



WHAT IS JAKAVI® RUXOLITINIB ?

- Cancer drug used IN the treatment of the Vaquez disease or in some forms of splenomegaly
- Prescribed and renewed by your doctor specialized in hematology
- Available in city pharmacies on presentation of your prescription.

White tablets dosed at **5mg, 10 mg, 15 mg, and 20 mg** :

- 5mg : round tablet bearing « NVR » on one side and « L5 » on the other
- 10 mg : round tablet bearing « NVR » on one side and « L10 » on the other.
- 15 mg : oval tablet bearing « NVR » on one side and « L15 » on the other.
- 20 mg : oblong tablet bearing « NVR » on one side and « L20 » on the other.



- Store at a temperature not over 30°C, out of reach and sight of children.
- Do not get the tablets out of their packaging 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 boxes, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE?

To be filled with the help of healthcare**

Informed on

Following prescription dated
...../...../.....

Dose	1 tablet at mg ath and 1 tablet at mg ath = mg per day, in 2 takes a day, at fixed hour, during or away from meals.
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 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...)** that you are using are compatible with your treatment. Some interactions may have an influence on the efficiency of your treatment or the outcome of side effects.

- You and your partner must use an efficient contraceptive method during the whole treatment.
- Stop breast feeding during the whole treatment.

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


WHAT SIDE EFFECTS MAY OCCUR WITH JAKAVI® RUXOLITINIB ?

Like all medicines, ruxolitinib may have side effects, although you may not experience any.

	Side effects	Prevention
	High blood pressure	Measure your blood pressure regularly (at home or at the pharmacist's). Take exercise, check your weight. Limit your consumption of salt and alcohol.
	Constipation	Remember to hydrate well ; at least 2 litres of water a day . Favor food that is rich in fibers (green vegetables, fruit and dried fruit). Take regular exercise.
	Signs of infection : fever, shivers, cough, sore throat, urinary burns	Limit contacts with people with a contagious infection. Wash your hands frequently . Disinfect any wound carefully. If you have a fever over 38°C, inform your doctor. In case of signs of zona (sharp pain feeling like burns and skin eruptions), contact your doctor.
	Headaches, dizziness	Favor healthy food and remember to hydrate well. Respect moments of rest during the day while remaining active, even moderately. In case of important pains, contact your doctor to set up a symptomatic treatment. Be prudent if you have to drive.
	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 without medical advice.
	Nose bleedings	During the whole bleeding, tilt your head forward and blow your nose until you get rid of the blood clots. Press your nostrils slightly for about 10 minutes. Some haemostatic products may be used to reduce the time of pressure. <i>(some cotton wicks to be applied after 2 or 3 minutes of pressuring and left in for about 30 minutes).</i>
	Increase in the rate of cholesterol and triglycerides	Avoid eating saturated fat acids (<i>cheese, butter, fresh cream, fat meat</i>). Take adapted physical exercise.

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 measures of prevention.

Promptly contact your doctor in case of :

- Signs of infection (fever, cough, shivers...) ; painful skin eruption.
- Sight troubles, weakness in arms and legs, loss of memory.
- Bleedings, black motions, blood in spittings.
- Unusual increase of weight.
- Any persisting and worsening side effect.



Useful contacts:

Remarks :
