

Relugolix

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
Relugolix (reh-loo-GOH-lix): Orgovyx (or-GOH-vix)	Slows down or stops the growth of cancer cells by lowering levels of certain hormones in the body.	Tablet(s) taken by mouth.

Treatment Administration and Schedule

Your relugolix dosing instructions:

- Relugolix comes in 1 tablet strength: 120 mg
- Your dose may differ, but relugolix is typically dosed as: Take 3 tablets on your first day of treatment. After that, take 1 tablet each day.
- Take relugolix 1 time a day at about the same time each day.
- Take relugolix with or without food.
- Swallow relugolix tablets whole. Do not crush or chew tablets.
- Your care team may change your dose if needed. Do not change your dose or stop taking relugolix without talking with your care team first.
- If you miss a dose of relugolix, take it as soon as you remember. If the dose was missed by more than 12 hours, the missed dose should not be taken. Take your next dose at your regular time the next day.
- If you take too much relugolix, call your care team or go to the nearest hospital emergency room right away.

Storage and Handling of Relugolix

- Store relugolix at room temperature between 68°F and 77°F (20°C and 25°C). Do not store relugolix above 86°F (30°C).
- Keep the bottle tightly closed after you first open it.
- The relugolix bottle contains a desiccant to help keep your medicine dry (protect it from moisture). Do not remove the desiccant from the bottle.
- Relugolix can cause harm to an unborn baby and loss of pregnancy (miscarriage). People who are or may be pregnant should wear gloves when handling relugolix.
- Keep relugolix and all medicines out of the reach of children and pets.
- Dispose of unused medicines through community take-back disposal programs when available. If no community take-back disposal program is available go to www.fda.gov/drugdisposal for information on how to dispose of relugolix the right way.
- Do not flush relugolix down the toilet.

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
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia)	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. Recommendations: • Aim for 7 to 8 hours of sleep each night. • Do not drive, operate heavy machinery, or do other dangerous activities if you are very tired. • Balance activity and rest — stay as active as you can, but rest when needed. • Eat a balanced diet and follow any nutrition or supplement advice from your care team. Talk to your care team if you have: • Shortness of breath • Dizziness or fainting • Fast or irregular heartbeats • Sudden or severe headache
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

Hot flashes	Description: Hot flashes are sudden feelings of warmth that spread over your body, often leading to sweating and a rapid heartbeat. Hot flashes may last from a few seconds to several minutes and can be uncomfortable or disrupt daily activities. Recommendations: • Keep a journal to track frequency, duration, and triggers of hot flashes. • Dress in layers with lightweight clothing to adjust to temperature changes. • Stay cool by using fans, air conditioning, or cool cloths. • Avoid triggers such as hot drinks, spicy foods, caffeine, and alcohol. • Practice relaxation techniques like deep breathing, yoga, or meditation to reduce stress. • Maintain healthy habits with a balanced diet and regular exercise. Talk to your care team if you have: • Severe hot flashes
Liver Problems	Description: Treatment can cause liver injury. Your care team may check your liver with blood tests before and during treatment. Talk to your care team if you have: • 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
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

High Triglyceride Levels (Hypertriglyceridemia)	Description: Triglycerides are a type of fat found in your blood. High triglycerides usually do not cause symptoms, but very high levels may increase your risk for pancreas or heart problems over time. Recommendations: • Adopt a diet low in saturated and trans fats, increase fiber intake, and engage in regular physical activity. • Maintain a healthy weight. • Get regular triglyceride tests and inform the care team of any significant changes. • Do not smoke and limit alcohol consumption. Talk to your care team if you have: • Symptoms of heart attack or stroke, such as sudden numbness, weakness, or chest pain
Muscle, Bone, or Joint Pain	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. Recommendations: • Keep a pain diary: note pain levels, locations, and activities that make it better or worse. • Do gentle exercise (walking, stretching, yoga) to maintain mobility and strength. Check with your care team before starting a new activity. • Use a warm compress for stiff muscles or a cold pack to reduce swelling and numb pain—use what helps the area. • Your care team may recommend or prescribe medicines, including over-the-counter pain relievers. Talk to your care team if you have: • Pain you cannot control with usual measures • Swelling, redness, or warmth in a joint • New weakness • Trouble walking or moving

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Allergic Reaction	Stop taking relugolix 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 relugolix. Your care team will monitor you for signs and symptoms of heart problems during your treatment with relugolix. 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
Changes in the Electrical Activity of Your Heart (QT Prolongation)	Your care team may check your body salts (electrolytes) and the electrical activity of your heart during treatment with relugolix. - Dizziness - Feeling that your heart is pounding or racing (palpitations) - Fainting - Chest pain
Enlarged Breast and Breast Pain (Gynecomastia)	- Swelling or noticeable enlargement of your chest - Discomfort or pain in the chest area - Tenderness or sensitivity in the chest area
Other Rare Side Effects	- Decreased bone mineral density - Weight gain - Decreased sex drive - Erectile function problems

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

- 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 2 weeks after your last dose of relugolix.

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

Updated Date: June 28, 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.

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