







WHAT IS NEXAVAR SORAFENIB ?

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

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- Round, red, layered tablets, dosed at **200 mg**, bearing the Bayer cross on one face and « 200 » on the other.
 - *There exist generics in different forms and colours.*

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- Store at a temperature under 25°C, out of reach and sight of children.
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- 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.
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- Do not throw away the opened boxes, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE?

When ?

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= **2 takes*** a day at a fixed hour away from meals**

or with a meal low in fat. In case of a meal high in fat, take sorafénib at least 1 hour before or 2 hours after the meal .

How ?



Swallow the tablets whole, with water, in succession, every day at the same moment of the day.

Do not chew, nor cut, crush or dissolve the tablets.

You can help yourself with the **tracking book*** and a **calendar** to spot the takes. Never stop or change the rythm of administration of your treatment without your doctor's advice.

**This file is not a prescription, please refer to your latest prescription.


*** Your specialist may be brought to reduce your prescription to 1 single take a day.

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 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 have an impact on its efficiency.









- Women in procreating age must use efficient contraceptive methods (condoms and one other means) during the whole treatment.
- Stop breast feeding during the treatment.


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


WHAT SIDE EFFECTS MAY OCCUR WITH NEXAVAR® SORAFENIB ?

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

	Side effects	Prevention
	Loss of hair	Use a large comb or a brush with smooth natural bristles. Choose a soft or fortifying 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, perm waves and dyeing which weaken your hair.
	Swelling, burning sensations in hands and feet	Use a gel or hypoallergenic soap-free bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Take baths in fresh water (15 minutes) or apply a cold bag or ice bag (avoiding skin contact). Wear gel- soled shoes to keep your feet in contact with a cold surface.
	Constipation, diarrhea, nausea, vomiting	Remember to hydrate well (2 litres of water a day). Rather drink between meals. Watch over your weight. 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 that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). Add salt to your food . In case of nausea/ vomiting , make several small light meals and eat slowly. Avoid greasy, fried and spicy food, and those whose smell may trigger nausea. Avoid staying on an empty stomach as this accentuates nausea. Use the antiemetic medicines you have been prescribed eventually.
	Pains in joints	Take regular and adapted physical exercise (walking, swimming). Help yourself with a stick in order to relieve your joints. Avoid repetitive gestures and strenuous physical effort.
	Unusual bleedings	Use a soft toothbrush ; avoid using a rectal thermometer. Do not take aspirin, nor anti-inflammatory (eg ibuprofen), nor phytotherapy products (which 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 appropriate cream or gel (especially arnica based), provided the skin is not injured.
	Fatigue, headaches	Favor healthy feeding at regular hours. Limit taking psychostimulants such as coffee, tobacco and alcohol. Respect moments of rest during the day, while remaining active, even moderately ; go to bed at regular hours. Be prudent if you have to drive.

Only some of the most frequent side effects are listed above. For further information refer to your packaging leaflet or ask your doctor or pharmacist for advice.

 You can also ask your question to your center for side effects monitoring or notify any side effect on the 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 EFFECT(S) ?

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

Promptly contact your doctor in case of :

- Signs of infection (fever, cough, shivers...)
- Outbreak of black motions, nose bleedings, and blood in spits
- Swelling, redness and pains in the palms of the hand and the soles of the feet.
- Shortness of breath, swelling of the limbs and pain in the chest.
- Any persisting and worsening side effect.



Useful contacts :

Remarks :
