



WHAT IS MEGACE® MÉGESTROL ?

- Antihormonal drug used in the treatment of some **breast cancers**
- Prescribed and renewed by your doctor specialized in oncology or your family doctor.
- Available in city pharmacies on presentation of your prescription.




- Tablet dosed at **160 mg**



- Store at a temperature not over 30°, out of sight and reach 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?

When ?h.....	= 1 take a day at a fixed hour during or away from a meal
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**, take the missed dose as soon as possible that very day. Resume the treatment at the usual time and the usual dose the next 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 by-products that you are using 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.
- 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 MEGACE® MÉGESTROL ?

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

Side effects	Prevention
 Hair loss	Use a large comb or a hairbrush with soft natural hair. Choose a mild or fortifying shampoo, rinse your hair in tepid water and let it dry in the open air or at low temperature. Avoid blow-drying, perms and dyeing which weaken your hair.
 Digestive effects : constipation, diarrheas, nauseas	Avoid staying on an empty stomach as this increases naas, vomiting. Remember to hydrate well (2 L 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 diarrheas , favor food that is poor in fibers (starchy food, carrots, bananas...). Avoid some food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). Add salt to your food. In case of nauseas/vomiting , make several small light meals and eat slowly. Avoid greasy, fried and spicy food, and those whose smell may trigger nauseas. Avoid staying on an empty stomach as this may increase nauseas.
 Difficulty to breathe	Make abdominal breathing exercises and relaxation exercises (spophrology, yoga, tai-chi). Spare yourself by planning your daily activities. Avoid factors that may trigger breathlessness (tobacco, perfume, animal hair). Contact your doctor in case of persisting symptoms, pains in the chest or fever.
 Hot flush	Hydrate yourself regularly. Use water sprays. Favor cotton clothes ; do not wrap yourself up too much. Avoid triggering factors (cigarettes, alcohol, hot and spicy food , stress).
 Warm, painful and red arm or calf, in association with breathlessness	Drink water in abundance, especially during heatwaves. Take exercise which favor blood circulation (walking, swimming). In case of a long travel (bus, car, plane), wear support stockings or socks, and take a few steps for a few minutes at regular intervals. In some cases, you may be prescribed an antithrombotic treatment.
 High blood pressure	Headaches, dizziness, ear buzzing are the first signs of alarm. Take measures of your blood pressure (at rest and sitting, in the morning before breakfast, and in the evening before going to bed ; 3 times in succession with a 2 minutes' interval) ; note down these measures. Take regular and adapted physical exercise (for 30 minutes, 3 times a week). Limit your salt consumption (maximum 6gr/day) and alcohol. See that you have food that is low in saturated fat (animal fat) and rich in fibers.
 Swelling of face and limbs	Keep having low-salted food. Avoid wearing tight clothes. In case of swelling of the legs, raise your feet when sitting. Wear support stockings 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 mentionned above. For further information, please refer to your medicine leaflet or ask your doctor or pharmacist for advice.</p> <p>You can also ask your question ask your question to center for side effects monitoring or notify any side effect on the following site : signalement-sante-gouv-fr</p>



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

WHAT TO DO IN CASE OS SIDE EFFECTS?

- 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 :

- Fast and unexpected weight increase.
- Warm, painful and red arm or calf, in association with breathlessness.
- Any persisting or worsening side effect.

