

Zolinza: Information For Patients

What is Zolinza?

- Zolinza is a prescription medication used to treat a type of cutaneous lymphoma called mycosis fungoides/Sezary syndrome. This medication is prescribed when your disease has progressed, persists or is recurrent after treatment with other medications.

Before you start Zolinza:

- Your doctor will check complete blood cell counts (CBC), blood sugar and other chemistries (comprehensive metabolic panel CMP and magnesium Mg). He will continue monitoring CBC, CMP, Mg every two weeks for the first two months of your treatment with Zolinza and then, monthly.
- Your doctor will check your ECG
- Tell your doctor about all medications that you currently are taking, because certain medications are contraindicated with Zolinza.

How should I take Zolinza?

Take Zolinza capsules as prescribed by your physician (most common dose: 400 mg orally once daily). Swallow each capsule whole. Do not chew or break open the capsule.

- Take Zolinza with food.
- If Zolinza capsules are accidentally opened or crushed, do not touch the capsule or the powder contents of the capsules. If the powder from an open or crushed capsule gets on your skin or in your eyes, wash the contacted area well with plenty of plain water. Call your doctor.

- Drink at least eight glasses of liquids (64oz) every day while taking Zolinza. Drinking enough fluids may help to decrease the chances of losing too much fluid from your body (dehydration), especially if you are having symptoms such as nausea, vomiting or diarrhea while taking Zolinza.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is almost time for your next dose, just skip the missed dose. Just take the next dose at a regular time. **DO NOT** take 2 doses of Zolinza at the same time.
- If you take too much Zolinza, call your doctor or local emergency room.
- If you have high blood sugar (hyperglycemia) or diabetes, continue to monitor your blood sugar as your doctor recommends. You may need to change your diet or medicine to help control your blood sugar while you take Zolinza. Be sure to tell your doctor if you are unable to eat or drink normally due to nausea, vomiting or diarrhea.

What are the possible side effects of Zolinza?

Zolinza may cause serious side effects. All side effects are reversible and resolve as soon as you stop the medication. Tell your doctor **immediately** if you have any of the following symptoms:

1. **Blood Clots in the legs (deep vein thrombosis)**
 - Sudden swelling in a leg
 - Pain or tenderness in the leg. The pain may only be felt when standing or walking
 - Increased warmth in the area where the swelling is
 - Skin redness or change in skin color

2. **Blood clots that travel to the lungs (pulmonary embolus)**
 - Sudden sharp chest pain
 - Shortness of breath
 - Cough with blood infused secretions
 - Sweating
 - Rapid pulse
 - Fainting
 - Feeling anxious
3. **Dehydration (loss of too much fluid from the body)**
 - This happens if you are having nausea, vomiting or diarrhea and can not drink fluids well. Your doctor will check your blood electrolytes, including magnesium.
4. **Low blood cell counts:** Your doctor will periodically do blood tests to check your blood count
 - **Low red blood cells.**
 - Will make you feel tired
 - You may look pale or feel short of breath
 - **Low platelets**
 - Can cause unusual bleeding or bruising under the skin.
5. **High Blood Sugar (blood glucose)**
 - If you have high blood sugar or diabetes, monitor your blood sugar frequently as directed by your physician
6. **Electrocardiogram (EKG) abnormality**
 - EKG is a test that records the electrical activity of your heart.
 - Your physician will check your EKG periodically.

In addition, the most common side effects with Zolinza include:

- Stomach and intestinal problems, including diarrhea, nausea, vomiting, loss of appetite, constipation and weight loss
- Tiredness
- Dizziness
- Headache
- Changes in the way things taste and dry mouth
- Muscle aches
- Hair loss
- Chills
- Fever
- Upper respiratory infection
- Cough
- Increase blood creatinine
- Swelling in the foot, ankle and leg
- Itching

Additional Information about Zolinza:

-Do not use Zolinza for a condition for which it was not prescribed. Do not give Zolinza to other people, even if they have the same symptoms you are experiencing. It may harm them.

How should you store Zolinza?

Store at room temperature:
68° to 77° F (20 - 25° C)

Ordering Information:

For Zolinza specific information, please visit their website:

<http://www.zolinza.com/vorinostat/zolinza/consu/mer/index.jsp>

Feel free to contact ACT regarding Zolinza prescriptions: 1-866-363-6379

From 8 AM to 8 PM ET, Monday through Friday, to reach a program specialist.

For more information, please visit the Stanford Cutaneous Lymphoma website:

<http://cutaneouslymphoma.stanford.edu> or www.clfoundation.org/treatment/compounding_pharmacies

Zolinza (vorinostat capsules)

Multidisciplinary Cutaneous
Lymphoma Clinic

Edited by NV in 2009.

