



WHAT IS ALKERAN® MELPHALAN ?

- Cancer drug used in the treatment of some types of bone marrow, ovary and breast cancers.
- Prescribed and renewed by your doctor specialized in oncology, cancerology, hematology, or your family doctor.
- Available in city pharmacies on presentation of your prescription




- White, layered tablets, dosed at **2 mg**.



- Store in the fridge at a temperature between +2°C and +8°C, out of reach and sight of children.
- Do not get the tablets out of the bottle to put them in a pill-box
- Do not administer this medicine bare-handed, but with gloves or a spoon. Wash your hands carefully before and after each take.
- Do not throw away the opened bottles, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE?

When ?h..... andh..... (andh.....)	= several takes a day at a fixed hour 15 to 30 minutes before meals
How ?		Swallow the tablets whole, with water, every day at the same moment of the day. Do not chew, nor cut, crush or dissolve the tablets.

You can help yourself with the **tracking book** and a **calendar** to spot the takes.

Never stop or change the rhythm of administration of your treatment without your doctor's advice.

** This file is not a prescription, please refer to your latest prescription.

WHAT TO DO IN CASE OF MISSING OR VOMITING?



- **In case of missing**, do not take the missed dose. The next dose will be taken at the usual time, without doubling it. Please note it in your tracking book*.
- **In case of vomiting**, do not take a new dose. The next dose will be taken at the usual time, without doubling it. Please note it in your tracking book*.

INTERACTIONS WITH OTHER MEDICINES AND/OR FOOD



Check with your **doctor and your pharmacist** that the medicines (with or without prescription) and/or other substances (**food and plants, among which grapefruit, and St John's Wort**, probiotics, essential oils, food supplements...) and other by-products that you are taking, are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and have an impact on its efficiency.







- You and your partner must use efficient contraceptive methods (condoms and one other means) during the whole treatment.
- Stop breast feeding during the whole treatment.

*Tracking book available on sites www.omeditbretagne.fr or www.omedit-paysdelaloire.fr

WHAT SIDE EFFECTS MAY OCCUR WITH ALKERAN® MELPHALAN ?

Like all medicines, melphalan may bring about side effects, although you may not experience any.

	Side effects	Prevention
	Skin eruption	Use a gel or a soap-free hypoallergenic bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Avoid exposure to the sun, especially between 12h and 16h. Wear protecting clothes, even under a parasol (UVA reflexion). Use a skin protection >50, to be applied 30 minutes before exposure and renewed every 2 hours.
	Itchings	Apply cold compresses on the affected areas (do not apply alcohol lotions). Favor light and ample cotton clothes. Use a gel or a soap-free hypoallergenic bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Trim your nails short (favor a nail-file rather than a trimmer).
	Diarrhea	Take sweet and/or salted drinks : water, tea with sugar, sodas, soft drinks, soups. Avoid water high in magnesium (CONTREX, HEPAR), coffee, frozen drinks. Favor food that is low in fibers (starchy food, carrots, bananas...) ; avoid food which may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). Wash your hands regularly ; watch over your weight. In case of fever or persisting symptoms over 5 days, contact your doctor.
	Nauseas, vomiting	Make several small light meals and eat slowly. Avoid greasy, fried and spicy food, and those whose smell may trigger nauseas. Rather drink between meals (fresh, sparkling water help diminish nauseas). Avoid staying on an empty stomach as this increases nauseas. Do not lie down within 30 minutes following a meal. In case of vomiting, take the antiemetic medicines you have been prescribed.
	Mouth Inflammation	Use a soft toothbrush and a menthol-free toothpaste without additive. Hydrate your lips (ask your pharmacist for advice, especially if you have an oxygenotherapy treatment) and stimulate your saliva (ice-cubes, sorbets). Favor blended food and liquids. Avoid alcohol, tobacco, coffee and acid, salted, irritating, spicy and crunchy food. Take antalgic medicines and make mouthwashing as you have been prescribed.

Only some of the most frequent side effects are listed above. For further information refer to your packaging leaflet or ask your doctor or pharmacist for advice.



You can also ask your question to your center for side effects monitoring or notify any side effect on the site : signalement-sante.gouv.fr



In all cases, do not forget to make the biological tests prescribed by your doctor.

WHAT TO DO IN CASE OF SIDE EFFECTS(S) ?

- Take the medication prescribed for side effects in accordance with the doses
- Respect the measures of prevention

Useful contacts :

Promptly contact your doctor in case of :

- Signs of infection (fever, shivers, cough...)
- Unusual bleedings , blood in spits.
- Skin trouble
- Difficulty to breathe, cough or pains in the chest.
- Any persisting or worsening side effect.



Remarks :
