

# Zanubrutinib

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

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

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

- This treatment is often used for:
  - A type of blood cancer called Waldenström’s macroglobulinemia (WM)
  - Follicular lymphoma (FL)
  - Mantle cell lymphoma (MCL)
  - Marginal zone lymphoma (MZL)
- This treatment 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
Zanubrutinib (ZAN-yoo-BROO-tih-nib): Brukinsa (BROO-kin-suh)	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	Tablet(s) taken by mouth.

## Treatment Administration and Schedule

- Zanubrutinib may be used alone or in combination with other treatments. Talk with your care team about your exact treatment and schedule.

Your zanubrutinib dosing instructions:

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- Zanubrutinib comes in 1 tablet strength (160 mg).
- Your dose may differ, but zanubrutinib is usually dosed as either:
  - 160 mg (one 160 mg tablet) by mouth 2 times a day.
  - 320 mg (two 160 mg tablets) by mouth 1 time a day.
- Do not change your dose or stop taking zanubrutinib unless your care team tells you to.
- Your care team may tell you to decrease your dose, temporarily stop, or completely stop taking zanubrutinib if you develop certain side effects.
- Take zanubrutinib with or without food and at the same time each day.

Your zanubrutinib dosing instructions continued:

- Swallow zanubrutinib tablets whole with a glass of water. Do not chew or crush the tablets.
  - Zanubrutinib tablets can be split in half as prescribed by your healthcare provider.
- If you miss a dose of zanubrutinib, take it as soon as you remember on the same day. Return to your normal schedule the next day.
- If you take too much zanubrutinib, call your care team or go to the nearest hospital emergency room right away.

### Storage and Handling of Zanubrutinib

- Store zanubrutinib at room temperature between 68°F and 77°F (20°C and 25°C).
- Zanubrutinib comes in a bottle with a child-resistant cap.
- Keep zanubrutinib and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused zanubrutinib.

**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 lower the risk of infections	<hr/> <hr/> <hr/> <hr/>
To help prevent or treat nausea and vomiting	<hr/> <hr/> <hr/> <hr/>
Other	<hr/> <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 getting infections.</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> <li>• Your care team may prescribe medicine to help your WBCs recover.</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>Muscle, Bone, or Joint Pain</p>	<p>Description: Muscle pain is soreness, aching, cramps, stiffness, tenderness, or weakness in one or more muscles. Joint pain is pain, stiffness, swelling, or reduced movement where two bones meet. Bone pain is a deep, aching or sharp pain in or around a bone that may worsen with movement or pressure.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Keep a pain diary: note pain levels, locations, and activities that make it better or worse.</li> <li>• Do gentle exercise (walking, stretching, yoga) to maintain mobility and strength. Check with your care team before starting a new activity.</li> <li>• Use a warm compress for stiff muscles or a cold pack to reduce swelling and numb pain—use what helps the area.</li> <li>• Your care team may recommend or prescribe medicines, including over-the-counter pain relievers.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Pain you cannot control with usual measures</li> <li>• Swelling, redness, or warmth in a joint</li> <li>• New weakness</li> <li>• Trouble walking or moving</li> </ul>

<p>Rash or Itchy Skin</p>	<p>Description: Rash or itchy skin can cause redness, swelling, and a variety of bumps or patches (small red spots, welts, blisters, or scaly dry areas).</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Keep your skin moisturized with creams or lotions to reduce rash and itchiness.</li> <li>• Wear loose-fitting clothing.</li> <li>• Avoid perfumes and colognes, as they may worsen rash symptoms.</li> <li>• Limit time spent in the heat to prevent worsening symptoms.</li> <li>• Avoid sun exposure, especially between 10 AM and 4 PM, to lower the risk of sunburn.</li> <li>• Wear long-sleeved clothing with ultraviolet (UV) protection and broad-brimmed hats.</li> <li>• Apply broad-spectrum sunscreen (UVA/UVB) with sun protective factor (SPF) 30 or higher as directed.</li> <li>• Use lip balm with SPF 30 or higher.</li> <li>• Avoid tanning beds.</li> <li>• Your care team may recommend medicines for symptoms.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Rash or itching that continues to worsen</li> </ul>
<p>High Blood Sugar (Hyperglycemia)</p>	<p>Description: An increase in blood sugar is common during treatment.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Eat a well-balanced diet.</li> <li>• Limit sugary drinks and foods.</li> <li>• Eat smaller, more frequent meals.</li> <li>• Be physically active for at least 30 minutes most days.</li> <li>• Your care team may ask you to check your blood sugar at home. If you are already doing this, they may ask you to do it more frequently.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Frequent urination</li> <li>• Drowsiness</li> <li>• Increased thirst</li> <li>• Loss of appetite</li> <li>• Blurred vision</li> <li>• Fruity smell on your breath</li> <li>• Confusion</li> <li>• Nausea, vomiting, or stomach pain</li> <li>• It becomes harder to control your blood sugar</li> </ul>

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Bleeding Problems (Hemorrhage)	<p>Bleeding problems have happened in people treated with zanubrutinib and can be serious and may lead to death. Your risk of bleeding may increase if you are also taking a blood thinner medicine.</p> <ul style="list-style-type: none"> <li>• Red or black (looks like tar) stools</li> <li>• Pink or brown urine</li> <li>• Unexpected bleeding, or bleeding that is severe or that you cannot control</li> <li>• Vomiting blood or if your vomit looks like coffee-grounds</li> <li>• Coughing up blood or blood clots</li> <li>• Menstrual bleeding that is heavier than normal</li> <li>• Nose bleeds that happen often</li> <li>• Increased bruising, or red or purple skin marks</li> <li>• Dizziness or lightheadedness</li> <li>• Weakness</li> <li>• Confusion</li> <li>• Change in your speech</li> <li>• Headache that lasts a long time or severe headache</li> <li>• Unusual vaginal bleeding</li> </ul>
Heart Rhythm Problems (Cardiac Arrhythmia)	<p>Serious heart problems, including atrial fibrillation, atrial flutter, and ventricular arrhythmias, have happened in people treated with zanubrutinib and may lead to death. Your risk for heart rhythm problems may be increased if you have high blood pressure, have had heart rhythm problems in the past, or have a short-term (acute) infection.</p> <ul style="list-style-type: none"> <li>• Fast or irregular heartbeat</li> <li>• Dizziness</li> <li>• Feeling faint</li> <li>• Chest discomfort</li> <li>• Shortness of breath</li> </ul>
Liver Problems	<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>
Risk of New Cancers	<p>There is a risk of developing new cancers during or after treatment. Talk with your care team about this risk, and ask about the signs and symptoms of new cancers.</p>

**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 1 week after your last dose of zanubrutinib.
  - 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 zanubrutinib.
- **Do NOT breastfeed** during treatment and for 2 weeks after your last dose of zanubrutinib.

**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 drink grapefruit juice or eat grapefruit during treatment with zanubrutinib.** Grapefruit may increase the amount of zanubrutinib in your blood.
- **Higher risk of bleeding with surgery.** Tell your care team if you plan to have any surgery before starting or during treatment. Your care team may ask you to stop taking zanubrutinib for 3 to 7 days before and after your surgery, depending on the type of surgery and your risk of bleeding.
- **This Patient Education Sheet may not describe all possible side effects.**  
Call your healthcare provider 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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