

Possible Side Effects (*continued*):

Bleeding/Bruising/Black Stools

What to do:

- Call your doctor if you have bruising, bleeding, and black stools or if you have unusual bleeding, such as bright red blood in your stools or nose bleeds that do not stop.
- Call your doctor if you have sudden or severe stomach pain.
- **Do not** use aspirin, ibuprofen (Advil, Motrin), or naproxen (Aleve) for regular aches and pains.

Heart Changes

What this means: Your doctor may check your heart before you start this medicine and while you take this medicine.

What to do:

- Eat a healthy, well-balanced diet.
- Call your doctor if you have changes in your heartbeat or shortness of breath.

Blood Clots

What this means: You may be at risk of getting blood clots.

What to do:

Call your doctor if you have:

- Swelling in your arm or leg, with or without pain.
- Sudden chest pain, shortness of breath or changes in your heartbeat.
- Sudden or severe headaches.
- Problems with your vision, speech or ability to walk.
- Numbness or weakness in your arms and legs or on one side of your body.

Smoking may increase your risk of blood clots. It is important to talk to your doctor about options to quit.

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

Vorinostat (Zolinza)

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 capsules with black ink

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:

- Swallow the capsule whole with a full glass of water. Take this medicine with food.
- **Do not** crush, break or chew the capsule.
- **Do not** take more capsules than ordered by your doctor. It is very important that you follow the treatment plan exactly as ordered by your doctor.
- Drink 8 to 10 cups of fluid each day to stay hydrated.
- 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:

- **Do not get pregnant while on this medicine.** Talk with your doctor about what birth control to use.
- Tell your doctor or pharmacist about any medicines you take, including prescription and over-the-counter medicines, vitamins and herbal products.

Possible Side Effects

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

Skin Changes

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 if it 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.

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 for rest.
- Get enough sleep.
- Drink plenty of water and eat small meals or snacks often during the day.

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