

Romidepsin

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for cutaneous T-cell lymphoma (CTCL), which is a blood cell cancer that affects your skin.
- 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
Romidepsin (ROH-mih-DEP-sin): Istodax (IH-stoh-dax)	Slows down or stops the growth of cancer cells by blocking proteins that help cancer cells survive and grow.	Infusion into a vein (intravenous (IV) infusion).

Treatment Administration and Schedule

Treatment is typically repeated every 28 days. This length of time is called a “cycle”.

Romidepsin is usually given on days 1, 8, and 15.

Treatment Name	Cycle 1																	Next Cycle		
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	...	Day 28	Day 1	
Romidepsin	✓							✓							✓					✓

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	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Other	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
<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. People receiving romidepsin injection can develop serious infections that can sometimes lead to death. These infections can happen during and after treatment with romidepsin injection. Your risk of infection may be higher if you have had chemotherapy in the past.</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. • 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>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.</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"> • 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
<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>Changes in the Electrical Activity of Your Heart called QT Prolongation</p>	<p>Description: QT prolongation is a serious, but common side effect that can cause irregular heartbeats that can be life-threatening or lead to death.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Your care team will check the electrical activity of your heart with a test called an electrocardiogram (ECG) before and during treatment. • Your care team will also do blood tests to check your potassium and magnesium levels before and during treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Dizziness or fainting • Irregular or fast heartbeats
<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>Taste Changes</p>	<p>Description: Taste changes, such as loss of taste or taste sensitivity, may occur. Foods that used to taste good may no longer be appealing or certain tastes, such as metallic tastes, may become more noticeable.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Choose appealing foods based on appearance and smell. • Use plastic utensils if food tastes metallic. • Add spices or juices to enhance food flavors. • Suck on mints or chew gum to improve taste. • Brush your teeth before and after eating with a soft toothbrush. • Avoid smoking. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Trouble eating • Weight loss
<p>Low Appetite</p>	<p>Description: Loss of appetite can lead to weight loss and low energy. Small changes in when and what you eat can help maintain strength and nutrition.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Be as active as you can. Do light physical activity before a meal (check with your care team before starting an exercise program). • Note times of day when your appetite is best and eat your largest meal then. • Eat 5–6 small meals or snacks each day. • Choose high-protein foods (beans, chicken, fish, meat, yogurt, tofu, eggs). Eat protein first during meals. • Choose higher-calorie foods (avoid “low-fat,” “fat-free,” or “diet” options when trying to gain/maintain weight). • If you feel full quickly, avoid drinking 30 minutes before a meal and drink liquids between meals; choose calorie-containing drinks rather than diet drinks. • Have a bedtime snack that’s easy to digest (for example, peanut butter and crackers). If you have reflux, wait at least 1 hour before lying down. • Try nutritious beverages (high-protein shakes or smoothies) if solid food is unappealing. • Ask your care team about liquid nutrition supplements and ways to add protein or calories (protein powder, yogurt, ice cream). <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Unintentional weight loss • Little or no appetite for several days • Excessive tiredness or low energy

<p>Liver Problems</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>Constipation</p>	<p>Description: Constipation means hard, dry stools or fewer bowel movements than normal. It can cause discomfort or pain.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • 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. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Constipation lasting 3 or more days • No bowel movement 48 hours after using a laxative
<p>High Blood Sugar (Hyperglycemia)</p>	<p>Description: Treatment may cause high blood sugar levels. Your care team will do blood tests to check you for these changes and will treat you if needed.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • 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. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • 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

<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
<p>Changes in Electrolytes and Other Laboratory Results</p>	<p>Description: Treatment may cause low calcium and high uric acid levels in your blood. Your care team will do blood tests to check you for these changes and will treat you if needed.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Severe muscle cramps or spasms • Tingling or numbness around the mouth, hands, or feet • New weakness or trouble breathing • Fast, irregular, or pounding heartbeat • Confusion, fainting, or seizures • Sudden weight gain • Swelling of your arms, hands, legs, or ankles • Sudden, severe joint pain, redness, or swelling (possible gout) • Severe flank or abdominal pain, blood in the urine, or difficulty urinating (possible kidney stone) • Little or no urine output or sudden weight gain from fluid • Fever, chills, or signs of infection • New or worsening kidney test results

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Hepatitis B Virus (HBV) Reactivation and Epstein Barr Virus (EBV) Reactivation	<p>Before you receive romidepsin, your care team may do blood tests to check for HBV infection. If you have had hepatitis B or are a carrier of hepatitis B virus, receiving romidepsin could cause the virus to become an active infection again. Hepatitis B reactivation may cause serious liver problems including liver failure, and death. Your care team may monitor you for hepatitis B infection during and for several months after you stop receiving romidepsin.</p> <p>Reactivation of EBV has been reported in people receiving romidepsin and may lead to serious liver problems, including liver failure.</p> <ul style="list-style-type: none"> Worsening tiredness Yellowing of your skin or white part of your eyes
Tumor Lysis Syndrome (TLS)	<p>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.</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

**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:
 - Your care team will perform a pregnancy test within 7 days before you start treatment with romidepsin.
 - Use an effective method of birth control during treatment and for 1 month after your last dose of romidepsin.
 - 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 1 month after your last dose of romidepsin.
- Do NOT breastfeed** during treatment and for 1 week after your last dose of romidepsin.

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