

Apalutamide

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for prostate cancer.
- 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
Apalutamide (A-puh-LOO-tuh-mide): Erleada (er-LEE-duh)	Slows down or stops the growth of cancer cells by blocking certain hormones in the body.	Tablets taken by mouth.

Treatment Administration and Schedule

Your apalutamide dosing instructions:

- Apalutamide comes in 2 tablet strengths: 60 mg and 240 mg.
- Your dose may differ, but apalutamide is typically taken as four 60 mg tablets (240 mg total) by mouth once daily or one 240 mg tablet by mouth once daily.
- Take your prescribed dose of apalutamide 1 time a day, at the same time each day.
- Your care team may change your dose if needed. Do not change or stop taking your prescribed dose without first talking with your care team.
- Apalutamide can be taken with or without food.
- Swallow apalutamide tablets whole. Do not crush or split the tablets.
- If you cannot swallow apalutamide tablets whole or if you have a feeding tube, see the "Instructions for Use" that comes with your prescription for detailed instructions on how to prepare and take a dose of apalutamide.

Treatment Administration and Schedule (Continued)

- If you miss a dose of apalutamide, take your normal dose as soon as possible on the same day. Return to your normal schedule on the following day. You should not take extra tablets to make up the missed dose.
- If you take too much apalutamide, call your care team or go to the nearest emergency room right away.

Storage and Handling of Apalutamide

- Store apalutamide at room temperature between 68°F and 77°F (20°C and 25°C).
- Apalutamide comes in a child-resistant bottle.
- Store apalutamide in the original package to protect from light and moisture.
- The bottle of apalutamide contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not throw away (discard) the desiccant.
- Apalutamide can cause harm to an unborn baby and loss of pregnancy (miscarriage). People who are or may be pregnant should wear gloves when handling apalutamide.
- Keep apalutamide and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused apalutamide.

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
<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"> • 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. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • 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
<p>High Blood Sugar (Hyperglycemia)</p>	<p>Description: Treatment may cause high blood sugar levels. Your care team may do blood tests to check you for these changes and will treat you if needed.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Eat a well-balanced diet. • Limit sugary drinks and foods. • Eat smaller, more frequent meals. • Be physically active for at least 30 minutes most days. • 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. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Frequent urination • Drowsiness • Increased thirst • Loss of appetite • Blurred vision • Fruity smell on your breath • Confusion • Nausea, vomiting, or stomach pain • It becomes harder to control your blood sugar

<p>High Cholesterol and Triglycerides Levels in Your Blood (Hyperlipidemia)</p>	<p>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 may raise the long-term risk of inflammation of your pancreas (pancreatitis) or heart problems.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Adopt a diet low in saturated and trans fats, increase fiber intake, and engage in regular physical activity. • Maintain a healthy weight. • Get regular cholesterol tests and inform the care team of any significant changes. • Do not smoke and limit alcohol consumption. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Symptoms of heart attack or stroke, such as sudden numbness, weakness, or chest pain
<p>High Potassium Levels in Your Blood (Hyperkalemia)</p>	<p>Description: Treatment may cause 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"> • New or worsening muscle weakness or numbness • Fast, slow, irregular, or pounding heartbeats • Severe dizziness, fainting, or near-fainting • Shortness of breath or chest pain
<p>Skin Problems</p>	<p>Description: Apalutamide commonly causes rash and itchy skin. It can also cause severe skin reactions that can be life-threatening.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep your skin moisturized with creams or lotions to reduce rash and itchiness. • Wear loose-fitting clothing. • Avoid perfumes and colognes, as they may worsen rash symptoms. • Limit time spent in the heat to prevent worsening symptoms. • Avoid sun exposure, especially between 10 AM and 4 PM, to lower the risk of sunburn. • Wear long-sleeved clothing with ultraviolet (UV) protection and broad-brimmed hats. • Apply broad-spectrum sunscreen (UVA/UVB) with sun protective factor (SPF) 30 or higher as directed. • Use lip balm with SPF 30 or higher. • Avoid tanning beds. • Your care team may recommend medicines for symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Severe rash or rash that continues to get worse • Fever or flu-like symptoms • Swollen lymph nodes • Blisters or sores in the mouth, throat, nose, eyes, or genital area • Blistering or peeling of the skin

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Seizure	<p>You may be at risk of having a seizure. You should avoid activities where a sudden loss of consciousness could cause serious harm to yourself or others.</p> <ul style="list-style-type: none"> • Loss of consciousness • Seizure
Heart Disease, Stroke, or Mini-Stroke	<p>Bleeding in the brain or blockage of the arteries in the heart or in part of the brain can happen during treatment with apalutamide. Your care team will monitor you for signs and symptoms of heart or brain problems during your treatment with apalutamide.</p> <p>Call your care team or go to the nearest emergency room right away if you develop:</p> <ul style="list-style-type: none"> • Chest pain or discomfort at rest or with activity • Shortness of breath • Numbness or weakness of the face, arm, or leg, especially on one side of the body • Trouble talking or understanding • Trouble seeing in one or both eyes • Dizziness, loss of balance or coordination, or trouble walking
Lung Problems	<p>Apalutamide may cause inflammation of the lungs that can be life-threatening.</p> <ul style="list-style-type: none"> • Shortness of breath • Cough • Fever
Falls and Bone Fractures	<p>Apalutamide treatment may increase your risk of falls and bone fractures.</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.

Scan the QR code below to access this education sheet.



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PES-344