








WHAT IS IMBRUVICA® IBRUTINIB ?

- Targeted therapy used in the treatment of some types of blood cancers
- Prescribed and renewed by your hospital doctor specialized in hematology
- Available in city pharmacies on presentation of your prescription.

- **Capsule** dosed at **140 mg** , opaque white, bearing « ibr 140 mg » on one side
- **Tablet** dosed at **140 mg, 280 mg, 420 mg, or 560 mg** (various colours according to the measuring).

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

HOW TO TAKE THIS MEDICINE?


When ?h.....	= 1 take a day at a fixed hour with some food if possible
How ?		Swallow the capsules/tablets whole, with water, every day at the same moment of the day. Do not open, cut, crush or chew the medicine.

Make sure that you do not mix up the capsules with the tablets, as well as their measuring, so as to avoid any risk of overdosing.


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**, take the missed dose as soon as possible the same day. Resume your treatment at the usual time and dose the following day (do not double the dose). 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 other-by-products that you are taking are compatible with your treatment. The molecules they contain, their measuring and consuming frequency may have an influence on your treatment and affect its efficiency.

-  • Women being treated must use highly efficient contraceptive methods (condoms and an other method) during the whole treatment **and for the 3 months following 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 IMBRUVICA® IBRUTINIB ?

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

Side effects	Prevention
 Digestive effects : constipation or diarrhea, nausea, vomiting	Remember to hydrate well (at least 2 litres of water a day) ; rather drink between meals. Watch over your weight. In case of constipation , favor food that is rich in fibers (bran, cereals, wholemeal bread, green vegetables, fruit and dried fruit) and take regular physical exercise. In case of diarrhea , 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) . Have salt in your food. In case of nausea/vomiting , make several small light meals and eat slowly. Avoid greasy, fried and spicy food, as well as those which may start nausea. Avoid staying on an empty stomach, which may increase nausea. In case of vomiting, use the antiemetic medicines prescribed.
 Mouth inflammation	Brush your teeth 3 times a day (with a soft toothbrush and a menthol-free toothpaste without additive) ; exclude electric toothbrush, toothpick and dental floss (risk of trauma). See that you drink 2 litres of water a day, and hydrate your lips (ask your pharmacist for advice, especially if you are treated with oxygenotherapy), and stimulate your saliva (ice-cubes, sorbets). Favor blended drinks and food. Avoid alcohol, tobacco, and acid, salted, irritating, spicy or crunchy food. Use analgesic medicines and make the mouthwashing prescribed with sodium bicarbonate.
 Unusual bleedings, bruises	Use a soft toothbrush to avoid mouth bleedings. Avoid using a rectal thermometer. Do not take aspirin, nor anti-inflammatory (like ibuprofen), nor herbal products (which may cause bleedings) without medical advice. In case of bruises, apply a cold object (cold or ice bag), and even an adapted cream or gel (in particular arnica-based) if the skin is not damaged.
 High blood pressure	Headaches, dizziness, ear humming are the first alarming signs of a high blood pressure. Take measures of your blood pressure (at rest, sitting, in the morning before having breakfast and medicines, and in the evening at bed-time ; make 3 successive measurements at 1 or 2 minutes' interval) . Take regular and adapted physical exercise (30 minutes, 3 times a week) . Limit your consumption of salt (6g/day maximum) and alcohol. Favor food that is poor in saturated fat (animal fat) and rich in fruit and vegetables. Give up smoking.
 Swelling of face and limbs	Keep eating low-salted food. Avoid tight clothes. In case of swelling of legs, raise your feet when sitting. Wear support stockings /socks, putting them on rested legs at rising time. Watch over your weight regularly . If such swelling should occur, see your doctor.

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



You can also ask your questions to your center for side effects monitoring, or notify any side effect on the following 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 ?

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

Promptly contact your doctor in case of :

- Signs of infections (fever, cough, shivers...)
- Black motions, blood-stained spittings
- Fast and unexpected increase in weight
- Shortness of breath, weakness, dizziness, fainting, pain in the chest or swelling in the legs.
- Skin eruption with itching, difficulty to breathe, swelling of face, tongue or throat
- Any persisting or worsening side effect.



Useful contacts:

Remarks :
