Ruxolitinib

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is used for a type of blood cancer called myelofibrosis (MF), polycythemia vera, and graft-versus-host disease (GVHD).
- 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
Ruxolitinib (RUK-soh-LIH-tih-nib): Jakafi (JA-kah-fy), Jakafi XR (JA-kah-fy EKS-AHR)	Blocks specific signals in the body that lead to the overproduction of blood cells.	Tablet taken by mouth

Treatment Administration and Schedule

Your ruxolitinib dosing instructions:

_____

_____

_____

- Ruxolitinib comes in 5 tablet strengths: 5 mg, 10 mg, 15 mg, 20 mg, and 25 mg; and 5 extended-release (XR) tablet strengths: 11 mg, 22 mg, 33 mg, 44 mg, and 55 mg. Your care team will tell you which tablets to take.
- Your dose is based on many factors, including your overall health and diagnosis.
- Do not change your dose or stop taking ruxolitinib unless your care team tells you to.
- Your care team may tell you to change your dose, temporarily stop, or completely stop taking ruxolitinib if you develop certain side effects.
- If you miss a dose of ruxolitinib, take your next dose at your regular time. Do not take 2 doses at the same time.
- If you vomit after taking a dose of ruxolitinib, do not take an extra dose. Take your next dose at your regular time.
- If you take too much ruxolitinib, call your care team or go to the nearest hospital emergency room right away.

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Treatment Administration and Schedule (Continued)

Ruxolitinib Tablet Information

- Take ruxolitinib 2 times a day or exactly as your care team tells you, around the same time(s) each day, with or without food.
- Ruxolitinib may also be given through certain nasogastric tubes.
    - Tell your care team if you cannot take ruxolitinib by mouth. Your care team will decide if you can take ruxolitinib through a nasogastric tube.
    - Ask your care team to give you specific instructions on how to properly take ruxolitinib through a nasogastric tube.

Ruxolitinib XR Tablet Information

- Take ruxolitinib XR 1 time a day, around the same time each day, with or without food.
- Swallow ruxolitinib XR whole. Do not split, chew, or crush.

Storage and Handling of Ruxolitinib

- Store ruxolitinib at room temperature between 68°F and 77°F (20°C and 25°C).
- Tightly close the ruxolitinib bottle after you take your dose.
- Keep ruxolitinib bottle tightly closed to protect from light.
- Keep ruxolitinib and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused ruxolitinib.

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 an appointment, call your care team as soon as possible to reschedule it.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
Supportive care used to treat or prevent side effects	

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Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection	Description: WBCs help protect your body from infections. A low WBC count increases your risk of infection. Some infections can be serious or life-threatening. Your care team will perform blood tests to check your WBC count and may test you for tuberculosis (TB) before you start treatment. Recommendations: • Wash your hands often and bathe regularly. • Avoid crowded places and close contact with people who are sick. • Follow food safety and wound care advice from your care team. Talk to your care team if you have: • 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
Low Platelet Count (Thrombocytopenia)	Description: Platelets help your blood clot and wounds heal. A low platelet count increases your risk of bruising and bleeding. Recommendations: • Blow your nose gently and avoid picking it. • Brush your teeth gently with a soft toothbrush and keep good oral hygiene. • Use an electric razor for shaving and a nail file instead of nail clippers. • Avoid over-the-counter medicines that can increase bleeding risk (for example, nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen). • Talk with your care team or dentist before medical or dental procedures — you may need to pause treatment. Talk to your care team if you have: • A nosebleed lasting more than 5 minutes despite pressure • A cut that continues to bleed • Heavy gum bleeding when brushing or flossing • Sudden or severe headache • Blood in your urine or stool • Blood in your spit after coughing
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia)	Description: Red blood cells carry oxygen throughout your body. Low levels can make you feel tired, weak, dizzy, or short of breath. Recommendations: • Aim for 7 to 8 hours of sleep each night. • Do not drive, operate heavy machinery, or do other dangerous activities if you are very tired. • Balance activity and rest — stay as active as you can, but rest when needed. • Eat a balanced diet and follow any nutrition or supplement advice from your care team. Talk to your care team if you have: • Shortness of breath • Dizziness or fainting • Fast or irregular heartbeats • Sudden or severe headache

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Swelling (Edema)	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. Recommendations: • Weigh yourself daily and keep a record to notice sudden weight gain. • Elevate swollen legs when sitting and avoid standing for long periods. • Wear compression stockings if your care team recommends them. • Remove rings if your fingers begin to swell. • Limit salt (sodium) intake and follow any fluid restrictions your care team gives. • Stay active and do gentle movement to improve circulation. Talk to your care team if you have: • Swelling that suddenly worsens or spreads to other areas • Pain, redness, or warmth in the affected area • Shortness of breath or difficulty breathing • Persistent swelling that does not improve with home management • Unexpected weight gain Note: Your care team may ask you to contact them if your weight increases by a certain amount over a certain time period.
High Cholesterol and Triglycerides Levels in Your Blood (Hyperlipidemia)	Description: Treatment can raise cholesterol and triglyceride levels in your blood. While cholesterol is needed by the body, high levels can increase the risk of heart disease. Triglycerides are blood fats, and very high levels can increase your risk of pancreatitis and heart problems. Recommendations: • Choose foods low in saturated and trans fats. • Eat more foods that are high in fiber. • Stay active with regular physical activity. • Try to keep a healthy weight. • Don’t smoke, and limit how much alcohol you drink. Talk to your care team if you have: • Sudden numbness or weakness • Chest pain • Other signs of a heart attack or stroke

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Fatigue	Description: Fatigue is a constant and sometimes strong feeling of tiredness. Recommendations: • Routine exercise can help reduce fatigue. Talk with your care team to find the right type and amount of activity for you. • Ask family and friends for help with daily tasks and for emotional support. • Try healthy ways to feel better, such as meditation, journaling, yoga, or guided imagery, to reduce anxiety and improve well-being. • Aim for 7 to 8 hours of sleep each night. Limit daytime naps to help you sleep better at night. • Do not drive, operate heavy machinery, or do other potentially dangerous activities if you are very tired. Talk to your care team if you have: • Tiredness that affects your daily life or prevents you from doing normal activities • Tiredness that does not get better with rest • Dizziness or weakness along with severe tiredness
Liver Problems	Description: Treatment can cause liver injury. Your care team may check your liver with blood tests before and during treatment. Talk to your care team if you have: • Yellowing of your skin or the white part of your eyes (jaundice) • Severe nausea or vomiting • Pain on the right side of your stomach area (abdomen) • Dark, tea-colored urine • Bleeding or bruising more easily than normal
Kidney Problems	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. Recommendations: • Drink 8 to 10 glasses of water or other fluids each day, unless your care team tells you otherwise. • Your care team may give you fluids and electrolytes with your treatment. Talk to your care team if you have: • Decrease in your amount of urine • Blood in your urine • Swelling of your ankles • Loss of appetite

Shortness of Breath	Description: Treatment may make you feel like it's a struggle to get enough air into your lungs. Recommendations: • Drink 8 to 10 glasses of water each day to help with mucus. • Avoid and stop smoking. • Use a humidifier to make the air moist. • Try slow, deep breathing. • Use extra pillows to keep your head up when you sleep. Talk to your care team if you have: • Trouble breathing • Chest pain or tightness • Cough
High Amylase and Lipase Levels in Your Blood	Description: Treatment may cause high levels of amylase and lipase in your blood. This may indicate a problem with your pancreas. Your care team will perform blood tests to check for these changes and will treat you if needed. Talk to your care team if you have: • Fever of 100.4°F (38°C) or higher • Fast heartbeat • Severe stomach-area (abdominal) pain that radiates to the back • Worsening pain after eating • Severe nausea or vomiting • Diarrhea • Yellowing of your skin or the white part of your eyes (jaundice)

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Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Blood Clots or Blockage (Thrombosis) in Your Blood Vessels (Arteries and Veins)	• Chest pain or pressure • Swelling or pain in your arms, back, neck, or jaw • Shortness of breath • Numbness or weakness on one side of your body • Trouble talking • Headache • Vision changes
Heart Problems	• Fast or irregular heartbeats • Swelling of your stomach area (abdomen), legs, hands, feet, or ankles • Shortness of breath • Nausea or vomiting • New or worsening chest discomfort, including pain or pressure • Weight gain • Pain or discomfort in your arms, back, neck, or jaw • Protruding neck veins • Breaking out in a cold sweat • Feeling lightheaded or dizzy
Progressive Multifocal Leukoencephalopathy (PML)	PML is a rare, serious brain infection caused by a virus that can happen in people who receive ruxolitinib. People with weakened immune systems can get PML. PML can result in death or severe disability. There is no known treatment, prevention, or cure for PML. • Confusion • Dizziness or loss of balance • Difficulty walking or talking • Decreased strength or weakness on one side of your body • Vision problems, such as blurred vision or loss of vision
Herpes Zoster (Shingles and Chicken Pox Virus) Reactivation	• A painful, burning, or tingling rash • Blisters on one side of your body or face • Pain, itching, or sensitivity before a rash appears • Fever or chills • Headache or feeling very tired • Eye pain, vision changes, or a rash near your eye
Risk of New Cancers	There is a risk of developing one or more new cancers during or after treatment. Talk with your care team about this risk, and ask about the signs and symptoms to watch for.

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.

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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:
        - Your care team will verify your pregnancy status before treatment.
        - Use an effective method of birth control during treatment with ruxolitinib.
        - 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 with ruxolitinib.
- **Do not breastfeed** during treatment and for 2 weeks after your last dose of ruxolitinib.

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.
- **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

Updated Date: November 5, 2026

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Patient Education Sheets

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 to gather information and develop this patient education guide. This guide is a summary of the medication, based on information provided by the drug manufacturer and other sources.

This guide does not cover all information available on the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication. It should not be used as a substitute for the advice of a qualified healthcare professional. The provision of this guide is for informational purposes only. It does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. All decisions regarding this medication should be made with the guidance and direction of a qualified healthcare professional.

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