



WHAT IS LYSODREN® MITOTANE ?


- Cancer drug used in the treatment of the cortico adrenalian carcinoma
- Prescribed and renewed by your hospital doctor specialized in cancerology, endocrinology, internal medicine and pediatrics.
- Available in hospital pharmacy on presentation of your prescription.

White tablet dosed at **500mg**, biconvex with a splitting line, Baring « BL » on one side and « L1 » on the other.



- Store at a temperature not over 30°C, out of sight and reach of children.
- Do not get the tablets out of the bottle 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?

When ?h..... eth..... eth.....	= 2 or 3 takes a day at fixed hour during meals rich in fat
How ?		Swallow the tablets with water, every day at the same moment of the day. Do not chew, 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 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 efficient of your treatment or on the outcome of side effects.

- Women treated with mitotane must use efficient contraceptive methods (condoms and an other metgod) during the whole treatment and after the last take, and as long as the drug is detectable in the blood .
- Stop breast feeding during the treatment and after the last take as long as the drug is detectable in the blood.










Keep the Lysodren patient's card on you (removable part of the leaflet Baring : « Je suis à risque d'insuffisance surrénale » i.e. « I have a risk of adrenal insufficiency »


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

WHAT SIDE EFFECTS MAY OCCUR WITH LYSODREN® MITOTANE ?

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

	Side effects	Prevention
	Skin eruption	Use a gel, or soap-free hypoallergenic soap bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Avoid exposure to the sun, especially between 12h and 16h. Wear protecting clothes, even under a parasol (UVA reflexion). Use a sun cream >50, to be applied 30 minutes before exposure and to be renewed every 2 hours.
	Increase of cholesterol	Limit your consumption of saturated fat acids (cheese, fresh cream, butter, fat meat, delicatessen). Favor low-fat fish, cereals, starchy food, dairy, fruit and vegetables, as well as steam cooking, foil, boiled or grilled cooking. Take regular and adapted physical exercise.
	Headaches, dizziness, paraesthesias	Treat any cut or wound (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 exercises (sophrology, yoga, tai-chi) may reduce pain. Anticipate risks of falling (bad light, object on the ground) ; use handrails, bannisters and stick if necessary. Have healthy and well-balanced food. Remember to hydrate well. Eat at regular time, and do not skip a meal. Avoid tobacco and alcohol (triggering headaches). Avoid late bedding and laying in bed ; sleep long enough at night.
	Diarrhea	Have sweet and/or salted drinks : water, tea with sugar, sodas, soups. Avoid magnesium-rich waters (CONTREX , HEPAR) , coffee, 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 ; watch over your weight. In case of fever in association with symptoms persisting over 5 days, contact your doctor.
	Nauseas, vomiting	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 sparkling water helps reducing nauseas). Avoid staying on an empty stomach, as this increases nauseas. Do not lay down within 30 minutes after a meal. In case of vomiting, use the antiemetic medicines you have been prescribed.
	Unusual bleedings, bruises	Use a soft toothbrush ; avoid using a rectal thermometer. Do not take aspirin nor anti-inflammatory drugs (e.g. ibuprofen), nor herbal medicine products (that may favor bleedings) without medical advice : ask for a health care professional's advice. In case of a bruise, apply a cold object (cold bag or ice bag) , or an adapted cream or gel (in particular based on arnica) if the skin. is not injured.

 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 EFFECT(S)?

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

Useful contacts :

Remarks :

Promptly contact your doctor in case of :
 - Signs of infection (fever, cough, shivers...) ; painful skin eruption
 - Signs of a liver disease : itchings, yellow eyes and skin, dark urines, pain or trouble in the upper right region of the abdomen.
 - Gynecological bleedings, or pelvic pains
 - Any persisting or worsening side effect.

