

Ibrutinib and BR (Bendamustine and Rituximab)

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for chronic lymphocytic leukemia (CLL) and 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

- Part of your treatment is called “BR”.
 - **B: Bendamustine**
 - **R: Rituximab**

Treatment Name	How the Treatment Works	How the Treatment is Given
Ibrutinib (i-BROO-tih-nib): Imbruvica (im-BROO-vih-kuh)	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	<ul style="list-style-type: none"> • Capsule(s) taken by mouth. • Tablet(s) taken by mouth. • Oral suspension taken by mouth.
Bendamustine (BEN-duh-MUS-teen): Belrapzo (bel-RAP-zoh), Bendeka (ben-DEH-kuh), Treanda (tree-AN-duh), Vivimusta (vih-vih-MOOS-tah)	Damages the DNA in cancer cells, which stops them from growing and causes them to die.	Infusion into a vein (intravenous (IV) infusion).
Rituximab (rih-TUK-sih-mab): Rituxan (rih-TUK-sun), Riabni, Ruxience, Truxima	Helps your immune system find and attack cancer cells by targeting a specific protein on their surface.	Infusion into a vein (intravenous (IV) infusion).

Note: Your care team may give you rituximab and hyaluronidase (Rituxan Hycela) instead of rituximab. Rituximab and hyaluronidase is given as an injection under the skin (subcutaneous injection) into the stomach area (abdomen) over 5 to 7 minutes.

Treatment Administration and Schedule

Treatment is typically repeated every 4 weeks. This length of time is called a “cycle”.

Cycle 1 to 6

- Bendamustine is given on days 1 and 2.
- Rituximab is given on day 1.
- Ibrutinib is taken 1 time a day.

Treatment Name	Cycle 1, Day																												Next Cycle	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1	
Treatment Given at the Hospital or Clinic																														
Bendamustine	✓	✓																												✓
Rituximab	✓																													✓
Treatment Taken at Home																														
Ibrutinib	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	

Cycle 7 and Beyond

- Ibrutinib is taken 1 time a day.
- Depending on your diagnosis, you may continue rituximab with ibrutinib. Talk with your care team about your exact treatment and schedule.

Treatment Administration and Schedule (Continued)

Your ibrutinib dosing instructions:

- Take or give ibrutinib 1 time a day at about the same time each day.
- Ibrutinib comes as capsules, tablets, and oral suspension.
- If your care team prescribes ibrutinib **capsules or tablets**:
 - Swallow ibrutinib capsules or tablets whole with a glass of water.
 - Do not open, break, or chew the capsules.
 - Do not cut, crush, or chew the tablets.
- If your care team prescribes ibrutinib **oral suspension**:
 - See the detailed Instructions for Use that comes with ibrutinib oral suspension for information about the correct way to take or give a dose. If you have questions about how to take or give ibrutinib oral suspension, talk to your care team.
 - Do not use if the carton seal is broken or missing.
- If you miss a dose of ibrutinib, take or give it as soon as you remember on the same day. Take or give the next dose of ibrutinib at the regular time on the next day. Do not take or give extra doses of ibrutinib to make up for a missed dose.
- If you take too much ibrutinib, call your care team or go to the nearest hospital emergency room right away.

Storage and Handling of Ibrutinib

- Store ibrutinib capsules and tablets at room temperature between 68°F and 77°F (20°C and 25°C).
- Keep ibrutinib capsules in the original container with the lid tightly closed.
- Keep ibrutinib tablets in the original carton.
- Store ibrutinib oral suspension bottle between 36°F and 77°F (2°C and 25°C). Do not freeze.
- Use ibrutinib oral suspension within 60 days after first opening the bottle. Throw away (dispose of) any unused portion 60 days after opening.
- Ibrutinib capsules and oral suspension come in a bottle with a child-resistant cap.
- Keep ibrutinib and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused ibrutinib.

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 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 Given at the Clinic or Hospital	Supportive Care Taken at Home
To help prevent infusion-related reactions	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
To help prevent or treat nausea and vomiting	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
To help lower the risk of infections	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
To lower the risk of Tumor Lysis Syndrome (TLS)	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Other	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
<p>Infusion-Related Reactions (Boxed Warning)</p>	<p>Description: An infusion reaction is a bad response that can happen during or shortly after receiving medicine through a vein.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Your care team may prescribe medicines before your infusion to help reduce your risk of infusion reactions or make any infusion reaction less severe. You may be monitored for infusion reactions during each infusion. Your care team may slow down or stop your infusion, or completely stop treatment if you have an infusion reaction. • Get medical help right away if you develop any of the following during or after your infusion: <ul style="list-style-type: none"> Chills or shaking Itching, rash, or flushing Trouble breathing, wheezing, or tongue swelling Dizziness or feeling faint Feeling of impending doom Fever of 100.4°F (38°C) or higher New or severe pain in your back or neck
<p>Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection</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 and bathe regularly. • Avoid crowded places. • Stay away from people who are sick. • Your care team may prescribe a drug that promotes the growth of WBCs. <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>Low Platelet Count (Thrombocytopenia)</p>	<p>Description: Platelets help your blood clot and wounds heal. A low platelet count increases your risk of bruising and bleeding. Your risk of bleeding may increase if you are also taking a blood thinner medicine.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Blow your nose gently and avoid picking it. • Brush your teeth gently with a soft toothbrush and keep good oral hygiene. • Use an electric razor for shaving and a nail file instead of nail clippers. • Avoid over-the-counter medicines that can increase bleeding risk (for example, nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen). • Talk with your care team or dentist before medical or dental procedures — you may need to pause treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Red or black (looks like tar) stools • Pink or brown urine • Unexpected bleeding, or bleeding that is severe or that you cannot control • Vomiting blood, or if your vomit looks like coffee grounds • Coughing up blood or blood clots • Menstrual bleeding that is heavier than normal • Nose bleeds that happen often • Increased bruising, or red or purple skin marks • Dizziness or lightheadedness • Weakness • Confusion • Change in your speech • Headache that lasts a long time or severe headache • Unusual vaginal bleeding
<p>Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia)</p>	<p>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.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • 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. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Shortness of breath • Dizziness or fainting • Fast or irregular heartbeats • Sudden or severe headache

<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

<p>Diarrhea</p>	<p>Description: Diarrhea is loose, watery stools or more frequent bowel movements than usual. It can cause dehydration and weakness.</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>Rash or Itchy Skin</p>	<p>Description: Rash or itchy skin can cause redness, swelling, and a variety of bumps or patches (small red spots, welts, blisters, or scaly dry areas).</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep your skin moisturized with creams or lotions to reduce rash and itchiness. • Wear loose-fitting clothing. • Avoid perfumes and colognes, as they may worsen rash symptoms. • Limit time spent in the heat to prevent worsening symptoms. • Avoid sun exposure, especially between 10 AM and 4 PM, to lower the risk of sunburn. • Wear long-sleeved clothing with ultraviolet (UV) protection and broad-brimmed hats. • Apply broad-spectrum sunscreen (UVA/UVB) with sun protective factor (SPF) 30 or higher as directed. • Use lip balm with SPF 30 or higher. • Avoid tanning beds. • Your care team may recommend medicines for symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Rash or itching that continues to worsen

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Severe Skin and Mouth Reactions (Boxed Warning)	<ul style="list-style-type: none"> • Painful sores or ulcers on your skin, lips, or in your mouth • Blisters • Peeling skin • Rash • Pustules
Hepatitis B Virus (HBV) Reactivation (Boxed Warning)	<p>Before you start treatment, your care team will do blood tests to check for HBV infection. If you have had hepatitis B or are a carrier of hepatitis B virus, receiving rituximab could cause the virus to become an active infection again. Hepatitis B reactivation may cause serious liver problems, including liver failure and death. You should not receive rituximab if you have active hepatitis B liver disease. Your care team will monitor you for hepatitis B infection during and for several months after you stop receiving rituximab.</p> <ul style="list-style-type: none"> • Worsening tiredness • Yellowing of your skin or white part of your eyes
Progressive Multifocal Leukoencephalopathy (PML) (Boxed Warning)	<p>PML is a rare, serious brain infection caused by a virus that can happen in people who receive rituximab. People with weakened immune systems can get PML. PML can result in death or severe disability. There is no known treatment, prevention, or cure for PML.</p> <ul style="list-style-type: none"> • Confusion • Dizziness or loss of balance • Difficulty walking or talking • Decreased strength or weakness on one side of your body • Vision problems
Heart Problems	<p>Serious heart rhythm problems (ventricular arrhythmias, atrial fibrillation, and atrial flutter), heart failure and death have happened in people treated with ibrutinib, especially in people who have an infection, an increased risk for heart disease, or have had heart rhythm problems in the past. Your heart function will be checked before and during treatment with ibrutinib.</p> <ul style="list-style-type: none"> • Feeling as if your heart is beating fast and irregular • Lightheadedness • Dizziness • Shortness of breath • Swelling of the feet, ankles, or legs • Chest discomfort • Feeling faint
High Blood Pressure (Hypertension)	<p>High blood pressure usually doesn't have symptoms but can become serious.</p> <ul style="list-style-type: none"> • Severe or new headaches • Dizziness or lightheadedness • Blurred vision • Trouble breathing • Nosebleeds that do not stop • A pounding sensation in your chest, neck, or ears • Irregular or fast heartbeats • Chest pain or pressure
Liver Problems	<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

Kidney Problems	<ul style="list-style-type: none"> • Decrease in your amount of urine • Blood in your urine • Swelling of your ankles • Loss of appetite
Tumor Lysis Syndrome (TLS)	<p>Tumor lysis happens when cancer cells break apart and flood your bloodstream with chemicals and toxins faster than your body can get rid of them. TLS is a group of conditions that affect your heart, kidneys, and muscles.</p> <ul style="list-style-type: none"> • Severe nausea, vomiting, or diarrhea • Urinating smaller amounts or dark-colored urine • Muscle cramps or twitching • Rapid heartbeats or chest pain • Confusion or weakness • Seizures
Stomach and Serious Bowel Problems	<ul style="list-style-type: none"> • Severe stomach-area (abdominal) pain • Repeated vomiting during treatment
Extravasation	<p>Extravasation happens when medicine that is supposed to go into a vein leaks out into the tissues around it. This can cause pain, swelling, and damage to the skin and tissues. Extravasation can happen with bendamustine.</p> <ul style="list-style-type: none"> • Pain, burning, or stinging at the infusion site • Swelling, redness, or blistering around the site • Coolness or numbness in the area • Decreased blood flow or tissue damage, potentially leading to ulcers or tissue death in severe cases
Risk of New Cancers	<p>There is a risk of developing new cancers during or after treatment. Talk with your care team about this risk, and ask about the signs and symptoms of new cancers.</p>

**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 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 you are able to become pregnant, take a pregnancy test before starting treatment.
 - Use an effective method of birth control during treatment, for 1 month after your last dose of ibrutinib, for 6 months after your last dose of bendamustine, and for 12 months after your last dose of rituximab.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment with ibrutinib and BR, for 1 month after your last dose of ibrutinib, and for 3 months after your last dose of bendamustine.
- **Do NOT breastfeed** during treatment, for 1 week after your last doses of ibrutinib and bendamustine, and for 6 months after your last dose of rituximab.

Handling Body Fluids and Waste

Some drugs you receive may stay in your urine, stool, sweat, or vomit for many days after treatment. Because many cancer drugs are toxic, your body waste may also be dangerous to touch. To help protect yourself, your loved ones, and the environment, **follow these instructions** for at least **48 hours** after each dose of **bendamustine**: (Note: Ibrutinib and rituximab do not require special handling of body fluids and waste.)

- People who are pregnant should avoid touching anything that may be soiled with body fluids from the patient.
- You can use your usual toilet. Always close the lid and flush to discard all waste. If you have a low-flow toilet, flush twice.
- If the toilet or seat is soiled with urine, stool, or vomit, clean the surface after each use before others use it.
- Wash your hands with soap and water for at least 20 seconds after using the toilet.
- If you need a bedpan, inform your caregiver so they can wear gloves and assist with cleanup. Wash the bedpan with soap and water daily.
- If you cannot control your bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb waste.
- Wash any skin exposed to body waste with soap and water.
- Wash soiled linens or clothing separately from other laundry. If you don't have a washer, place them in a plastic bag until they can be washed.
- Wash your hands with soap and water after touching soiled linens or clothing.

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.
- **You should not drink grapefruit juice, eat grapefruit, or eat Seville oranges** (often used in marmalades) during treatment with ibrutinib. These products may increase the amount of ibrutinib in your blood.
- **Higher risk of bleeding after surgery.** Tell your care team if you plan to have any surgery before starting or during treatment. Your care team may ask you to stop taking ibrutinib for 3 to 7 days before and after your surgery, depending on the type of surgery and your risk of bleeding.
- **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: May 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.

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