe and life-threatening. If your white blood cell count becomes very low, you are at increased risk for infection.</p> <p>Your care team will check your blood cell counts before and during treatment. Your care team may change your dose or tell you to stop taking hydroxyurea if you have low blood cell counts.</p> <ul style="list-style-type: none"> • Fever of 100.4°F (38°C) or higher • Chills • Body aches • Feeling very tired • Shortness of breath • Bleeding or unexplained bruising
Risk of New Cancers (Boxed Warning)	<p>There is a risk of developing new cancers, such as leukemia and skin cancer, during or after treatment. Talk with your care team about this risk, and ask about the signs and symptoms of new cancers.</p> <p>You should protect your skin from the sun using sunblock, hats, and sun-protective clothing.</p>
Hemolytic Anemia	<p>Treatment can cause fast breakdown of red blood cells (hemolytic anemia).</p> <ul style="list-style-type: none"> • Yellowing of your skin (jaundice) • Blood in your urine
Skin Ulcers, Including Leg Ulcers, and Death of Skin Tissue (Gangrene)	<p>Treatment can cause painful skin sores (ulcers), most often on the lower legs around the ankles. This has happened most often in people who receive interferon therapy or have a history of interferon therapy. Your care team may adjust your dose or stop treatment with hydroxyurea if you develop any skin ulcers.</p> <ul style="list-style-type: none"> • A new sore, open wound, or dark spot on your skin • A sore that is painful, getting bigger, or not healing • Skin that turns black, blue, or very dark, or feels cold or numb (possible gangrene) • Redness, warmth, swelling, or pus around a sore (signs of infection) • Fever or chills along with a skin sore or ulcer

**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, 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 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 6 months after your last dose of hydroxyurea.
 - 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 6 months after your last dose of hydroxyurea.
- **Do NOT breastfeed** during treatment with hydroxyurea.

Handling Body Fluids and Waste

Some drugs you receive may stay in your urine, stool, sweat, or vomit for many days after treatment. Because many cancer drugs are toxic, your body waste may also be dangerous to touch. To help protect yourself, your loved ones, and the environment, **follow these instructions** for at least **48 hours** after each dose of **hydroxyurea**:

- People who are pregnant should avoid touching anything that may be soiled with body fluids from the patient.
- You can use your usual toilet. Always close the lid and flush to discard all waste. If you have a low-flow toilet, flush twice.
- If the toilet or seat is soiled with urine, stool, or vomit, clean the surface after each use before others use it.
- Wash your hands with soap and water for at least 20 seconds after using the toilet.
- If you need a bedpan, inform your caregiver so they can wear gloves and assist with cleanup. Wash the bedpan with soap and water daily.
- If you cannot control your bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb waste.
- Wash any skin exposed to body waste with soap and water.
- Wash soiled linens or clothing separately from other laundry. If you don't have a washer, place them in a plastic bag until they can be washed.
- Wash your hands with soap and water after touching soiled linens or clothing.

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.

- You should not receive a “live vaccine” during treatment, unless your care team tells you it is okay. If you are not sure about the type of immunization or vaccine, ask your care team.

- **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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Scan the QR code below to access this education sheet.



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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