

Temsirolimus (Torisel)

About This Drug

Temsirolimus is used to treat cancer. It is given in the vein (IV).

Possible Side Effects

- Bone marrow suppression. 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.
- Weakness
- Soreness of the mouth and throat. You may have red areas, white patches, or sores that hurt.
- Nausea
- Decreased appetite (decreased hunger)
- Swelling of the hands, feet, or any other part of the body
- Changes in your liver function
- Changes in your kidney function
- Electrolyte changes
- Blood sugar levels may change
- Increase in your triglycerides and cholesterol level
- Rash

Note: Each of the side effects above was reported in 30% or greater of patients treated with temsirolimus. Not all possible side effects are included above.

Warnings and Precautions

- While you are getting this drug in your vein (IV), you may have a reaction to the drug and/or an allergic reaction, including anaphylaxis, which can be life-threatening. Sometimes you may be given medication to stop or lessen these side effects. Your nurse will check you closely for these signs: fever or shaking chills, flushing, facial swelling, feeling dizzy, headache, trouble breathing, rash, itching, chest tightness, or chest pain. These reactions may happen after your infusion. **If this happens, call 911 for emergency care.**
- Risk of severe and life-threatening infections
- Severe changes in your liver function which can cause liver failure and be life-threatening

- Scarring of the lungs that causes stiffness in the lungs which makes breathing difficult and can be life-threatening
- Perforation – an abnormal hole in your large intestine which can be life-threatening
- Changes in your kidney function and/or increased protein in your urine, which can cause kidney failure and be life-threatening.
- Elderly patients may be at a higher risk of developing more severe symptoms such as diarrhea, swelling, and pneumonia.
- If you have cancer of the brain or if you are taking a blood thinning medicine, you may be at an increased risk of developing bleeding in your brain which can be life-threatening. You could have a severe headache, vomiting, vision problems, severe sleepiness, dizziness, confusion, slurred speech, or weakness on one side of your body. **If you start to have any of these symptoms let your doctor know right away.**
- Slow wound healing

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 receiving any vaccinations during your treatment. Some vaccinations are not recommended while receiving temsirolimus. You should also avoid contact with people who have received a live vaccine such as intranasal influenza, varicella, oral polio, typhoid, and MMR.
- Temsirolimus may cause slow wound healing. It should not be given before surgery. If you must have emergency surgery or have an accident that results in a wound, tell the doctor that you are on temsirolimus.
- 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.

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 doctor or nurse 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 nurse before using dental floss.
- Be very careful when using knives or tools.
- Use an electric shaver instead of a razor.
- Mouth care is very important. Your mouth care should consist of routine, gentle cleaning of your teeth or dentures and rinsing your mouth with a mixture of 1/2 teaspoon of salt in 8 ounces of water



or 1/2 teaspoon of baking soda in 8 ounces of water. This should be done at least after each meal and at bedtime.

- If you have mouth sores, avoid mouthwash that has alcohol. Also avoid alcohol and smoking because they can bother your mouth and throat.
- 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.
- Drink plenty of fluids (a minimum of eight glasses per day is recommended).
- 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 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.
- Infusion reactions may occur after your infusion. **If this happens, call 911 for emergency care.**
- If you have diabetes, keep good control of your blood sugar level. Tell your nurse or your doctor if your glucose levels are higher or lower than normal.
- 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

- Avoid grapefruit or grapefruit juice while taking this medicine as it may raise the levels of temsirolimus in your body which could make side effects worse.
- 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 temsirolimus. 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.
- Avoid the use of St. John's Wort while taking temsirolimus as this may lower the levels of the drug in your body, which can make it less effective.

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
- Tiredness and or weakness that interferes with your daily activities
- Feeling dizzy and/or lightheaded
- Weakness on one side of your body
- Confusion
- Difficulty speaking



- Headache that does not go away
- Easy bleeding or bruising
- Pain in your chest
- Dry cough
- Wheezing and/or trouble breathing
- Pain in your mouth or throat that makes it hard to eat or drink
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- Nausea that stops you from eating or drinking 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
- Blood in your stool
- Severe abdominal pain that does not go away
- Weight gain of 5 pounds in one week (fluid retention) Difficulty swallowing
- Decreased or very dark urine
- Foamy or bubbly-looking urine
- Abnormal blood sugar
- Unusual thirst, passing urine often, headache, sweating, shakiness, irritability
- Swelling of the hands, feet, or any other part of the body
- 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
- Signs of infusion reaction: fever or shaking chills, flushing, facial swelling, feeling dizzy, headache, trouble breathing, rash, itching, chest tightness, or chest pain. **If this happens, call 911 for emergency care.**
- Signs of allergic reaction: swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, call 911 for emergency care.**
- Signs of infection: fever or chills, cough, trouble breathing, severe pain in your abdomen, difficulty urinating, burning or pain when you pass urine, redness and/or swelling of the skin
- A new rash and/or itching or a rash that is not relieved by prescribed medicines
- If you think you may be pregnant or may have impregnated your partner

Reproduction Warnings

- **Pregnancy warning:** This drug 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 3 months after stopping treatment. Men with female partners of childbearing potential should use effective methods of birth control during your cancer treatment and for 3 months after stopping treatment. Let your doctor know right away if you think you may be pregnant or may have impregnated your partner.
- **Breastfeeding warning:** It is not known if this drug passes into breast milk. For this reason, Women should not breastfeed during treatment and for 3 weeks after stopping treatment because this drug could enter the breast milk and cause harm to a breastfeeding baby.



- **Fertility warning:** In men and women both, 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 or egg banking.

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