



WHAT IS FARYDAK® PANOBINOSTAT ?

- Cancer drug used in the treatment of myelomas
- Prescribed and renewed by your hospital doctor specialized in hematology, cancerology or oncology
- Available in hospital pharmacy on presentation of your prescription

Opaque capsule, with 2 radial streaks on the body ; 3 measurements are available :

- **10 mg** : light green, bearing « LBH 10 mg » at the top
- **15 mg** : orange, bearing « LBH 15 mg » at the top
- **20 mg** : red, bearing « LBH 20 mg » at the top



• Store it at a temperature not over 30°C, out of sight and reach of children.





• Do not get the capsules out of their blister to put them in a pill-box.



• Wash your hands carefully before and after each handling of the capsules.

• 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 ONLY ON SCHEDULED DAYS, during or away from a meal
How ?	 Swallow the capsules whole, with water. Do not chew, nor cut, crush or dissolve.	

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. The next dose will be taken at the usual hour. Please note it in your tracking book*.
- **In case of missing in over 12 hours, or in case of vomiting** : 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*.

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, star fruit 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 eventual side effects.


- You and your partner must use a highly efficient contraceptive method (if you resort to hormonal contraceptives, use a bareer method of contraception in addition) during the whole treatment and **up to 3 months after the last take for women** and **up to 6 months after the last take for men**.
- 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 FARYDAK® PANOBINOSTAT ?

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

Side effects	Prevention
 Heart throbs	Decrease your consumption of stimulants (coffee, tea, alcohol, tobacco). Have a sufficient night's sleep and at regular hours. Take relaxation exercises (sophrology, yoga, tai chi). Measure your heart beats (blood pressure monitor, connected watch or even manually) ; note down these figures. Contact your doctor in case of faintings, dizziness, difficulty to breathe or pain in the chest.
  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 a day). In case of diarrhea , favor food that is low in fibers (starchy food, carrots, bananas...). Avoid food whci may stimulate your intestinal transit (dairy, raw fruit and vegetables, cererals, 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 whose smell 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, eventually.
 Decrease in white blood cells, red blood cells and platlets	Decrease in red blood cells : contact your doctor in case of paleness, short breath during effort or even at rest, persisting fatigue, heart throbs, dizziness and headaches. Decrease in white blood cells : contact your doctor in case of a temperature >38°C, shivers, sweats, cough, short or painful breathing, urinary burns, diarrhea with fever, or any sign suggesting an infection. Decrease in platlets : contact your doctor in case of an occurrence of small red dots on the skin, bruises, nose bleeding, small eye or gum haemorrhages, presence of blood in urines or motions.
 Difficulty to breathe (cough, short breath)	Take relaxation and abdominal breathing exercises (sophrology, yoga, tai chi). Spare yourself by planning your everyday activities. Avoid factors which may trigger shortness of breath (tobacco, perfume, animal hair...). Contact your doctor in case of persisting symptoms, pain in the chest or fever.
 Risk of infection	Limit contact with people with an infection. Wash your hands regularly. Disinfect any wound carefully. Contact your doctor in case of a temperature >38°C, cough, short or painful breathing, pain when urinating or smelly urines, change in the nature or frequency of motions (diarrhea, constipation), or in case of redness, pain or oozing around the centryal catheter, the parenteral feeding tube or the urinary catheter.
 Swelling of the face and limbs	Keep eating low-salted food. Avoid tight clothes. In case of a swelling of legs, raise your feet when sitting. Wear support stockings and put them on , on rested legs on rising up in the morning.. Watch over your weight regularly. In case of an occurrence 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.solidarites-sante.gouv.fr/centre-consultation-urgence-medicaments) 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 medication prescribed for side effects in accordance with the doses.
- Respect measures of prevention.

Useful contacts :

Promptly contact your doctor in case of :

- Signs of infection (fever, cough, shivers, urinary burns ...)
- Abdominal cramps, loose stools , diarrhea)
- Heart throbs, fainting.
- Any persisting or worsening side effect.



Remarks :