



WHAT IS CAPRELSA® VANDETANIB ?

- A targeted therapy used in the treatment of some types of thyroid cancers.
- Prescribed and renewed by your doctor specialized in oncology or cancerology.
- Available in city pharmacies on presentation of your prescription.

Two presentations are available :

- Round, white tablet, dosed at **100 mg**, bearing « Z100 » on one side
- Oval, white tablet, dosed at **300 mg**, bearing « Z300 » on one side.

- Store at a temperature not over 30°C, out of sight and reach of children
- Do not get the tablets out of the blisters to put them in a pill-box.
- Wash your hands carefully before and after each handling of the tablets.
- Do not throw away the opened packagings, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE?

When ?h..... = **1 take a day, at a fixed hour, during or away from a meal**

How ?



Wallon the tablets whole with water (**non-sparkling**), every day at the same moment of the day. Do not chew, nor cut or crush the tablet.

If you can not swallow the tablet, you can put it in half a glass of still water (non-sparkling), without crushing it , then stir until it has dispersed into very small particles (which can take up to 10 minutes) ; then drink right away and rinse your glass with still water and drink it up.

You can help yourself with **your 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 ; refer to your latest prescription..

WHAT TO DO IN CASE OF MISSING OR VOMITING?

- **In case of missing in less than 12 hours**, take the missed dose and resume the treatment as usual. Please note it in your tracking book*.
- **In case of missing in over 12 hours**, do not take the missed dose. The next dose will be taken at the usual hour, 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 hour, 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, spices 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 affect its efficiency and the outcome of side effects.

- You and your partner must use efficient contraceptive methods (condoms and one other means) during the whole treatment and **up to 4 months after the last take**.
- Stop breast feeding during the treatment.

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

WHAT SIDE EFFECTS MAY OCCUR WITH CAPRELSA® VANDETANIB ?

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

Side effects	Prevention
 Palpitations, heart throbs	Diminish your consumption of stimulants (coffee, tea, alcohol, tobacco). Sleep sufficiently and at regular hours. Take relaxation exercises (sophrology, yoga, tai-chi). Take measures of your heart beats (blood pressure monitor, connected watch, or even manually) ; note down these figures. Contact your doctor in case of faintness, dizziness, respiratory difficulties or pain in the chest.
 Skin eruption, photosensitivity, itchings, skin dryness	Use a gel or a soap-free hypoallergenic bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or gel). In case of a skin eruption : avoid exposure to the sun, especially between 12h and 16h. Wear protecting clothes, even under a parasol (reflexion of UVA). Use a sun cream >50, to be applied 30 minutes before exposure and renewed every 2 hours. In case of itchings : apply cold cotton pads on the affected area (do not apply alcohol-based lotions). Favor ample and light cotton clothes. Trim your nails short (favor a lime to a nail-trimmer). In case of skin dryness : limit the number and frequency of showers / baths to 1 /day (maximum 15 minutes at 32°C). Favor ample and light cotton clothes . Use detergent for sensitive skins (without softener). Drink 1,5/2 litres of water a day.
 Digestive effects : diarrhea, abdominal pains, nausea, vomiting, loss of appetite	Watch over your weight and remember to hydrate well (1,5/2 litres of water /day). In case of diarrhea : favor food that is low in fibers (starchy food, carrots, bananas...). Avoid food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). In case of nausea/ vomiting , make several small light meals during the day and eat slowly. Avoid greasy, fried and spicy food, as well as those which may trigger nausea. Avoid staying on an empty stomach as this increases nausea. Rather drink between meals. Take the antiemetic medicines you have been prescribed, if necessary.
 High blood pressure	Head aches, dizziness, ear ringing are the first alarming signs of a high blood pressure. Make measures of your blood pressure (at rest, and sitting, in the morning before breakfast and in the evening before going to bed ; measure 3 times successively at 2 minutes intervals) ; note down these figures. Take regular and adapted physical exercise (30 minutes 3 times a week). Limit your consumption of salt (max 5gr/day) and alcohol. Follow a diet that is low in saturated fat (of animal origin) and high in fibers.
 Head aches and fatigue	Drink in sufficient quantity (1,5/2 litres of water/day) and favor a healthy feeding at regular hours. Limit your consumption of psychostimulants (e.g. coffee, tobacco, alcohol). Respect moments of rest during the day, while remaining active even moderately. Go to bed at regular hours and avoid late bedding and late rising. Be prudent if you have to drive.
 Swelling of the face and limbs	Keep a low-salted diet. Avoid tight clothes. In case of swelling of the legs, raise your feet when sitting. Wear support stockings and put them on when rising on rested legs. Watch over your weight regularly . In case of such swelling, contact your doctor.

Only some of the most frequent side effects mentioned above. For further information, please refer to your medicine leaflet or ask your doctor or pharmacist for advice.

You can also ask your question ask your question to [center for side effects monitoring](https://www.centre-antidote.org/) or notify any side effect on the following site : [signalement-sante-gouv-fr](https://signalement-sante.gouv.fr)

In all cases, remember to make the biological tests prescribed by your doctor.

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

- Take the medicines prescribed for side effects in accordance with the doses
- Respect measures of prevention.
- Present the patient's warning card in your medicine box to the health care professionals

Promptly contact your doctor in case of :

- Cough, shortness of breath, fever, or difficulty to breathe.
- Unusual weight increase, swelling of limbs
- Change in the heart beats, pain in the chest.
- Trouble of sight
- Insomnia, breakdown
- Any persisting or worsening side effect



Useful contacts :

Remarks :
