



## WHAT IS FLUDARA® FLUDARABINE ?


- Cancer drug used in the treatment of chronic lymphoid leukaemia.
- Prescribed and renewed by your hospital doctor specialized in oncology, hematology or internal medicine.
- Available in city pharmacies on presentation of your prescription.

Salmon pink tablets dosed at **10 mg**, bearing « LN » inside a hexagon on one side. In bottles of 15 to 20 tablets, in thermally moulded blisters of 5.



- Store at a temperature not over 25°C, out of reach and sight of children.
- Do not get the tablets out of the bottles 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?

<b>When ?</b>	.....h.....	<p style="text-align: center;"><b>= 1 take a day, at a fixed hour, during or away from a meal.</b></p> <p>Cycle of 5 consecutive days of takes, followed by 23 days without takes (28 days'cycle)</p> <ul style="list-style-type: none"> <li>• from day 1 to day 5 : <b>take flurabine</b></li> <li>• From day 6 to day 28 : <b><u>do not take flurabine</u></b></li> <li>• Then resume to day 1</li> </ul>
<b>How ?</b>		<p>Swallow the tablets whole, with a glass of water, every day at the same moment of the day.</p> <p>Do not crunch, nor crush or dissolve.</p>

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**, 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, plants, among which grapefruit and St John's Wort**, probiotics, essential oils, food supplements...) and 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 condition its efficiency.

- You and your partner must use efficient contraceptive methods (condoms and one other method) during the whole treatment and **up to 6 months after the last take**.
- Stop breast feeding during the whole treatment.

\*Tracking book available on the sites [www.omeditbretagne.fr](http://www.omeditbretagne.fr) or [www.omedit-paysdelaloire.fr](http://www.omedit-paysdelaloire.fr)

# WHAT SIDE EFFECTS MAY OCCUR WITH FLUDARA® FLUDARABINE ?

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

Side effects	Prevention
 <p>Nauseas, vomiting, loss of appetite</p>	<p>Make several small light meals and eat slowly. Avoid greasy, fried and spicy food, and those that may trigger nauseas. Rather drink between meals ( fresh fizzy drinks help reduce nauseas). Avoid staying on an empty stomach as that increases nauseas. Do not lie down in the 30 minutes following a meal. In case of vomiting, use the antiemetic medicines you have been prescribed.</p>
 <p>Diarrhea</p>	<p>Have sweet and/or salted drinks ( water, tea with sugar, sodas, soups). Avoid water that is rich in magnesium (CONTREX, HEPAR), coffee and frozen drinks. Favor food that is poor in fibers ( starchy food, carrots, bananas...) ; avoid food that may speed up your intestinal transit ( dairy, raw fruit and vegetables, cereals, fat food, spices ) . Wash your hands regularly and watch over your weight. In case of an associated fever or symptoms persisting over 5 days, contact your doctor.</p>
 <p>Mouth inflammation</p>	<p>Use a soft brush and a menthol-free toothpaste without additive. Hydrate your lips ( ask your pharmacist for advice, especially if you are treated with oxygenotherapy) and stimulate your production of saliva (ice cubes, sorbets) . Favor blended food and liquids. Avoid alcohol, tobacco, coffee and acid, irritating, spicy or crunchy food. Use analgic medicines and make the mouthwashing you have been prescribed</p>
 <p>Pains in the hands and feet, pins and needles, loss of sensitiveness</p>	<p>Treat any cut or injury (blisters). Do not use hot water (check the temperature with your elbow) ; protect yourself from the cold. Regular exercise (walking 3 times a week) and relaxation exercise (sophrology, yoga, tai-chi) may reduce pain. Anticipate any risk of falling (poor light, object on the ground) ; use hand rails and bannister, and even a stick if necessary. Have healthy and well-balanced feeding.</p>
 <p>Signs of infection ( fever, shivers, cough, sore throat, urinary burns)</p>	<p>Limit contacts with people with a contagious infection. Wash your hands carefully and regularly. Disinfect carefully any injury. Contact your doctor in case of a fever over 38°C, cough, painful breathing or short breath, pain when urinating, smelling urines, change in the nature or frequency of motions (diarrheas or constipation), or in case of redness, pain or oozing around the central catheter, or the parenteral feeding tube or the urinary tube.</p>
 <p>Unusual bleedings, bruises</p>	<p>Use a soft toothbrush ; avoid using a rectal thermometer. Do not take aspirin or anti-inflammatory drugs (ibuprofen), nor phytotherapy medicines (liable to favor bleedings) without medical advice : ask for a healthcare professional's advice. In case of a bruise, apply a cold object ( cold bag or ice-cubes bag), or even a fitting cream or gel ( in particular based on arnica) provided the skin is not injured.</p>
 <p>Swelling of limbs</p>	<p>Keep eating low-salted food. Avoid wearing tight clothes. In case of a swelling of legs, raise your feet when sitting. Wear support stockings or socks and put them on when getting up on rested legs. Watch over your weight regularly. In case of such swelling, contact your doctor.</p>

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.signalement-sante.gouv.fr) or notify any side effect on the following site : [signalement-sante-gouv-fr](https://www.signalement-sante.gouv.fr)

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

## WHAT TO DO IN CASE OF SIDE EFFECTS?

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

Useful contacts :

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Remarks :

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**Promptly contact your doctor** in case of :

- Difficulty to breathe or abnormal cough.
- Loss or change in vision.
- Blood in motions, vomiting or spitting
- Swelling of legs or pains in the chest
- Any persisting or worsening side effect.

