

Possible Side Effects (*continued*):

Rash

What to do:

- Use creams or lotions to moisturize your skin.
- Protect your skin from the sun.

Infections

What this means: You may be at risk of getting an infection.

What to do:

- Call your doctor if you have a fever of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher.
- Wash your hands often.

Changes to Blood Glucose Levels

What to do:

- It is important to keep your appointments to have your blood work checked.
- Your doctor will order blood tests to check your blood glucose (sugar) levels.
- Call your doctor if you are unusually thirsty or hungry or if you have to urinate more often.

Lung Changes

What this means: This medicine can cause damage to your lungs.

What to do:

- Call your doctor if you have problems breathing or a cough that bothers you or will not go away.

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

Everolimus (Afinitor)

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: White to slightly yellow tablets

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.
- Store in 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



How to take:

- **Do not** take the medicine out of the package (blister pack) until you are ready to take the medicine.
- **Do not** crush, break or chew the tablets.
- Swallow tablets whole with a full glass of water at the same time each day. You may take this medicine with or without food.
- If you miss a dose, wait until it is time for your next dose. Skip the missed dose. **Do not double up on doses.**
- Wash your hands after you touch this medicine.

Disposal:

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

Precautions:

- Tell your doctor if you have a history of liver problems.
- Tell your doctor or pharmacist about any medicines you take, including prescription and over-the-counter medicines, vitamins and herbal products.
- **Do not eat grapefruit or drink grapefruit juice.** This can increase your risk of side effects.
- **Do not take St. John's Wort.**
- **Do not get pregnant while on this medicine.** Talk with your doctor about what birth control to use.

Possible Side Effects

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

Diarrhea**What to do:**

- Call your doctor if this happens more than 4 times in a day or for more than 1 or 2 days or if you feel lightheaded or dizzy.
- Drink extra fluids during the day.
- Your doctor may tell you to take a medicine called Loperamide (Imodium). It is important to follow your doctor's orders for taking this medicine, not the instructions on the box.

Soreness of Your Mouth or Throat (Mucositis)

What this means: You may get sores or blisters on your lips or in your mouth.

What to do:

- Drink plenty of fluids and eat moist foods.
- **Do not** smoke or drink alcohol. This can make your symptoms worse.
- **Do not** use mouthwashes with alcohol or peroxide.

Fatigue

What this means: Fatigue can be due to many factors, including low blood counts, sleep changes, stress, not eating well and pain.

What to do:

- Eat small meals often during the day and drink plenty of fluids.
- Be active, but plan time to rest.
- Get enough sleep.

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