

## Patient information

# Eltrombopag for Refractory Chronic Immune Thrombocytopenia Purpura (ITP)

Haematology Liverpool

### What is eltrombopag?

Eltrombopag belongs to a group of medicines called thrombopoietin (TPO) receptor agonists. They work by stimulating the cells in the bone marrow to produce more platelets in your blood. This should help reduce your risk of bleeding. Eltrombopag may not return your platelets to 'normal' levels, but it may increase them and improve your symptoms.

Romiplostim is only available from the hospital team and must be collected from the Lloyds pharmacy in the hospital.

### Who should not take eltrombopag?

- If you are allergic to eltrombopag or any of the other ingredients in this medicine

### Warnings and precautions

Talk to your doctor or pharmacists about all your health conditions before starting romiplostim, particularly if:

- You or if you are at risk of having blood clots.
- You are pregnant or trying to get pregnant.
- You are breastfeeding or plan to breastfeed.
- If you have another blood condition known as myelodysplastic syndrome (MDS); taking eltrombopag may worsen MDS.
- If you have liver problems.
- If you have a history of cataracts (the lens of the eye getting cloudy); eltrombopag may worsen this.
- If you are of East/South-east Asian descent – you may be started at a lower dose.

### Side effects

As with any medication, eltrombopag is associated with side effects, although not everyone gets them. The most common side effects are:

- Back pain
- Common cold
- Nausea and vomiting
- Diarrhea
- Infection in the nose, sinuses, throat and upper airways (upper respiratory tract infection)

Your doctor may recommend you get your eyes checked before and during treatment. Tell your doctor about any changes to your eyesight whilst taking eltrombopag. Some patients on eltrombopag have experienced dizziness. Although this dizziness only lasted a short period of time, be aware that it could affect your ability to drive or operate machinery.

### **Serious side effects**

In some cases, **more serious side effects can occur** whilst taking eltrombopag.

**Eltrombopag may increase your risk of blood clots. The signs of a blood clot include:**

- swelling, pain, heat, redness, or tenderness in your leg.
- sudden shortness of breath, especially with sharp pain in the chest or rapid breathing.
- pain in the tummy, swollen tummy or blood in your stools.

**If you notice any of these symptoms, please contact your doctor immediately or go to the nearest hospital emergency department.**

**Eltrombopag may increase your risk of liver problems. Your doctor will check your liver function before and during treatment. Tell your doctor straightaway if you have any of these signs and symptoms of liver problems:**

- yellowing of the skin or the whites of the eyes (jaundice)
- unusually dark-coloured urine
- swelling of the stomach area (abdomen)

These are not the only possible side effects, and a more detailed list is available in the patient information leaflet in your tablet packet.

### **Reporting of side effects**

If you have any side effects, talk to your doctor, pharmacist or nurse. This included any possible side effects not listed in the package leaflet. You can report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

## Taking other medications and food

Tell your doctor or pharmacist if you have been taking or might take other medications including over the counter medications, vitamins and herbal supplements.

**In particular, tell your doctor if you are taking any of the following medications:**

- Antacid medications, used to treat indigestion, heartburn or stomach ulcers.
- Multivitamins, minerals or products that contain iron, calcium, aluminium, magnesium, selenium or zinc.
- 'Statins', used to treat high cholesterol.
- Some medications used to treat HIV such as lopinavir and/or ritonavir.
- Methotrexate, typically used in autoimmune disorders.
- Topotecan, typically used to treat cancer.
- Ciclosporin, when used in immune diseases or transplantation.
- Anticoagulants or antiplatelets, used to prevent blood clots.
- The contraceptive pill or hormone replacement therapy

Certain medications and food can keep eltrombopag from working properly. Eltrombopag should be taken **at least two hours before or four hours after:**

- Dairy foods such as cheese, butter, yoghurt or ice cream.
- Milk or milk shakes, drinks containing milk, yoghurt or cream.
- Foods that contain more than 50mg of calcium, this includes some plant based dairy alternatives.
- Antacids
- Mineral and vitamin supplements including iron, calcium, magnesium, aluminum, selenium and zinc.

## Pregnancy and breastfeeding

### Pregnancy

Eltrombopag is not recommend during pregnancy. If you are pregnant or trying to get pregnant, ask your doctor or pharmacist for advice before starting eltrombopag. If you are a woman who could get pregnancy, you must use reliable contraception whilst this medicine. Contact your doctor straight away if you get pregnant whilst taking eltrombopag.

### Breastfeeding

Eltrombopag is not recommend whilst breastfeeding. If you are breastfeeding or plan on breastfeeding, ask your doctor or pharmacist for advice before taking this medicine.

### How to take eltrombopag

Eltrombopag should be swallowed whole with water and taken with or without food at the same time each day. If taken with food, this must be a low calcium food (contains less than 50mg).

Before starting treatment, your doctor will measure your platelet count. The usual recommended starting dose is 50mg (one tablet) once a day. If you are of East-/Southeast-Asian ancestry, you may be started on a lower dose. Your doctor will regularly check your platelet count and adjust your dose as needed.

A maximum dose of 75mg daily must not be exceeded. If you do not respond to treatment with eltrombopag, your doctor will stop treatment. Always use eltrombopag exactly how your doctor has told you.

### **Missed doses**

If you forget to take eltrombopag, take your missed dose as soon as you remember, then take your next dose at the usual time. Do not double dose to make up for a forgotten dose.

If you take more eltrombopag than you should, call your doctor or pharmacist straight away or go to the nearest hospital emergency department.

### **Stopping treatment**

Do not stop this medication unless your doctor tells you to. If you want to stop for any reason, please discuss this with your doctor. Be aware if you stop eltrombopag, a low platelet count may reoccur.

If you have any further questions about the use of this medicine, ask your doctor, pharmacist or nurse.

### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

### **Further information**

**For further information please contact**

**Clinical Haematology**

**Tel: 0151 706 3397**

**Text phone number: 18001 0151 3397**

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