



WHAT IS NUBEQA® DAROLUTAMIDE ?

- Hormonal therapy used in the treatment of some prostate cancers.
- Prescribed, at least once a year, by your hospital doctor specialized in oncology or cancerology, with possible renewal by your family doctor.
- Available in city pharmacies on presentation of your prescription.




- Layered tablets, white and oval, dosed at **300 mg**, bearing «300 » on one side and « Bayer » 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?

When ?h..... andh.....	= 2 takes a day at a fixed hour during a meal
How ?		Swallow the tablets 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 the **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, please 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, before the following dose as planned. 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 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.









- In case of a sexual intercourse with a woman of childbearing age, or with a pregnant woman, you must use highly efficient contraceptive methods (condoms and one other means) during the treatment and **during the week following the last take**.

Male fertility may be affected by darolutamide.

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

WHAT SIDE EFFECTS MAY OCCUR WITH NUBEQA® DAROLUTAMIDE ?

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

Side effects	Prevention
 Skin eruption/ rash	Use a gel or a hypoallergenic soap-free 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 protecting sun cream >50, to be applied 30 minutes before exposure and renewed every 2 hours.
 Pain 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.
 Pain in muscles	Remember to hydrate well before, during and after effort. Take regular and adapted physical exercise ; remember to warm up before.
 Fatigue	Favor healthy food. Limit your taking of psychostimulants (eg : coffee, tobacco and alcohol). Be prudent if you have to drive. Respect moments of rest during the day, while remaining active, even moderately. Go to bed at a regular hour and sleep long enough.
 Heart throb/ Palpitations	Diminish your consumption of stimulants (coffee, tea, alcohol, tobacco) . Sleep long enough and at regular hours . Take relaxation exercise (sophrology, yoga, tai-chi). Measure your heart beats (blood pressure monitor, connected watch, or even manually) ; note down the figures you have obtained. Contact your doctor in case of faintness, dizziness, difficulty to breathe or pain in the chest.
 Swelling of the face or the 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 in the morning on getting up on rested legs. Watch over your weight regularly. In case of such swelling, contact your doctor.

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

Useful contacts :

Remarks :

Promptly contact your doctor in case of persisting or worsening side effect.

