

Temozolomide (Temodar)

About This Medicine

TEMOZOLOMIDE (te moe ZOE loe mide) treats brain cancer. It works by slowing down the growth of cancer cells. It is given orally (by mouth) or by the vein (IV).

This medicine may be used for other purposes; ask your care team if you have questions.

Possible Side Effects

- Nausea and vomiting (throwing up)
- Constipation (not able to move bowels)
- Tiredness
- Decreased appetite (decreased hunger)
- Headache
- Seizure. Common symptoms of a seizure can include confusion, blacking out, passing out, loss of hearing or vision, blurred vision, unusual smells or tastes (such as burning rubber), trouble talking, tremors or shaking in parts or all of the body, repeated body movements, tense muscles that do not relax, and loss of control of urine and bowels. There are other less common symptoms of seizures. **If you or your family member suspects you are having a seizure, call 911 right away.**
- Hair loss. Hair loss may happen and 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.

Note: Each of the side effects above was reported in 20% or greater of people treated with temozolomide. 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 care team.

Warnings and Precautions

- Bone marrow suppression, which can be life-threatening. This is a decrease in the number of white blood cells, red blood cells, and platelets. This may raise your risk of infection, make you tired and weak, and raise your risk of bleeding.
- This medicine may raise your risk of getting a second cancer, such as myelodysplastic syndrome and leukemia.

- Changes in your liver function, which can cause liver failure and be life-threatening.
- Respiratory infection such as pneumonia

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

Important Information

- You should not donate sperm during treatment and for at least 3 months after stopping treatment because this medicine is present in semen and may cause harm to a baby.

How to Take Your Medicine

- **For oral:** Swallow the medicine whole with a full glass of water, consistently with or without food. Take it at approximately the same time each day. If you have nausea, take it without food or at bedtime. Do not chew, open, or dissolve the contents of capsules.
- **Missed dose:** If you vomit or miss a dose, contact your care team for further instructions. Do not take 2 doses at the same time or extra doses.
- **Overdosage:** If you think you have taken too much of this medicine contact a poison control center or emergency room at once.
- **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.
- If any of the capsules are broken or accidentally opened, do not touch them with bare hands. Carefully throw away the capsules and wash your hands after handling.
- If you get any of the contents of a broken capsule on your skin, you should wash the area of the skin well with soap and water right away. Call your care team if you get a skin reaction.
- This medicine may be present in the urine, stool and 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 care team after your treatment. If you take a pill each day, follow these precautions every day.
- **Storage:** Store the capsules in the original container at room temperature. Keep out of the reach of children and pets.
- **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 care team how to dispose of unused medicine.

Treating Side Effects

- Manage tiredness by pacing your activities for the day.
- Be sure to include periods of rest between energy-draining activities.
- To decrease the risk of infection, wash your hands regularly.
- Avoid close contact with people who have a cold, the flu, or other infections.



- Take your temperature as your care team tells you, and whenever you feel like you may have a fever.
- To help decrease the risk of bleeding, use a soft toothbrush. Check with your care team before using dental floss.
- Be very careful when using knives or tools.
- Use an electric shaver instead of a razor.
- Drink enough fluids to keep your urine pale yellow.
- If you throw up, 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 or care team about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- If you are not able to move your bowels, check with your care team before you use enemas, laxatives, or suppositories.
- Ask your care team about medicines that can stop or lessen your constipation.
- 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 care team's approval, may increase your appetite.
- Keeping your pain under control is important to your well-being. Please tell your care team if you are experiencing pain.
- To help with hair loss, wash with a mild shampoo and avoid washing your hair every day. Avoid coloring your hair.
- Avoid rubbing your scalp, pat your hair or scalp dry.
- Limit your use of hair spray, electric curlers, blow dryers, and curling irons.
- If you are interested in getting a wig, talk to your care team and they can help you get in touch with programs in your local area.

Food and Medicine Interactions

- There are no known interactions of temozolomide with food.
- This medicine may interact with other medicines. Tell your care team about all the prescription and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) that you are taking at this time. Also, check with your care team before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.

When to Call Your Care Team

Call your care team 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
- Feeling dizzy or lightheaded
- Easy bleeding or bruising
- Wheezing and/or trouble breathing
- Coughing up yellow, green, or bloody mucus
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- No bowel movement in 3 days or when you feel uncomfortable
- 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
- Symptoms of a seizure such as confusion, blacking out, passing out, loss of hearing or vision, blurred vision, unusual smells or tastes (such as burning rubber), trouble talking, tremors or shaking in parts or all of the body, repeated body movements, tense muscles that do not relax, and loss of control of urine and bowels. **If you or your family member suspects you are having a seizure, call 911 right away.**

Reproduction Warnings

- **Pregnancy warning:** This medicine can cause serious birth defects. If you can become pregnant, use birth control while taking this medicine and for 6 months after the last dose. If you can get your partner pregnant, use birth control while taking this medicine and for 3 months after the last dose. Tell your care team right away if you think you might be pregnant or think your partner might be pregnant.
- **Breastfeeding warning:** Do not breastfeed while taking this medicine and for 1 week after the last dose.
- **Fertility warning:** This medicine may affect your ability to have children in the future. If you plan to have children, talk with your care team.

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