

Enzalutamide

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
Enzalutamide (EN-zuh-LOO-tuh-mide): Xtandi (ek-STAN-dee)	Slows down or stops the growth of cancer cells by blocking certain hormones in the body.	• Capsules taken by mouth. • Tablets taken by mouth.

Treatment Administration and Schedule

Your enzalutamide dosing instructions:

- Enzalutamide comes in 2 tablet strengths (40 mg and 80 mg) and 1 capsule strength (40 mg).
- Your dose may differ, but enzalutamide is typically taken as four 40 mg tablets or capsules (160 mg total dose) by mouth once daily or two 80 mg tablets (160 mg total dose) by mouth once daily.
- Take your prescribed dose of enzalutamide 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.
- Enzalutamide can be taken with or without food.
- Swallow each enzalutamide capsule or tablet whole with enough water to make sure that you can swallow all of the medicine successfully.
 - Do not chew, dissolve, or open the capsules.
 - Do not cut, crush, or chew the tablets.
 - Your care team may change your treatment to a smaller tablet size or stop your treatment with enzalutamide if you have swallowing problems with capsules or tablets.

Treatment Administration and Schedule (Continued)

- If you miss a dose of enzalutamide, take your prescribed dose as soon as you remember that day. If you miss your daily dose, take your prescribed dose at your regular time the next day. Do not take more than your prescribed dose of enzalutamide each day.
- If you take too much enzalutamide, call your care team or go to the nearest emergency room right away. You may have an increased risk of seizure if you take too much enzalutamide.

Storage and Handling of Enzalutamide

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

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	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
High Blood Sugar (Hyperglycemia)	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. Recommendations: • 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. Talk to your care team if you have: • 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

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Seizure	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. • Loss of consciousness • Seizure
Posterior Reversible Encephalopathy Syndrome (PRES)	A neurologic condition called PRES can happen during treatment with enzalutamide. • Severe headache • Seizures • Confusion • Blindness or change in vision • Weakness
Allergic Reaction	Stop taking enzalutamide and get medical help right away if you develop swelling of the face, tongue, lip, or throat.
Heart Disease	Blockage of the arteries in the heart (ischemic heart disease) can happen during treatment with enzalutamide. Your care team will monitor you for signs and symptoms of heart problems during your treatment with enzalutamide. Call your care team or go to the nearest emergency room right away if you develop: • Chest pain or discomfort at rest or with activity • Shortness of breath
Falls and Bone Fractures	Enzalutamide treatment may increase your risk of falls and bone fractures.

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 3 months after your last dose of enzalutamide.

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 enzalutamide 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

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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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PES-156