

This table is a list of various side effects members have shared. Please remember, this is NOT a medical document. Please use it as a guide and a starting point. Please consult medical advice from your medical team!

Side Effects		Crizotinib (Xalkori)	Ceritinib (Zykadia)	Alectinib (Alescensa)	Brigatinib (Alunbring)	Lorlatinib (Lobrena/ Lorviqua^)	Other reported medication
Diarrhea	Many patients report diarrhea is worse with the morning dose. Keep a list of foods eaten as some foods can contribute to making diarrhea worse. Lower doses may alleviate symptoms. Metamucil once per day was reported to help. Over the counter medication anti-diarrhea medicine, such as immodium, can help. Restorex, a medicine prescribed with a doctor, helped some members. Codeine at low doses may help. A probiotic diet.	X often	X often	X	X often	X	
Constipation	May be depend on diet. Hydrate well. Addition of fiber rich food, one example: dragon fruit. Metamucil, prune juice, Miralax, senna. Probiotic.	X	X	X often	X	X	
Nausea/Vomiting	Take the medication with food or with full stomach. Some report more protein, some more starch. Please write down a food diary and see what is best in your case. Drink plenty of water and stay upright for the subsequent 60-120 min. If the nausea persists, a doctor may prescribe anti-nausea medication such as Zofran, Reglan, Dronabinol, Marinol, Compazine, Sancuso Patch, motilium. Taking medication with Ginger tea, cookies, or soda is helpful. Seek help if severe.	X often	X	X	X Eat at night helps	X	Ensartinib
Heartburn/ Esophageal	Take medication with food. Medicine can cause burning sensation if	X		X			

discomfort	lodged. Stay upright for 60-120min after eating. Drink with generous amount of liquid or some food to help it go down.						
Change of taste (Metallic/soapy or everything taste bland)	Try to pin down what food it associated with. Avoid. It may disappear by itself. Try plastic utensils. Cook with stronger herbs to cover.	X	X	X	X	X	Ensartinib
Reflex/Burping	Try not to eat garlic or too acidic food. Hydration. Bone broth for healing. Prilosec is helpful.			X	X		
Edema	Edema is common especially in feet and legs. Stay hydrated, lower salt intake, and elevate feet when seated. Compressions socks and lymph/edema wraps and massages were helpful for some. Active walking and moving helps. Avoid alcohol. Some has diuretics prescribed by doctor to help. Lasix. Elevate feet while resting. Maybe more one leg vs other leg. Try Vick's Vaporub on site.	X often		X often	X	X	
Elevated Liver Enzymes (AST/ALT)	Reduction of medication, short stoppage of medication (1-2 weeks). Reduction of alcohol and caffeine consumption. Reduce nitrites/nitrates, sodium. Reduce any supplements that may affect liver. Hydrate well. Add Beets to diet. Milk Thistle? Hydrate with lemon water or jiaogulan tea (an antioxidant rich tea). Tart cherry juice. Tumeric. Juicing. Some helped by blood transfusions or hepatoprotectors.	X	X	X	X		
Elevated creatine phosphokinase (CPK)	Avoid too much exercise. Hydrate well. Avoid supplements to reduce effects on kidneys. Check potassium	X		X	X		

	levels.						
Elevated alkaline phosphatase (ALP)	Hydration. Short term reduction of medication.	X		X			
Elevated Blood Pressure	Seek medical advice. Lisinopril-Hydrochlorothiazide and/or Clonidine Patch have been helpful.				X		
Low Blood Pressure	Monitor heart pressure. May also feel dizziness and fainting. Please check you are not on pressure lower medication. Have doctors (oncologist/cardiologist/primary care) are on the same page with your medication. Increase salt intake slightly. Hydrate well. Wear compression stockings.	X		X			
Low Heart Rate	Some doctors are not too concerned unless symptomatic. May need to supplement with CoQ10.	X	X	X	X higher dose=higher chance		
Higher Blood Sugar	Reduce or eliminate carb, exercise. Monitor by doctor. May feel very thirsty. Need to urinate more than usual.	X	X	X	X		
Upper Respiratory Infection/Pneumonitis	Can be a side effect of radiation and/or medication. Treated with steroids and depending on severity can mean having to stop medication and or change medication. Steroid treatment.	X	X	X	X often	X	
Wheezing/Short of Breath	Report to physician can be side effect of medication, or pleural effusion, pneumonitis, or blood clots in lungs. Seek help.	X		X	X		
Fatigue	Get more sleep/rest per day; drink lots of water/stay hydrated; Caffeine (tea or coffee) may help. Some moderate exercise will help. Check blood pressure, heart rates. Ask doctor for prescription like Adderall.	X	X	X often	X often	X	

	Ritalin. Check anemic. Add Vitamin B12.						
Taste Changes	Eating bland foods helped make it less noticeable and it eventually got better after a few months.	X		X	X		
Appetite Change	Patients report change of appetite may change weights. Typically, will restore within short period of time. Increase nutrition by adding smoothies or Boost. Try THC/CBD containing edibles to boost appetite. Reduction of medication if hunger is too much. Keep healthier munchies around for craving times.	X decrease		X	X	X hungry	
Weight Gain	Patients also report weight gain with no significant changes in activity or diet. Weight gain can be a result of hormonal changes. Increase veggies and fiber. Reduce salt, carbs, and dairy. Watch caloric intake and exercise more. May not be able to “change”	X often		X often	X	X	
Abdominal Bloating	Try probiotic foods. Take over the counter gas remedies.			X	X		
Overactive bladder	Sudden feeling of fullness and may be very frequent. Notice when drink water. Use pads for accidents.				X		
Numbness/Tingling	Stay hydrated, diarrhea can lower electrolytes, potassium, and magnesium that can cause numbness, tingling and involuntary movements. Lowering medication dose can help. Acupuncture. Supplements like Nerve complex rich in vitamin B and Alpha Lipoic Acid. Doctors can prescribe Neuontin/Gabapentin.	X	X	X	X	X	
Rash or Hives	Calamine lotion applied twice daily. Avoid sun exposure, use sunscreen.	X			X	X	

	Aquaphor or coconut oil may be helpful and provide relief. Clindamycin topical if too severe. Antihistamine may work.						
Sun Sensitivity	Avoid going out without sun protection. Cover up. Use sunscreen. Avoid sudden exposure to extreme weather (ie too hot & too cold). Lip Balm with sunscreen too!	X	X	X often	X often		
Anemia	Iron supplement. Don't take with antacid. Take it with vitamin C. May lead to constipation. Increase iron rich food intake.		X	X	X		
Dizziness	Dizziness and feeling faint can be related to the reduced heart rate and lower blood pressure. Please check with doctor. Best to lie down for a bit and let the feeling pass and do not drive.	X		X	X	X	
Headache	Seek medical advice if persistent. Hydrate well. Sleep. MRI of the brain to rule out brain mets. Check blood pressure, values could be high. Peppermint essential oil on the temples and back of neck.		X	X	X often	X	
Mood swings	May manifest within week. Hallucinations possible. Reduction of dose, then increase after better. May feel like "slightly on alcohol" "tripping" "energetic" "bad mouth"					X	
Low Potassium	May feel like frequent cramping or sore muscles. Eat potassium-rich food like banana, cantaloupe, apricots, raisins, dates, cooked broccoli, potatoes, sweet potatoes, peas, and cucumber. There are more, search online. Drink electrolyte-containing drinks such as coconut water. Watch out for extra sugar in			X	X		

	some commercial electrolyte drinks. Reduction of exercise. If still low, supplement with potassium, with doctor approval.						
Low Sodium	May present as headaches, nausea, vomiting, confusion, lost of energy, restlessness and irritability. Muscle weakness, spasms or cramps. Seek help. Reduce water intake.				X		
Low Phosphate	Symptoms may include muscle weakness. Mentally may change to be more irritable, confused, delirious. Seek medical help.			X			
Low Testosterone levels/hormone changes	Low testosterone in men can affect mood, energy, weight and sleep. Male patients can be evaluated for a prescription for a testosterone replacement medication. Female: irregularities menstrual cycles	X	X		X		
Vision Issues	Blurred vision, double-vision, sensitivity to light, seeing floaters, sudden visual abnormality when transition from dark to light. Avoid looking directly at light source. Sunglasses may help. If see holograms, please seek medical advice, check for brain mets.	X			X		Ensartinib
Muscular Pain	May have stiffness plus pain. Usually improves without intervention after several weeks or months. Hydrate well. Increase potassium uptake. Allergy medication has helped some. Over the counter or doctor prescribed pain management medication, use as directed. Light exercise help with alleviate some symptoms.		X stomach cramps	X	X		
Ligament pain/Achilles heel	May heal by itself or try the following exercise			X			

	<p>1)stand on a stair with the balls of your feet just at the edge and your heel and arch overhanging the stair or floor below. Slowly drop your heel to stretch the plantar fascia. Be sure you're holding the railing.</p> <p>2) Fill a plastic bottle with water. Leave some air at the top and cap it. Freeze the bottle. Then, with socks on, roll your foot over the bottle on the floor, pressing the bottle into your arch as you roll.</p>						
Pruney Fingers	<p>Seek medical advice. Pruney fingers may be a sign of liver problems, lupus, diabetes, lymphedema, thyroid disorder, connective tissue disorder, or Sjogren's positive. More likely, it may be a reaction of the autonomic nervous system (constricted blood vessels below skin surface), in which case, the following may help: *White peony tea *Vitamin D *Hydration *Increase fresh spinach, garlic and beets *Do not elevate hands above heart</p>			X			
Insomnia	<p>Try meditation, relaxation techniques, melatonin, exercise</p>				X	X	
Thinning hair/Texture change	<p>Folic acid supplements (400µg per day) µg=micro gram</p>	X		X	X	X	
Taste change					X		
Additional notes:		<p>Maybe sensitive to alcohol</p>	<p>Eat with food</p>	<p>Best with higher fat while ingesting</p>		<p>Night time for medicine</p>	