



# TEMOZOLOMIDE

## Patient Information Leaflet

This leaflet answers some common questions about Temozolomide. It does not contain all the available information. It also does not take the place of talking to your doctor or pharmacist.

### What is Temozolomide used for?

Temozolomide is a cytotoxic medication used for the treatment of brain tumours. It works by causing DNA strands to break and hence leading to cell death.

### When should I take this medication?

- Temozolomide is usually taken once a day, preferably at the same time each day.
- It is important to take Temozolomide exactly as directed by your doctor.

### How should it be taken?

- To reduce nausea and vomiting, it is recommended to administer Temozolomide capsules on an empty stomach (i.e. one hour before food or two hours after food) or at bedtime.
  - Your doctor may also prescribe oral anti-vomiting medicine; this may be administered half an hour before Temozolomide is given.
- Swallow the capsules whole with a glass of water. Do not open, crush or chew the capsules.
- If your child is unable to swallow the capsule, you may open the capsule and dissolve the contents in apple juice or applesauce.
  - Take precautions to avoid cytotoxic exposure: wear gloves and mask when handling the capsules, and open the capsules in a still-air room. (Please refer to PIL on "[Safe Handling of Oral Cytotoxic Medications](#)" for details).

### What should I do if I miss a dose?

- If you forget a dose, take it as soon as you remember if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times. Do not take two doses at the same time.
- Do not repeat dose if vomiting occurs after dose is administered, wait until the next scheduled dose. Contact the pharmacist or doctor if child repeatedly missed doses due to vomiting, even with the administration of anti-vomiting medicine

### What side effects can this medicine cause? What can I do about them?

Possible side effects from Temozolomide and their management are listed in the following table.

SIDE EFFECTS	MANAGEMENT
Nausea and vomiting may occur.	<ul style="list-style-type: none"><li>• Your child may be given anti-vomiting medication— please take as prescribed.</li><li>• Take Temozolomide on an empty stomach, or at bedtime.</li><li>• Eat small but frequent meals.</li><li>• Refrain from lying down for at least two hours after each meal.</li><li>• Seek medical help immediately if your child experiences persistent vomiting.</li><li>•</li></ul>

SIDE EFFECTS	MANAGEMENT	
<p><b>Low white blood cell count.</b> White blood cells protect the body by fighting bacteria (germs) that cause infection. When the number of white blood cells is low, your child will be <b>more susceptible to infections</b> and may become very ill from these infections.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> <li>• Wash hands regularly, especially before eating and after using the bathroom.</li> <li>• Avoid crowded places and avoid contact with people who are sick.</li> <li>• Do not eat raw or undercooked food.</li> </ul>	<p>Seek medical help immediately if your child experiences any of the following:</p> <ul style="list-style-type: none"> <li>• Fever (temperature of 38°C twice or ≥38.5°C once)</li> <li>• Bleeding in stools or urine</li> <li>• Any uncontrollable or persistent bleeding or bruising.</li> </ul>
<p><b>Low platelet counts.</b> Platelets are important for blood clotting. With low platelets, your child may bruise or bleed (e.g. gums or nose) more easily than usual.</p>	<ul style="list-style-type: none"> <li>• Be safety conscious.</li> <li>• Brush teeth gently with a soft-bristled toothbrush.</li> </ul>	
<p><b>Constipation or diarrhea</b> may occur.</p>	<p>Management of constipation:</p> <ul style="list-style-type: none"> <li>• Get some exercise if possible, but be sure to check with the doctor before becoming more active.</li> <li>• Drink plenty of fluids, unless otherwise instructed by your doctor.</li> <li>• Take fibre-rich foods e.g. wholemeal bread, brown rice, fresh fruits, vegetables.</li> </ul> <p>Management of diarrhea:</p> <ul style="list-style-type: none"> <li>• Avoid oily or spicy foods, dairy products and caffeine.</li> <li>• Drink plenty of fluids.</li> <li>• Note: If lactose in milk usually gives you diarrhea, the lactose in the capsule may cause diarrhea.</li> <li>• Seek medical help immediately if diarrhea is persistent, bloody, or associated with fever or severe abdominal pain.</li> </ul>	
<p><b>Hair loss</b> may occur.</p>	<ul style="list-style-type: none"> <li>• Use gentle shampoo and soft hairbrush.</li> <li>• Wear a cap to protect the scalp especially when going out.</li> </ul>	
<p><b>Headache, body weakness, fatigue</b> may occur.</p>	<p>Please inform your doctor if you notice any of such symptoms.</p>	

### Special instructions

- Do not use this medicine if your child is allergic to Temozolomide or Dacarbazine.
- Before starting Temozolomide, do inform your doctor of any other medications that your child is already on. Always check with your doctor or pharmacist if you want to give any other medicines, supplements or herbal products to your child.
- Talk to your doctor before getting flu shots or other vaccines.

### Storage conditions

Store the medicine in a closed container at room temperature, away from heat, moisture, and direct light.

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Consult your doctor or pharmacist (Oncology Pharmacy: 6394 2147) if you need more information.