

Liposomal Daunorubicin and Cytarabine

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for acute myeloid leukemia (AML).
- 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
Liposomal Daunorubicin and Cytarabine (LY-poh-SOH-mul DAW-noh-ROO-bih-sin ... sy-TAYR-uh-been): Vyxeos (VIK-see-os)	Uses two medicines that work together to damage tumor cells so they cannot grow and divide, causing them to die.	Infusion into a vein (intravenous (IV) infusion).

Treatment Administration and Schedule

Treatment is typically divided into 2 parts: induction and consolidation.

- Induction is typically given as 1 cycle. Depending on how you respond to your first induction cycle, your care team may recommend a second induction cycle before moving on to consolidation. If needed, the second induction cycle is usually started 2 to 5 weeks after the first induction cycle begins.
- Consolidation is typically repeated every 5 to 8 weeks. This length of time is called a “cycle”. A full course of treatment consists of 1 to 2 cycles of induction and up to 2 cycles of consolidation.

Induction Cycle

- Liposomal daunorubicin and cytarabine is given 1 time each day on Days 1, 3, and 5.
- Your care team may give you a second cycle of induction 2 to 5 weeks after the start of your first induction cycle.

Treatment Name	Induction							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Liposomal Daunorubicin and Cytarabine	✓		✓		✓			

Treatment Administration and Schedule (Continued)

Second Induction Cycle (If Needed)

- Liposomal daunorubicin and cytarabine is given 1 time each day on Days 1 and 3.

Treatment Name	Second Induction							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Liposomal Daunorubicin and Cytarabine	✓		✓					

Consolidation

- Liposomal daunorubicin and cytarabine is given 1 time each day on Days 1 and 3.
- Your care team may give you a second cycle of consolidation 5 to 8 weeks after the start of your first consolidation cycle.

Treatment Name	Consolidation							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Liposomal Daunorubicin and Cytarabine	✓		✓					

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 or treat nausea and vomiting		
To help lower the risk of infections		

To help prevent Tumor Lysis Syndrome (TLS)		
Other		

Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection	Description: WBCs help protect your body from infections. A low WBC count increases your risk of infection. Recommendations: - Wash your hands often and bathe regularly. - Avoid crowded places and close contact with people who are sick. - Follow food safety and wound care advice from your care team. - Your care team may prescribe medicine to help your WBCs recover. Talk to your care team if you have: - 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)

Low Platelet Count (Thrombocytopenia)	Description: Platelets help your blood clot and wounds heal. A low platelet count increases your risk of bruising and bleeding. It can sometimes take a long time for your platelets to recover. Recommendations: • 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. Talk to your care team if you have: • A nosebleed lasting more than 5 minutes despite pressure • A cut that continues to bleed • Heavy gum bleeding when brushing or flossing • Sudden or severe headache • Blood in your urine or stool • Blood in your spit after coughing
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
Heart Rhythm Problems (Cardiac Arrhythmia)	Description: Cardiac arrhythmia is a change in your heart's normal rhythm. This can make it harder for your heart to pump blood effectively. Talk to your care team if you have: • Fast or irregular heartbeat • Dizziness • Feeling faint • Chest discomfort • Shortness of breath
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. Recommendations: • Weigh yourself daily and keep a record to notice sudden weight gain. • Elevate swollen legs when sitting and avoid standing for long periods. • Wear compression stockings if your care team recommends them. • Limit salt (sodium) intake and follow any fluid restrictions your care team gives. • Stay active and do gentle movement to improve circulation. Talk to your care team if you have: • Swelling that suddenly worsens or spreads to other areas • Pain, redness, or warmth in the affected area • Signs of shortness of breath or difficulty breathing • Swelling is persistent and does not improve with home management • Unexpected weight gain Note: Your care team may ask you to contact them if your weight increases by a certain amount over a certain time period.

Bleeding Problems (Hemorrhage)	Description: Treatment may increase your risk of bruising or bleeding. Recommendations: • 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. Talk to your care team if you have: • Nosebleed lasting over 5 minutes despite pressure • Cut that continues to bleed • Significant gum bleeding when brushing or flossing • New or worsening bruises or small red/purple skin spots • Severe headache, confusion, fainting, vision changes, or weakness on one side • Blood in urine or stool, black/tarry stools • Coughing up bright red blood • Vomiting blood or material that looks like coffee grounds • Heavy menstrual bleeding • Any fall or hit to your head
Mouth Sores or Irritation (Mucositis or Stomatitis)	Description: Treatment can irritate the lining of the mouth. In some cases, this can cause redness, sores, pain, and swelling. Recommendations: • Rinse your mouth after meals and at bedtime; rinse more often if sores develop. • Brush your teeth gently with a soft toothbrush or use a cotton swab after meals. • Use a mild, non-alcohol mouth rinse at least 4 times daily (after meals and at bedtime). Example: 1/8 teaspoon salt + 1/4 teaspoon baking soda in 8 oz warm water. • Avoid acidic, hot, spicy, rough, or crunchy foods and drinks that can irritate your mouth. • Avoid tobacco, alcohol, and alcohol-based mouthwash. • Your care team may prescribe medicines or mouth treatments to help with pain and healing. Talk to your care team if you have: • Painful mouth sores or throat pain • Trouble eating or significant weight loss

Nausea and Vomiting	Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. You may or may not vomit. Recommendations: • 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. Talk to your care team if you have: • 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
Stomach-Area (Abdominal) Pain	Description: Abdominal pain is when you feel discomfort or pain in the belly area. Talk to your care team if you have: • Severe abdominal pain
Diarrhea	Description: Diarrhea is loose, watery stools or more frequent bowel movements than usual. It can cause dehydration and weakness. Recommendations: • 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). Talk to your care team if you have: • 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

Constipation	Description: Constipation means hard, dry stools or fewer bowel movements than normal. It can cause discomfort or pain. Recommendations: • Track how often you have bowel movements each day. • Drink 8 to 10 glasses of fluids daily, unless your care team says otherwise. • Stay active and exercise regularly. • Eat more high-fiber foods (such as raw fruits, vegetables, and whole grains) unless advised otherwise. • Your care team may recommend laxatives such as polyethylene glycol (Miralax) or senna. Talk to your care team if you have: • Constipation lasting 3 or more days • No bowel movement 48 hours after using a laxative
Trouble Breathing and Cough	Description: Treatment may make you feel like it's a struggle to get enough air into your lungs. A cough is a reflex action that forcefully expels air from the lungs to clear the airways of irritants or mucus. Recommendations: • Stay hydrated by drinking plenty of fluids to help thin mucus. • Avoid irritants such as smoke, strong odors and chemicals, and allergens. • Use humidifiers to add moisture to the air and soothe airways. • Practice controlled breathing techniques, like pursed-lip breathing. • Elevate your head with extra pillows when resting or sleeping, if needed. • Limit physical exertion and take breaks during activities. • Tell your care team what your cough feels like and when it happens. • Keep your house clean by dusting and vacuuming regularly. • Your care team may recommend medicine for cough. Talk to your care team if you have: • Trouble breathing • Chest pain or tightness • Cough or coughing up blood

Headache	Description: Headaches are pain in your head that can vary in intensity, frequency, and location. Recommendations: • Keep a headache diary to track the frequency, duration, intensity, and triggers of your headaches. • Stay hydrated by drinking plenty of water, as dehydration can contribute to headaches. • Apply a cold or warm compress to your forehead or neck to help ease headache pain. • Get adequate sleep (7 to 8 hours per night) and establish a regular sleep schedule. • Limit caffeine intake. • Your care team may recommend medicine for headaches. Talk to your care team if you have: • Severe headache • More frequent or worsening headaches • Dizziness or feeling faint • Confusion • Changes in vision
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

Rash or Itchy Skin	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). Recommendations: • 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. Talk to your care team if you have: • 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
Heart Problems	Daunorubicin may cause heart problems that may lead to death. These problems can happen during your treatment or months to years after stopping treatment. In some cases, heart problems are irreversible. There is a cumulative total lifetime dose of daunorubicin. Your care team will track the amount of daunorubicin you receive. Talk with your care team if you have received anti-cancer medicines before. Your care team will perform tests to check your heart before, during, and after your treatment with daunorubicin. • Swelling of your stomach-area (abdomen), legs, hands, feet, or ankles • Shortness of breath • Nausea or vomiting • New or worsening chest discomfort, including pain or pressure • Weight gain • Pain or discomfort in your arms, back, neck, or jaw • Protruding neck veins • Breaking out in a cold sweat • Feeling lightheaded or dizzy

Allergic Reactions, Including Anaphylaxis and Infusion-Related Reactions	Get emergency medical help right away if you develop any of the following signs or symptoms: - 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
Extravasation	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. - 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
Tumor Lysis Syndrome (TLS)	Tumor lysis happens when cancer cells break apart and release large amounts of substances into your bloodstream faster than your body can handle. TLS is a group of conditions that affect your heart, kidneys, and muscles. - Severe nausea, vomiting, or diarrhea - Urinating smaller amounts or having dark-colored urine - Muscle cramps or twitching - Rapid heartbeats or chest pain - Confusion or weakness - Seizures

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 6 months after your last dose of liposomal daunorubicin and cytarabine.
 - 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 6 months after your last dose of liposomal daunorubicin and cytarabine.
- Do NOT breastfeed** during treatment and for 2 weeks after your last dose of liposomal daunorubicin and cytarabine.

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 **4 days** after each dose of **liposomal daunorubicin and cytarabine**:

- 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.
- **Tell your care team about all your health problems.** This includes Wilson's disease or another condition that affects how your body processes copper. Liposomal daunorubicin and cytarabine contains copper. Your care team may monitor your copper levels during treatment.
- **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: July 20, 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.

This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and 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 related to taking this medication should be made with the guidance and under the 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 are permitted to copy and distribute the sheets to patients as well as direct patients 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.

Copyright © 2026 by Network for Collaborative Oncology Development & Advancement, Inc. All rights reserved.

PES-648