# Abiraterone and Prednisone



**Care Team Contact Information:** _____

**Pharmacy Contact Information:** _____

**Diagnosis:** _____

- This treatment is 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 |
|---|---|---|
| Abiraterone (A-bih-RA-teh-rone):<br>Zytiga (zy-TEE-guh), Abirtega (uh-BEER-tuh-guh) | Slows down or stops the growth of cancer cells by lowering levels of certain hormones in the body. | Tablet(s) taken by mouth. |
| Prednisone (PRED-nih-sone) | Helps replace hormones that abiraterone blocks and lowers the risk of high blood pressure, low potassium, and fluid retention. | Tablet(s) taken by mouth. |

**Treatment Administration and Schedule**

Your abiraterone and prednisone dosing instructions:

_____

_____

_____

- Do not change or stop taking any of your treatment without talking with your care team first.
- Swallow tablets whole. Do not chew, crush, dissolve, or divide the tablets.
- If you take more than your prescribed dose, call your care team or go to the nearest hospital emergency room right away.



Brought to you by: ACCC Association of Cancer Care Centers, HOPA Hematology/Oncology Pharmacy Association, NCODA Network for Collaborative Oncology Development & Advancement, ONS Oncology Nursing Society

## Treatment Administration and Schedule

### Abiraterone

- Abiraterone comes in 2 tablet strengths: 250 mg and 500 mg.
- Take abiraterone by mouth 1 time a day **on an empty stomach**. Do not eat food 2 hours before and 1 hour after taking abiraterone.
- Taking abiraterone with food may cause more of the medicine to be absorbed by the body than is needed, and this may cause side effects.
- Take abiraterone with water.
- If you miss a dose of abiraterone and it has been less than 12 hours since your usual time, take it as soon as you remember. If it has been more than 12 hours, skip the missed dose. Do not take 2 doses at the same time.
- Your dose may differ, but the usual abiraterone dose is 1000 mg (four 250 mg tablets or two 500 mg tablets) by mouth 1 time a day.

### Prednisone

- Your care team will tell you how often to take your prednisone.
- Take prednisone **with food** and a glass of water.
- If possible, take your evening dose of prednisone before 6 P.M. This can help prevent problems with falling asleep.
- Your dose may differ, but the usual prednisone dose is 5 mg by mouth either 1 time a day or 2 times a day.

### Storage and Handling of Abiraterone and Prednisone

- Store abiraterone and prednisone at room temperature between 68°F and 77°F (20°C and 25°C).
- Store abiraterone and prednisone in a dry location away from light.
- Keep abiraterone, prednisone, and all medicines out of the reach of children and pets.
- Wash your hands with soap and water before and after handling the medicine.
- Abiraterone can cause harm to an unborn baby and loss of pregnancy (miscarriage). People who are or may become pregnant should wear gloves when handling abiraterone.
- Ask your care team how to safely throw away any unused abiraterone.

### Appointments

Appointments may include regular check-ups with your care team, treatment appointments, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss an appointment, call your care team as soon as possible to reschedule it.

### 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 |
|---|---|
| High Blood Pressure (Hypertension) | Description: High blood pressure means the force of blood against your artery walls is too high. Treatment can raise your blood pressure or make it harder to control.<br>Recommendations:<br>• Exercise regularly, maintain a healthy weight, and limit alcohol and salt (sodium).<br>• Take blood pressure medicines as prescribed. Your care team may change your medicines if needed.<br>• Your care team may ask you to check and record your blood pressure at home. Bring readings to appointments.<br>• Follow diet and lifestyle advice from your care team.<br>Talk to your care team if you have:<br>• Severe or new headaches<br>• Dizziness or lightheadedness<br>• Blurred vision<br>• Trouble breathing<br>• Nosebleeds that do not stop<br>• A pounding sensation in your chest, neck, or ears<br>• Irregular or fast heartbeats<br>• Chest pain or pressure |
| Your Body May Hold Too Much Fluid (Fluid Retention) Leading to Swelling (Edema) | Description: Fluid retention (edema) is swelling caused by excess fluid in body tissues, often seen in the legs, ankles, feet, hands, or abdomen. It can cause tightness, weight gain, and discomfort.<br>Recommendations:<br>• Weigh yourself daily and keep a record to notice sudden weight gain.<br>• Elevate swollen legs when sitting and avoid standing for long periods.<br>• Wear compression stockings if your care team recommends them.<br>• Limit salt (sodium) intake and follow any fluid restrictions your care team gives.<br>• Stay active and do gentle movement to improve circulation.<br>Talk to your care team if you have:<br>• Swelling that suddenly worsens or spreads to other areas<br>• Pain, redness, or warmth in the affected area<br>• Shortness of breath or difficulty breathing<br>• Persistent swelling that does not improve with home management<br>• Unexpected weight gain<br>Note: Your care team may ask you to contact them if your weight increases by a certain amount over a certain time period. |
| Low Potassium Levels in Your Blood (Hypokalemia) | Description: Treatment may cause low levels of potassium in your blood. Your care team will perform blood tests to check for these changes and will treat you if needed.<br>Talk to your care team if you have:<br>• New or worsening muscle weakness or cramps<br>• Irregular, fast, or pounding heartbeat, or chest pain<br>• Severe dizziness, fainting, or lightheadedness<br>• Severe constipation or stomach-area (abdominal) pain |

| | |
|---|---|
| High Cholesterol and Triglycerides Levels in Your Blood (Hyperlipidemia) | 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 can increase your risk of pancreatitis and heart problems.<br>Recommendations:<br>• Adopt a diet low in saturated and trans fats, increase fiber intake, and engage in regular physical activity.<br>• Maintain a healthy weight.<br>• Get regular cholesterol tests and inform the care team of any significant changes.<br>• Do not smoke and limit alcohol consumption.<br>Talk to your care team if you have:<br>• Symptoms of heart attack or stroke, such as sudden numbness, weakness, or chest pain |
| High Blood Sugar (Hyperglycemia) | Description: Treatment may cause high blood sugar levels. Your care team may perform blood tests to check for these changes and treat you if needed.<br>Recommendations:<br>• Eat a well-balanced diet.<br>• Limit sugary drinks and foods.<br>• Eat smaller, more frequent meals.<br>• Be physically active for at least 30 minutes most days.<br>• 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.<br>Talk to your care team if you have:<br>• Frequent urination<br>• Drowsiness<br>• Increased thirst<br>• Loss of appetite<br>• Blurred vision<br>• Fruity smell on your breath<br>• Confusion<br>• Nausea, vomiting, or stomach pain<br>• It becomes harder to control your blood sugar |
| Liver Problems | Description: Treatment can cause liver injury. Your care team may check your liver with blood tests before and during treatment.<br>Talk to your care team if you have:<br>• Yellowing of your skin or the white part of your eyes (jaundice)<br>• Severe nausea or vomiting<br>• Pain on the right side of your stomach area (abdomen)<br>• Dark, tea-colored urine<br>• Bleeding or bruising more easily than normal |

| | |
|---|---|
| Fatigue | Description: Fatigue is a constant and sometimes strong feeling of tiredness.<br>Recommendations:<br>• Routine exercise can help reduce fatigue. Talk with your care team to find the right type and amount of activity for you.<br>• Ask family and friends for help with daily tasks and for emotional support.<br>• Try healthy ways to feel better, such as meditation, journaling, yoga, or guided imagery, to reduce anxiety and improve well-being.<br>• Aim for 7 to 8 hours of sleep each night. Limit daytime naps to help you sleep better at night.<br>• Do not drive, operate heavy machinery, or do other potentially dangerous activities if you are very tired.<br>Talk to your care team if you have:<br>• Tiredness that affects your daily life or prevents you from doing normal activities<br>• Tiredness that does not get better with rest<br>• 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.<br>Recommendations:<br>• Keep a journal to track frequency, duration, and triggers of hot flashes.<br>• Dress in layers with lightweight clothing to adjust to temperature changes.<br>• Stay cool by using fans, air conditioning, or cool cloths.<br>• Avoid triggers such as hot drinks, spicy foods, caffeine, and alcohol.<br>• Practice relaxation techniques like deep breathing, yoga, or meditation to reduce stress.<br>• Maintain healthy habits with a balanced diet and regular exercise.<br>Talk to your care team if you have:<br>• Severe hot flashes |

| | |
|---|---|
| Muscle 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.<br>Recommendations:<br>• Keep a pain diary: note pain levels, locations, and activities that make it better or worse.<br>• Try gentle exercise (walking, stretching, yoga) to maintain mobility and strength. Check with your care team before starting a new activity.<br>• Use a warm compress for stiff muscles or a cold pack to reduce swelling and numb pain—use what helps the area.<br>• Your care team may recommend or prescribe medicines, including over-the-counter pain relievers.<br>Talk to your care team if you have:<br>• Pain you cannot control with usual measures<br>• Swelling, redness, or warmth in a joint<br>• New weakness<br>• Trouble walking or moving |

**Select Rare Side Effects**

| Side Effect | Talk to Your Care Team if You Have Any of These Signs or Symptoms |
|---|---|
| Heart Problems | • Fast or irregular heartbeats<br>• Swelling of your stomach area (abdomen), legs, hands, feet, or ankles<br>• Shortness of breath<br>• Nausea or vomiting<br>• New or worsening chest discomfort, including pain or pressure<br>• Weight gain<br>• Pain or discomfort in your arms, back, neck, or jaw<br>• Protruding neck veins<br>• Breaking out in a cold sweat<br>• Feeling lightheaded or dizzy |
| Adrenal Problems | These side effects may happen if you stop taking prednisone, get an infection, or are under stress.<br>• Fatigue<br>• Muscle weakness<br>• Weight loss<br>• Decreased appetite<br>• Low blood pressure<br>• Dizziness<br>• Salt craving<br>• Nausea<br>• Vomiting<br>• Changes in mood<br>• Darkening of the skin<br>• Stomach-area (abdominal) pain |
| Low Blood Sugar (Hypoglycemia) | If you have diabetes, your care team may ask you to check your blood sugar more often.<br>• Dizziness<br>• Confusion or difficulty concentrating<br>• Feeling sweaty, shaky, or hungry<br>• Tiredness |

**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 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 your partner is able to become pregnant, use an effective method of birth control—such as condoms—during treatment and for 3 weeks after your last dose of abiraterone.

**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) analog therapy, you should continue with this treatment** during your treatment with abiraterone and prednisone unless you have had a surgery to remove both of your testicles 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: August 14, 2026



Brought to you by:
ACCC Association of Cancer Care Centers™
HOPA Hematology/Oncology Pharmacy Association
NCODA Network for Collaborative Oncology Development & Advancement
ONS Oncology Nursing Society

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 to gather information and develop this patient education guide. This guide is a summary of the medication, based on information provided by the drug manufacturer and other sources.

This guide does not cover all information available on the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication. It should not be used as a substitute for the advice of a qualified healthcare professional. The provision of this guide is for informational purposes only. It 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 regarding this medication should be made with the guidance and 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 may copy and distribute the sheets to patients and direct them 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.



PES-164



Brought to you by:
ACCC Association of Cancer Care Centers
HOPA Hematology/Oncology Pharmacy Association
NCODA Network for Collaborative Oncology Development & Advancement
ONS Oncology Nursing Society