

Mitotane (Lysodren)

About This Medicine

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

Possible Side Effects

- Nausea and vomiting (throwing up)
- Diarrhea (loose bowel movements)
- Decreased appetite (decreased hunger)
- Feeling dizzy or feeling that your environment is spinning
- Depression
- Rash

Note: Each of the side effects above was reported in 15% or greater of patients treated with mitotane. All possible side effects are not included. Your side effects may be different depending on your cancer diagnosis, condition, or if you are receiving other medicines in combination. Please discuss any concerns or questions with your medical team.

Warnings and Precautions

- Changes in your adrenal gland function. Some hormones may not be produced, especially those that are produced in response to severe injury or shock. Your doctor may prescribe replacement steroids as needed.
- Changes in your central nervous system can happen. The central nervous system is made up of your brain and spinal cord. You could feel extreme tiredness, sleepiness and dizziness.
- If you are female and premenopausal, you have a higher risk of developing ovarian cysts.

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

Important Information

- Talk to your doctor before any minor/major surgical procedures. Also, if you must have emergency surgery, tell the doctor that you are on mitotane.

How to Take Your Medicine

- Take the medicine as prescribed by your doctor.
- **Missed dose:** If you vomit or miss a dose, contact your doctor for instructions. Do not take 2 doses at the same time and do not double up on the next dose.
- **Handling:** Wash your hands with soap and water before and after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- Cytotoxic medicines leave the body through urine and stool, but they can also be present in other body fluids such as blood, vomit, semen, and vaginal fluids. Take precautions to prevent others from coming in contact with your medicine or your body fluids. Follow safety precautions during your treatment and for as long as directed by your health care provider after your treatment. If you take a cytotoxic pill each day, follow these precautions every day.
- **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 medicine label. Some facilities have 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

- If you are dizzy, get up slowly after sitting or lying.
- To help with decreased appetite, eat foods high in calories and protein, such as meat, poultry, fish, dry beans, tofu, eggs, nuts, milk, yogurt, cheese, ice cream, pudding, and nutritional supplements.
- Consider using sauces and spices to increase taste. Daily exercise, with your doctor's approval, may increase your appetite.
- Drink enough fluids to keep your urine pale yellow.
- If you throw up or have diarrhea, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).
- If you have 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.
- Ask your nurse or doctor about medicine that can lessen or stop your diarrhea.
- 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 stop or lessen these symptoms.
- 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 Medicine Interactions

- There are no known interactions of mitotane with food.

- 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 medicine interactions with mitotane. 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.
- There are known interactions of mitotane with blood thinning medicine such as warfarin. Ask your doctor what precautions you should take.

When to Call the Doctor

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

- Feeling dizzy or lightheaded
- Tiredness that interferes with your daily activities
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- Pain in your lower abdomen (pelvis)
- Abnormal vaginal bleeding
- A new rash and/or itching or a rash that is not relieved by prescribed medicines
- Lose interest in your daily activities that you used to enjoy and feeling this way every day, and/or you feel hopelessness.
- If you think you may be pregnant

Reproduction Warnings

- **Pregnancy warning:** This medicine can have harmful effects on the unborn baby. Women of childbearing potential should use effective methods of birth control during your cancer treatment and for as long as medicine level is detectable in your blood. Let your doctor know right away if you think you may be pregnant.
- **Breastfeeding warning:** Women should not breastfeed during treatment and for as long as medicine level is detectable in your blood because this medicine could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** Fertility studies have not been done with this medicine. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm or egg banking.

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