



WHAT IS KISQALI® RIBOCICLIB ?

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




Purple and slightly greyish tablet, **dosed at 200 mg**, round and bearing « RIC » on one side and « NVR » on the other.



- Store it at a temperature not over 25°C, out of sight and reach of children.
- Do not get the tablets out of their blister 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..... | <p>= 1 take a day at a fixed hour, preferably in the morning during or away from a meal, for a period of 21 days followed by a period of 7 days without treatment.</p> <ul style="list-style-type: none"> • <i>From day 1 to day 21 : 1 take of KISQALI®</i> • <i>Then from day 22 to day 28 : <u>do not take KISQALI®</u></i> • <i>Then resume like on day 1</i> |
| 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 **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 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 AVEC D'AUTRES MÉDICAMENTS ET/OU VOTRE ALIMENTATION



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 must not have **grapefruit** (juice and pulp) during your treatment,














- You and your partner must use efficient contraceptive methods (condom and one other means) during the whole treatment and **up to at least 3 weeks after the last take**.
- Stop breast feeding during the treatment and **up to at least 3 weeks after the last take**.


Male fertility may be affected during the treatment with ribociclib. You can be informed by your doctor about the possibility of storing sperm before starting the treatment.

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

WHAT SIDE EFFECTS MAY OCCUR WITH KISQALI® RIBOCICLIB ?

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

| | Side effects | Prevention |
|--|--|--|
|  | Hair loss | Hair loss is reversible as soon as the treatment stops. Use a large comb or a soft, natural bristles brush. Use a mild shampoo, rinse your hair in tepid water and let it dry in the open air or at a low temperature. Avoid blow-drying, hair setting, perms and dyeing which weaken your hair. |
|  | Skin eruption, itching | Use a gel or a hypoallergenic soap-free bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). In case of itchings, apply cooling pads on the affected areas (do not apply alcohol-based lotions), favor light and large cotton clothes and trim your nails short (prefer a lime to a nail-clipper). |
|  | Head aches, fatigue | Drink enough water (1,5/2 litres a day) and favor healthy food, at regular hours. Limit taking psychostimulants (coffee, tobacco, alcohol). Respect moments of rest during the day while remaining active, even moderately. Go to bed at a regular hour; avoid late bedding times and staying in. Be prudent if you have to drive. |
|   | Digestive effects : constipation, 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 constipation , favor food that is high 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 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). 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, if necessary. |
|  | 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). Stimulate your saliva (ice-cubes, sorbets). Favor blended liquids and food. Avoid alcohol, tobacco, coffee, and acid, salted, irritating, spicy or crunchy food. Take pain-killers. Make mouth washing as you have been prescribed (and not those containing alcohol). |
|  | Decrease in red blood cells and white blood cells | Decrease in red blood cells : contact your doctor in case of paleness, short breath in effort, or even at rest, persisting fatigue, palpitations (heart throbs), dizziness and head aches. 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 of infection. |
|  | Difficulty to breathe (cough, shortness of breath) | Make abdominal, respiratory exercises and relaxation exercises (sophrology, yoga, tai-chi). Spare your energy by planning your daytime activities. Avoid factors which may trigger shortness of breath (tobacco, perfume, animal hairs...). Contact your doctor in case of persisting symptoms, pains in the chest or fever. |
|  | Risk of respiratory or urinary infection... | Limit contacts with people with an infection. Wash your hands regularly. Disinfect any injury. Contact your doctor in case of a temperature >38°C, cough, short or painful breath, pain when urinating/smelly urines, pain or oozing around the central catheter, the parenteral feeding tube, or the urinary catheter. |
|  | Swelling of limbs | Keep having low-salted feeding. Avoid wearing tight clothes. In case of swelling of legs, raise your feet when sitting. Wear support stockings, and put them on when getting up in the morning 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 to center for side effects monitoring or notify any side effect on the following site : 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...)
- Shortness of breath, dizziness, paleness, unusual fatigue..
- Heart throbs, faintness
- Black motions, nose bleedings, blood-stained spittings
- Any persisting or worsening side effects



Remarks :
