

# UPMC | HILLMAN CANCER CENTER

## Ribociclib (Kisqali®)

---

### About This Drug

Ribociclib is used to treat cancer. It is given orally (by mouth).

### Possible Side Effects

- Decrease in the number of white blood cells and platelets. This may raise your risk of infection and raise your risk of bleeding.
- Nausea and throwing up (vomiting).
- Constipation (not able to move bowels)
- Diarrhea (loose bowel movements)
- Tiredness
- Back pain
- Headache
- Changes in your kidney function
- Changes in your liver function
- Cough
- Hair loss. Hair loss is often temporary, although with certain medicine, hair loss can sometimes be permanent. Hair loss may happen suddenly or gradually. If you lose hair, you may lose it from your head, face, armpits, pubic area, chest, and/or legs. You may also notice your hair getting thin.
- Rash

**Note:** Each of the side effects above was reported in 20% or greater of patients treated with ribociclib. Not all possible side effects are included above.

### Warnings and Precautions

- Abnormal EKG (electrocardiogram)
- Changes in your liver function
- Severe decreased in white blood cells

**Note:** Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team.

## How to Take Your Medication

- Swallow the medicine whole with or without food. Take your medicine at approximately the same time every day, preferably in the morning. Do not crush, chew, or split tablets.
- Do not take your medicine if tablets look cracked, broken or look damaged.
- **Missed Dose:** If you vomit or miss a dose, take your next dose at the regular time, and contact your physician. Do not take 2 doses at the same time and do not double up on the next dose.
- **Handling:** Wash your hands after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- This drug may be present in the saliva, tears, sweat, urine, stool, vomit, semen, and vaginal secretions. Talk to your doctor and/or your nurse about the necessary precautions to take during this time
- **Storage:** Store this medicine in the original container at room temperature.
- **Disposal of unused medicine:** Do not flush any expired and/or unused medicine down the toilet or drain unless you are specifically instructed to do so on the medication label. Some facilities have unused medicine take-back programs and/or other options. If you do not have a take-back program in your area, then please discuss with your nurse or your doctor how to dispose of unused medicine.

## Treating Side Effects

- Drink plenty of fluids (a minimum of eight glasses per day is recommended).
- If you throw up or have loose bowel movements, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).
- To help with nausea and vomiting, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help or stop lessen these symptoms.
- As your doctor or nurse about medicines that are available to help stop or lessen constipation, diarrhea and/or nausea/vomiting.
- If you are not able to move your bowels, check with your doctor or nurse before you use enemas, laxatives, or suppositories.
- If you get diarrhea, eat low-fiber foods that are high in protein and calories and avoid foods that can irritate your digestive tracts or lead to cramping.
- To decrease risk of bleeding, use a soft toothbrush. Check with your nurse before using dental floss.
- Be very careful when using knives or tools.
- Use an electric shaver instead of a razor.
- To decrease infection, wash your hands regularly.
- Avoid close contact with people who have a cold, the flu, or other infections.
- Take your temperature as your doctor or nurse tells you, and whenever you feel like you may have a fever.
- Talk to your doctor or nurse about precautions you can take to avoid infections.

- If you get a rash do not put anything on it unless your doctor or nurse says you may. Keep the area around the rash clean and dry. Ask your doctor for medicine if your rash bothers you.

## Food and Drug Interactions

- Do not eat grapefruit or drink grapefruit juice while taking this medicine. This may raise levels of ribociclib in your body. This could make side effects worse.
- Avoid the use of St. John's Wort while taking ribociclib as this may lower the levels of the drug in your body, which can make it less effective.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs and others) you are taking before starting this medicine as there are known drug interactions with ribociclib. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.
- The safety and use of dietary supplements and alternative diets are often not known. Using these might affect your cancer or interfere with your treatment. Do not use dietary supplements or alternative diets without your cancer doctor's help.

## When to Call the Doctor

Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Fever of 100.5 F (38 C) or higher
- Chills
- Headache that does not go away
- Fatigue that interferes with your daily activities
- Feeling that your heart is beating fast or not in a normal way (palpitations)
- Easy bleeding or bruising
- Coughing yellow, green, or bloody mucus.
- Wheezing or trouble breathing
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Lasting loss of appetite or rapid weight loss of 5 pounds in a week
- Diarrhea 4 times in a day or loose bowel movements with lack of strength or a feeling of being dizzy
- No bowel movement in 3 days or when you feel uncomfortable
- Signs of liver problems: dark urine, pale bowel movements, bad stomach pain, feeling very tired and weak, unusual itching, or yellowing of the eyes or skin
- Decreased urine, or very dark urine
- Pain that does not go away or is not relieved by prescribed medicine
- A new rash or a rash that is not relieved by prescribed medicines
- If you think you are pregnant

## Reproduction Warnings

- **Pregnancy warning:** This drug can have harmful effects on the unborn baby. Women of child bearing potential should use effective methods of birth control during your cancer treatment and for at least 3 weeks after treatment. Let your doctor know right away if you think you may be pregnant
- **Breastfeeding warning:** Women should not breast feed during treatment and for 3 weeks after treatment because this drug could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** In men, this drug may affect your ability to have children in the future. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm banking.

Revised July 2018