



## WHAT IS NAVELBINE® VINORELBINE ?

- Cancer drug used in the treatment of some types of lung and breast cancers
- Prescribed and renewed by your hospital doctor specialized in oncology, medical cancerology and hematology.
- Available in city pharmacy on presentation of your prescription.

Two presentations are available :

- Soft capsule dosed at **20 mg**, light brown, bearing « N20 »
- Soft capsule dosed at **30 mg**, pink, bearing « N30 »



- Store it **in the fridge** ( between +2°C and +8°C ), in its closed packaging, out of reach and sight of children.
- Do not get the capsules out of their packaging to put them in a pill-box.
- Wash your hands carefully before and after each handling of the capsules.
- Do not throw away the opened boxes, please bring them back to your pharmacist.

## HOW TO TAKE THIS MEDICINE?

When ?

Day of the week :.....  
.....h.....

= **1 take a week at a fixed day and a fixed hour at the end of a meal**



Swallow the capsules whole, with water, every day at the same moment of the day.  
Do not chew, nor open or suck it.

How ?

**To open the secure packaging :**

- 1) Cut out the packaging with scissors following the black line.
- 2) Softly peel off the white film covering the packaging.
- 3) Press the transparent plastic cover to eject the capsule through the aluminium cover. Then you can place it straight into your mouth and swallow it with a glass of water.

**Do not use it if you see the capsule crushed or leaking.**

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 the next day, without doubling it. Postpone the following takes so as to maintain a 7 days period between 2 takes. Please note it in your tracking book\*.
- **In case of vomiting**, do not take a new dose. The next dose will be taken on the usual day, 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 using are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and affect its efficiency.



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






**Male fertility may be affected during the treatment with vinorelbine.**

**Your doctor may inform you about the possibility of conserving sperm before starting the treatment.**

\*Tracking book available on the sites [www.omeditbretagne.fr](http://www.omeditbretagne.fr) or [www.omedit-paysdelaloire.fr](http://www.omedit-paysdelaloire.fr)


# WHAT SIDE EFFECTS MAY OCCUR WITH NAVELBINE® VINORELBINE ?

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

	Side effects	Prevention
	Decrease in red blood cells, white blood cells and platelets	Decrease in red blood cells : contact your doctor in case of paleness, short breath during effort or even at rest, persisting fatigue, heart throbs, dizziness and headaches. Decrease in white blood cells : contact your doctor in case of a temperature over 38°C, shivers, sweating, cough, short or painful breathing, urinary burns, diarrheas with fever, or any sign suggesting an infection. Decrease of platelets : contact your doctor in case of an outcome of small red dots on your skin , bruises, nose bleeding, light eye or gum bleedings, and blood in urine or motion.
	Signs of infection ( fever, shivers, cough, sore throat, urinary burns)	Limit contacts with people with a contagious infection. Wash your hands regularly. Disinfect any wound carefully. Contact your doctor in case of a temperature over 38°C, cough, short or painful breathing, painful of smelly urines, change in the nature and frequency of motions (diarrhea, constipation), or in case of redness, pain or oozing around the central catheter, the parenteral feeding tube or the urinary tube.)
	Pain in the hands and feet, tingling, loss of sensitiveness	Treat any wound or injury (blister). Do not use hot water (check with your elbow) ; protect yourself from the cold. Take regular exercise ( walking 3 times a week) and relaxation exercise (sophrology, yoga, tai-chi) which may reduce the pain. Anticipate any eventual fall ( poor light, object on the ground) ; use ramps, rails and stick if needed. Have a healthy and well-balanced feeding.
	Digestive effects : nauseas, vomiting, constipation or diarrhea, abdominal pains	Remember to hydrate well (2litres of water a day ) ; rather drink between meals. Watch over your weight. <b>In case of constipation</b> , 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 poor in fibers ( starchy food, carrots, bananas...). Avoid food which may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). Add salt to your food. <b>In case of nauseas/vomiting</b> , 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 nauseas. Avoid staying on an empty stomach as this increases nauseas. In case of vomiting, take the antiemetic medicines you have been prescribed.
	Mouth inflammation	Use a soft toothbrush and a menthol-free toothpaste without additives. Hydrate your lips (ask your pharmacist for advice, especially if you are treated with oxygenotherapy) and stimulate your saliva ( ice cubes, sorbets ). Favor blended liquids and food. Avoid alcohol, tobacco, coffee, and acid, salted, irritating, spicy or crunchy food. Use the pain-killers and make the mouthwashing you have been prescribed ( but not those with alcohol) .

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](#) 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 :**

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**Remarks :**

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**Promptly contact your doctor in** case of

- Signs of infection ( fever, shivers, cough...)
- Shortness of breath, difficult breathing.
- Dizziness, faintness, pain in the chest
- Any persisting or worsening side effect.

