

Possible Side Effects (*continued*):

Changes in Lab Values

What to do:

- It is important to keep your appointments to have your blood work checked.
- Your doctor will order the following blood tests: cholesterol, complete blood count (CBC) and liver and thyroid function.
- Eat a healthy, well-balanced diet.
- Your doctor may order medicine to help manage changes in your lab values.
- Call your doctor if your temperature is 100.4 degrees Fahrenheit (38 degrees Celsius) or higher.
- Wash your hands often.

Other Side Effects

- You may also have headaches, fatigue, weakness and flu-like symptoms when you take this medicine.

This is not a complete list of all possible side effects. Tell your doctor if you have these or any other side effects that you think are caused by this medicine. Your James health care team will give you further help to manage side effects.

PATIENT EDUCATION

Taking Your Treatment Home

What you need to know about your Anti-Cancer Medicine

Bexarotene (Targretin)

This brochure has important information on how to use, handle, and store your medicine, what side effects to look for and how to manage them.

What it looks like: Off-white capsules

How to handle and store:

- **There are special safe handling instructions for this medicine.** Talk to your doctor, pharmacist or nurse about the precautions you need to follow when you take this medicine at home.
- **Caregivers who are or may become pregnant should NOT touch this medicine.**
- Store in a closed container in a dry place such as a cabinet away from light, heat and moisture.
- **Do not** store in your bathroom or refrigerator.
- Keep this medicine away from children and **do not** share it with anyone.

The James



Filling your Bexarotene prescription:

- You will need to get your medicine from a specialty pharmacy that has this medicine in stock.
- Talk to your treatment team to find a specialty pharmacy near you.

How to take:

- Take this medicine with food after a meal.
- **Do not** crush, break or chew the capsules.
- **Do not** take more capsules than ordered by your doctor.
- It is important to drink plenty of water while taking this medicine.
- If you miss a dose, take it as soon as you remember. If it is less than 12 hours before your next dose, skip the missed dose. **Do not double up on doses.**
- Use a calendar or diary to keep track of what days and what times you take this medicine.

Disposal:

- Talk with your doctor or pharmacist about how to get rid of prescription medicines safely.

Precautions:

- Tell your doctor or pharmacist about any medicines you take, including prescription and over-the-counter medicines, vitamins and herbal products. **It is important to tell your doctor or pharmacist if you take Vitamin A.**
- **Do not get pregnant while on this medicine. This medicine can cause birth defects when taken by both women and men.** Talk with your doctor about what birth control to use. Your doctor may tell you to use 2 methods of birth control when you take this medicine and for a period of time after your treatment is done.
- Talk with your doctor about when it is safe to become pregnant or conceive a child **after your treatment has ended.**
- **Do not use aspirin for regular aches and pains.**
- **Do not eat grapefruit or drink grapefruit juice.** This can increase your risk of side effects.
- **Do not drink alcohol while on this medicine.**
- Talk with your doctor **before** you get any vaccines.

Possible Side Effects

You can find more information on side effects in the Patient Education booklet, *Treatment with Chemotherapy and Anti-Cancer Medicines*.

Skin Problems

What this means: This medicine may make your skin more sensitive to sunlight or cause a rash. This medicine may be used to make your cancer cells more sensitive to light therapy.

What to do:

- Protect your skin from sunlight. Wear clothes to cover your skin and use sunscreen (at least SPF 30).
- Your rash may get worse before it gets better. Call your doctor if your rash is spreading or is itchy or painful.

Nausea and Vomiting**What to do:**

- Eat small meals or snacks during the day. Stay away from spicy or high-fat foods.
- Drink water during the day.
- Call your doctor if you are unable to keep down fluids for more than 24 hours or if you feel lightheaded or dizzy.
- Take your anti-nausea medicine as ordered by your doctor.

Diarrhea**What to do:**

- Call your doctor if this happens more than 4 times in a day, or lasts for more than 1 to 2 days or if you feel lightheaded or dizzy.

Continued on back...