

Possible Side Effects (*continued*):

Difficulty Breathing or Cough

What to do:

- Call your doctor if you have any changes in your ability to breathe.
- Tell your doctor if you have a cough that will not go away.

Rash

What this means: You may develop a rash in one area or over large areas of your skin.

What to do:

- Call your doctor if you get a rash. Tell your doctor when the rash started, the location of your rash, if it is itchy or painful and if the rash has spread or is getting worse.
- Your doctor may have you take an over-the-counter medicine to help with this problem.

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:

- Be active, but plan times to rest.
- Get enough sleep.
- Drink plenty of water and eat small meals or snacks during the day.

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

Idelalisib (Zydelig)

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: 100 mg orange, oval-shaped tablet; 150 mg pink, oval-shaped tablet

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 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



How to take:

- Take this medicine 2 times each day, 12 hours apart. You may take this medicine with or without food.
- Swallow the tablet whole, with a full glass of water.
- **Do not** take more tablets than ordered by your doctor.
- **Do not** crush, break, chew or open the tablets.
- **Do not eat grapefruit or drink grapefruit juice.** This can increase your risk of side effects.
- If you miss a dose, take it as soon as you remember. If it is less than 6 hours before your next dose, skip the missed dose. **Do not double up on doses.**

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, such as Kava or Valerian.
- **Do not get pregnant while on this medicine.** Talk with your doctor about what birth control to use.
- **Do not take St. John's Wort.**

Possible Side Effects

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

Diarrhea or Perforation

What this means: You may be at risk for developing diarrhea or tears in your intestines.

What to do:

Call your doctor right away if you have any of the following:

- Diarrhea more than 4 times in a day or for more than 1 or 2 days
- Feel lightheaded or dizzy
- Severe pain in your stomach

Liver Problems

What this means: Your doctor will order blood tests to check how well your liver works while you take this medicine.

What to do:

Call your doctor right away if you have the following symptoms:

- Dark colored urine
- The whites of your eyes or your skin turns yellow
- Pain on the right side of your stomach

Low White Blood Cells/Preventing Infection

What this means: You may be at risk of getting an infection. Your doctor may order a medicine to prevent "PCP" pneumonia.

What to do:

- Call your doctor if you have a temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher.
- Wash your hands often.
- Wear a mask and stay away from people who are sick or do not feel well.

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