

Telotristat ethyl (Xermelo)

About This Medicine

Telotristat ethyl is used to treat diarrhea in patients with carcinoid syndrome. It is given orally (by mouth).

Possible Side Effects

- Nausea
- Decreased appetite (decreased hunger)
- Excess gas
- Fever
- Swelling of your legs, ankles and/or feet
- Changes in your liver function
- Headache
- Depression

Note: Each of the side effects above was reported in 5% or greater of patients treated with telotristat ethyl. 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

- Severe constipation (not able to move bowels) that can cause blockage of your small and/or large intestine.

How to Take Your Medicine

- Take this medicine with food.
- If you are taking this medicine with short-acting octreotide, take the short-acting octreotide at least 30 minutes after telotristat ethyl.
- **Missed doses:** If you miss a dose, take your next dose at the regular time. 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.

- **Storing:** Store this medicine in the original container at room temperature.

Treating Side Effects

- Drink enough fluids to keep your urine pale yellow.
- To help with nausea, 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 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).
- To help with decreased appetite, eat small, frequent meals. 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.
- To help with excess gas, avoid gas-producing foods such as brussels sprouts, cabbage, cauliflower, carrots, prunes, and apricots.
- If you are not able to move your bowels, check with your doctor or nurse before you use enemas, laxatives, or suppositories.
- Ask your doctor or nurse about medicines that are available to help stop or lessen constipation.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.

Food and Medicine Interactions

- There are no known interactions of telotristat ethyl with food. This medicine should be taken 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 telotristat ethyl. 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.

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 100.4° F (38° C) or higher
- Chills
- Headache that does not go away
- Tiredness that interferes with your daily activities
- Lose interest in your daily activities that you used to enjoy and feeling this way every day, and/or you feel hopelessness.
- Nausea that stops you from eating and drinking and/or that is not relieved by prescribed medicine



- Throwing up more than 3 times a day
- Severe abdominal pain/cramping
- Excessive gas or unable to pass gas
- No bowel movement in 3 days or when you feel uncomfortable
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- Weight gain of 5 pounds in one week (fluid retention)
- Swelling of your legs, ankles and/or feet
- Signs of possible liver problems: dark urine, pale bowel movements, pain in your abdomen, feeling very tired and weak, unusual itching, or yellowing of the eyes or skin
- If you think you are pregnant

Reproduction Warnings

- **Pregnancy warning:** It is not known if this medicine may harm an unborn child. For this reason, be sure to talk with your doctor if you are pregnant or planning to become pregnant while getting this medicine. Let your doctor know right away if you think you may be pregnant.
- **Breastfeeding warning:** It is not known if this medicine passes into breast milk. For this reason, women should talk to their doctor about the risks and benefits of breastfeeding during treatment with this medicine because this medicine may enter the breast milk and cause harm to a breastfeeding baby. If you are breastfeeding, monitor your baby for signs of constipation.
- **Fertility warning:** Fertility studies have not been done with this medicine. Talk with your doctor or nurse if you plan to have children.

Revised December 2023

