

# Darolutamide

**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 |
|-------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------|
| Darolutamide (DAR-oh-LOO-tuh-mide):<br>Nubeqa (NOO-beh-kuh) | 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 darolutamide dosing instructions:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Darolutamide comes in 1 tablet strength: 300 mg.
- Your dose may differ, but darolutamide is typically taken as two 300 mg tablets (600 mg total dose) by mouth twice daily.
- Take your prescribed dose of darolutamide 2 times a day, around the same times each day.
- Swallow darolutamide tablets whole. Do not cut, crush, or chew the tablets.
- Take darolutamide with food.
- 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.
- If you miss a dose of darolutamide, take your prescribed dose as soon as you remember before the next scheduled dose. Do not take 2 doses together to make up for a missed dose.
- If you take more darolutamide than prescribed, call your care team right away.

**Storage and Handling of Darolutamide**

- Store darolutamide at room temperature between 68°F and 77°F (20°C and 25°C).
- Keep darolutamide dry and in a tightly closed container.
- Darolutamide can cause harm to an unborn baby and loss of pregnancy (miscarriage). People who are or may be pregnant should wear gloves when handling darolutamide.
- Keep darolutamide and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused darolutamide.

**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 |                               |
|                                                   |                               |
|                                                   |                               |

## Common Side Effects

| Side Effect    | Important Information                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fatigue        | <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> |
| Liver Problems | <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

## 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"> <li>• Loss of consciousness</li> <li>• Seizure</li> </ul>                                                                                                                                                                                                          |
| Heart Disease | <p>Blockage of the arteries in the heart (ischemic heart disease) can happen during treatment with darolutamide. Your care team will monitor you for signs and symptoms of heart problems during your treatment with darolutamide.</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"> <li>• Chest pain or discomfort at rest or with activity</li> <li>• Shortness of breath</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, and Pregnancy

- 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 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 darolutamide.

## 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.
- **If you are receiving gonadotropin-releasing hormone (GnRH) therapy, you should continue with this treatment** during your treatment with darolutamide unless you have had a surgery to lower the amount of testosterone in your body.
- **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: June 26, 2026

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.

This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and 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 related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

Permission: Patient Education Sheets are provided as a free educational resource for patients with cancer and their caregivers in need of concise, easy to understand information about cancer therapy. Healthcare providers are permitted to copy and distribute the sheets to patients as well as direct patients to the Patient Education Sheets website. However, commercial reproduction or reuse, as well as rebranding or reposting of any type, are strictly prohibited without permission of the copyright holders. Permission requests, including direct linking from Electronic Health Records, and licensing inquiries should be emailed to [patienteducationsheets@ncoda.org](mailto:patienteducationsheets@ncoda.org).

Copyright © 2026 by Network for Collaborative Oncology Development & Advancement, Inc. All rights reserved.

PES-144