



The Voice of *Urologic Oncology* in Canada
Canadian Urological Association
La voix de *l'uro-oncologie* au Canada

Patient Resource

Cabozantinib *(monotherapy)*

Includes treatment diary

Patient Resource: Cabozantinib *(monotherapy)*


CABOMETYX®

You have been prescribed cabozantinib to treat your renal cell (kidney) cancer. Before you start your treatment with cabozantinib, please discuss any health conditions you may have and any plans to have surgery with your oncology healthcare professional.

Cabozantinib is an anti-cancer medication that targets a group of proteins involved in the growth and spread of certain types of cancers. This medication comes in tablet form and is taken by mouth once daily on an empty stomach. Do not eat for at least 2 hours before and at least 1 hour after taking cabozantinib. Swallow the tablets whole with a glass of water, do not crush the tablets. Cabozantinib should be taken at the same time each day. Do not consume grapefruit, grapefruit juice, or supplements containing grapefruit during cabozantinib treatment.

If you have any issues with taking your medication, please contact your pharmacist.

Most Common Side Effects of Cabozantinib in Adults

- Stomach upset, including diarrhea, nausea, vomiting, constipation, indigestion, and abdominal pain
- Decreased appetite
- Weight loss
- Altered sense of taste
- Heartburn (bringing up stomach acid)
- Redness, swelling or pain in the mouth or throat
- Rash or redness of the skin
- Dry skin and mouth
- Fatigue, insomnia
- Weakness
- Headache
- Fever (**Contact a healthcare professional immediately to rule out infection/febrile neutropenia**) 
- Dizziness, fainting
- Pain in arms, legs and joints, muscle spasms
- Difficulty in speaking, hoarseness
- Shortness of breath, which may be called dyspnea
- Cough
- Hair loss
- Low magnesium level

If you experience any of the above side effects while being treated with cabozantinib, report them to your oncology healthcare team and discuss the best way to manage them. DO NOT try to manage these side effects on your own.

See the next section for serious side effects that may require your doctor's attention right away.

If you notice any symptoms or side effects that are not listed on this card that concern you, please don't hesitate to contact your oncology care team.

Patient Resource: Cabozantinib *(monotherapy)*

CABOMETYX®

The below are serious side effects that may require extra support to manage and should be reported to your oncology healthcare team immediately. Do not try to manage these side effects on your own, always speak with your healthcare professional, oncology healthcare team, or pharmacist if you have any concerns or questions about your health.

Serious Side Effects of Cabozantinib in Adults

Very common

Common

Uncommon

Rare

CAUTION

☹️ Talk to your healthcare professional if severe (e.g., impacting your ability to care for yourself, work, etc.)

💬 Talk to your healthcare professional in all cases

⛔ Stop taking cabozantinib and get immediate medical help



CIRCULATORY

Common

- ⛔ Pain, tenderness, or swelling in the arm or leg, accompanied by feeling cold, having red, warm or pale skin, weakness, or muscle spasms or pain
- ☹️ Easy bruising or unusual bleeding (including bleeding from nose or gums)

STOP TAKING MEDICATIONS IMMEDIATELY AND GET IMMEDIATE HELP IF YOU EXPERIENCE A COMBINATION OF:

- Sudden severe pain in the back, chest, or abdomen
- Cough, coughing up blood, strong pain high in neck or back without reason, problems swallowing, hoarse voice, or unusual pulsing in chest or abdomen



DERMATOLOGIC

Very common

- ☹️ Skin problems, such as redness, blisters, or pain in palms of hands or soles of the feet

Uncommon

- 💬 Wounds that do not heal



GASTROINTESTINAL

Very common

- 💬 Abdominal pain, accompanied by feeling full, flattened or pushed out navel (belly button), weight gain, or shortness of breath

Common

- 🛑 Vomiting or coughing up blood
- 🛑 Stools that are black
- 🛑 Abdominal pain accompanied by feeling sick, vomiting, constipation, or fever

Uncommon

- 💬 Pain in the mouth, teeth and/or jaw, swelling or sores inside the mouth
- 💬 Numbness or a feeling of heaviness in the jaw, or loosening of a tooth
- ☹️ Pain or swelling around the anus, accompanied by bleeding, blood or foul smelling discharge from the anus, pain with bowel movements, fever, or chills
- ☹️ Abdominal pain that lasts or worsens when lying down
- ☹️ Nausea or vomiting



HEPATIC

Uncommon

- 🛑 Yellowing of skin or eyes (jaundice), accompanied by dark urine, abdominal pain, bruising, itching, nausea, vomiting, loss of appetite, or weight loss
- ☹️ Yellowing of skin or eyes (jaundice)



NEUROLOGIC

Very common

- ☹️ Headaches accompanied by vision disorders, nausea, and/or vomiting

Common

- 🛑 Muscle cramping or spasms accompanied by numbness and tingling in hands, feet, or lips, light headedness, or slow heartbeat
- ☞ Tingling or numbness
- ☞ Muscle pain or weakness
- ☞ Changes in alertness, mood, or personality
- ☞ Disorientation or confusion
- ☞ Changes in sleep pattern
- ☞ Loss of consciousness or coma

Uncommon

- 🛑 Convulsions characterized by seizures, headaches, confusion, or struggling to focus

Other possible serious side effects may include QT prolongation, an abnormal heart signal characterized by irregular heartbeat, fainting, or loss of consciousness 🛑, and reversible posterior leukoencephalopathy syndrome, which is characterized by headache, confusion, seizures, or visual problems 🛑.

Some side effects will appear on laboratory tests, such as anemia (low levels of red blood cells and hemoglobin), hypothyroidism (underactive thyroid gland), hyponatremia (low level of sodium in your blood), hypophosphatemia (low levels of phosphate in the blood), hypomagnesemia (low level of magnesium in the blood), hypokalemia (low levels of potassium in the blood), decreased lymphocytes (low levels of white blood cells), proteinuria (excess protein in urine), hyperthyroidism (high levels of thyroid hormone), or high levels of liver enzymes or bilirubin in the blood.



RESPIRATORY

STOP TAKING MEDICATIONS IMMEDIATELY AND GET IMMEDIATE HELP IF YOU EXPERIENCE A COMBINATION OF:

- Sharp chest pain, coughing up blood, or sudden shortness of breath
- Chest pain, dry cough, fever, difficulty breathing, or shortness of breath



RENAL/UROLOGIC

Common

- 🛑 Bloody urine
- ☹️ Dark urine or decreased urine output accompanied by thirst, headache, loss of appetite, tiredness, or weakness

Blood Pressure Information and Log

When taking cabozantinib, it is important to monitor your blood pressure. This should be done **1 week after first treatment, then every 2 weeks for the first 2 months, and then at least monthly thereafter during treatment.** This can be done using an at-home blood pressure monitor or the blood pressure monitors available at many local pharmacies and community health centres. If you are purchasing a monitor for at-home use, look for a statement of recommendation from Hypertension Canada on the package.

Please list any blood pressure medications you are currently taking below:

Prior to taking your blood pressure, please ensure you do the following:

- Try to rest or relax for at least 30 minutes before you check your blood pressure
- Do not smoke
- Do not have any drinks with caffeine, such as pop, coffee or tea
- Take your blood pressure at approximately the same time of day

While taking your blood pressure, please ensure you do the following:

- Remove any tight clothing from your arm or wrist
- Check your blood pressure in a quiet room
- Sit down and stretch out your arm on a table and keep your arm at about the level of your heart
- Let your arm relax
- Make sure that your legs are not crossed
- Follow the directions that accompany the machine you are using

Please see the next page for a blood pressure log to use during your treatment.

PLEASE USE THIS TREATMENT DIARY TO RECORD YOUR BLOOD PRESSURE INFORMATION THROUGHOUT TREATMENT

IMPORTANT: Please record and report even minor symptoms. All side effects must be reported to your cancer care team.

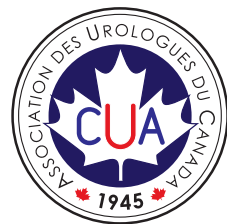
Cabozantinib

Blood pressure (after the first week of treatment, then every 2 weeks for 2 months, then monthly)

If your blood pressure is greater than 170 mmHg (systolic) and 95 mmHg (diastolic) please call your cancer care team.

[illegible]

Date of my next appointment is: _____ **Date of my next appointment for blood work is:** _____



The Voice of Urologic Oncology in Canada

Canadian Urological Association

La voix de l'uro-oncologie au Canada