

Idelalisib

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for chronic lymphocytic leukemia (CLL) or small lymphocytic lymphoma (SLL).
- 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
Idelalisib (i-deh-luh-LIH-sib): Zydelig (zy-DEH-lig)	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	Tablet taken by mouth.

Treatment Administration and Schedule

Your idelalisib dosing instructions:

- Idelalisib comes in 2 tablet strengths: 100 mg and 150 mg.
- Your dose might differ, but idelalisib is typically taken as one 150 mg tablet by mouth 2 times a day.
- Take idelalisib 2 times a day, around the same times each day.
- You may take idelalisib with or without food.
- Take idelalisib tablets whole. Do not crush, cut or chew the tablets.
- Do not change your dose or stop taking idelalisib unless your care team tells you to.
- Your care team may tell you to change your dose, temporarily stop, or completely stop taking idelalisib if you develop certain side effects.
- Do not miss a dose of idelalisib. If you miss a dose of idelalisib by less than 6 hours, take the missed dose right away. Then take your next dose as usual. If you miss a dose of idelalisib by more than 6 hours, wait and take the next dose of idelalisib at your usual time.
- If you vomit after taking a dose of idelalisib, do not take an additional dose. Take your next dose at your usual time.
- If you take too much idelalisib, call your care team or go to the nearest hospital emergency room right away.

Storage and Handling of Idelalisib

- Store idelalisib between 68°F and 86°F (20°C and 30°C).
- Keep idelalisib in its original container.
- Do not use idelalisib if the seal over the bottle opening is broken or missing.
- People who are or may be pregnant should wear gloves when handling idelalisib.
- Keep idelalisib and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused idelalisib.

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 prevent or treat nausea and vomiting	<hr/> <hr/> <hr/>
To help prevent and treat diarrhea	<hr/> <hr/> <hr/>
To help lower the risk of infections	<hr/> <hr/> <hr/>
Other	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
<p>Increased Risk of Infection (Boxed Warning) and Low White Blood Cell (WBC) Count (Neutropenia)</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"> • Wash your hands often and bathe regularly. • Avoid crowded places and close contact with people who are sick. • Keep any catheter/port site clean and dry. Follow all instructions provided by your care team. • Follow food safety and wound care advice from your care team. • Your care team may prescribe medicine to help your WBCs recover. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • 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 (possible skin infection)
<p>Liver Problems (Boxed Warning)</p>	<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"> • 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
<p>Diarrhea and Swelling of the Intestine (Colitis) (Boxed Warning)</p>	<p>Description: Diarrhea is loose, watery stools or more frequent bowel movements than usual. It can cause dehydration and weakness. Diarrhea or swelling of your intestine (colitis) is common during duvelisib treatment, and can be serious and life-threatening.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep track of how often you go to the bathroom each day. • Drink 8 to 10 glasses of water or other fluids daily, unless your care team tells you otherwise. • Eat small meals of mild, low-fiber foods (such as bananas, applesauce, potatoes, chicken, rice, and toast). • If you have diarrhea, avoid high-fiber foods (such as raw vegetables, fruits, and whole grains), gas-producing foods (such as broccoli and beans), dairy (such as milk and yogurt), and spicy, fried, or greasy foods. • Your care team may recommend an antidiarrheal medicine such as loperamide (Imodium). <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • 4 or more bowel movements than normal in 24 hours • Dizziness or lightheadedness while having diarrhea • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Bloody diarrhea

<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>Nausea and Vomiting</p>	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. You may or may not vomit.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small sips of water, broth, or other clear liquids. If these stay down, try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal) and gradually return to solid foods. • Your care team may prescribe medicine for these symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Vomiting for more than 24 hours • Nonstop vomiting • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Blood or coffee-ground-like appearance in your vomit • Severe stomach pain that does not go away after vomiting

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
A Tear in Your Stomach or Intestinal Wall (Perforation) or an Abnormal Connection Between 2 Parts of Your Body (Fistula) (Boxed Warning)	<ul style="list-style-type: none"> Severe pain or tenderness in your stomach area (abdomen) Swelling of the abdomen Fever of 100.4°F (38°C) or higher Chills Nausea Vomiting Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine)
Allergic Reactions, Including Anaphylaxis and Infusion Reactions	<p>Get emergency medical help right away if you develop any of the following signs or symptoms:</p> <ul style="list-style-type: none"> Swelling of your lips, mouth, tongue, or throat Trouble breathing or swallowing Raised red areas on your skin (hives) A very fast heartbeat You feel dizzy or faint
Lung Problems	<ul style="list-style-type: none"> Cough Shortness of breath Chest pain
Severe Skin Reactions	<ul style="list-style-type: none"> A red, itchy, skin rash Peeling of your skin or blisters Severe itching Fever of 100.4°F (38°C) or higher

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, 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 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 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 month after your last dose of idelalisib.
 - 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 3 months after your last dose of idelalisib.
- Do NOT breastfeed** during treatment and for 1 month after your last dose of idelalisib.

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

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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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