



WHAT IS TYBERB® LAPATINIB ?

- Targeted therapy used in the treatment of some breast cancers along with another molecule.
- Prescribed and renewed by your hospital doctor specialized in oncology, medical cancerology or hematology.
- Available in city pharmacies on presentation of your prescription.


GSXJG

- Oval, layered tablet, yellow and biconvex, dosed at 250 mg, bearing « GSXJG » on one side.



- Store it a temperature not over 30°C, out of reach and sight 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 packagings, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE?

When ?h.....	= 1 take a day, at a fixed hour, away from a meal (at least 1 hour before or at least 1 hour after 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**, 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 pharmacist** that the medicines (with or without prescription) and/or other substances (food, spices 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 affect its efficiency and the outcome of side effects.













- You and your partner must use efficient contraceptive methods (condoms and one other means) during the whole treatment **and up to 5 days after the last take**.
- Stop breast feeding during the treatment and **up to 5 days after the last take**.

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

WHAT SIDE EFFECTS MAY OCCUR WITH TYVERB® LAPATINIB ?

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

Side effects	Prevention
 Swelling, burning sensations in hands and feet	Use a gel or a hypoallergenic, soap-free bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Take fresh baths (15 minutes), or apply a cold or ice bag (without direct contact with the skin). Wear gel soles so as to keep your feet in contact with a cold surface.
 Skin dryness, itchings	Limit baths/showers to 1/day (maximum 15 minutes at 32°C). Use a gel or a hypoallergenic soap-free bar. Dab your skin dry. Apply a hydrating agent (cream or milk). Favor large and light cotton clothes. Use a detergent for sensitive skin (without any softener). Drink 1,5/2litres of water/day. In case of itchings : apply cold compresses (cooling pads) on the affected areas (do not use alcohol-based lotions). Avoid hot water. Trim your finger nails short (favor a nail file to a nail clipper),
  Constipation or diarrhea, abdominal pains, nauseas , vomiting, loss of appetite	Watch over your weight and remember to hydrate well (1,5/2 litres of water / day). In case of constipation , favor food that is high in fibers (bran, cereals, wholemeal bread, green vegetables, fruit and dried fruit) and take regular exercise. In case of diarrhea , favor food that is low in fibers (starchy food, carrots, bananas...). Avoid food which may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). In case of nauseas/vomiting , 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. Rather drink between meals. Take the antiemetic medicines you have been prescribed, if needed.
 Mouth inflammation	Use a soft toothbrush and a menthol-free toothpaste, without additive. Hydrate your lips (ask your pharmacist for advice, especially if you are under oxygenotherapy). Stimulate your saliva (ice-cubes, sorbets). Favor blended food and liquids. Avoid alcohol, tobacco, coffee and acid, salted, irritating, spicy or crunchy food. Take antalgic medicine. Make mouthwashing as you have been prescribed (and not with alcohol)
 Pains in joints and muscles	Take regular and adapted physical exercise (walking, swimming) ; remember to warm up before and to hydrate well before, during and after effort. Use a stick to relieve your joints. Avoid repetitive movements and strenuous effort.
 Nose bleeding	Tilt your head forward as long as the bleeding lasts and blow your nose until evacuation of the blood clots. Keep pressing your nostrils for 10 minutes ; hemostatic products may reduce this period (cotton wicks to be applied after 2 minutes of compression and left in for about 30 minutes). In case of a persisting nose running (over 15 minutes) or in case of paleness, heart throbs, sweating or low blood pressure, contact your doctor at once.
 Fatigue and head aches	Remember to drink enough water (1,5/2 litres/day) and favor healthy feeding at regular hours. Limit taking psychostimulants (alcohol, coffee, tobacco). Respect moments of rest during the day while remaining active, even moderately. Go to bed at a regular hour ; avoid late bedding and staying in. Be prudent if you have to drive.
	<i>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</i>
	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 :

Promptly contact your doctor in case of :

- Signs of infection (fever, cough, shivers, urinary burns ...)
- Heart symptoms (heart throbs, shortness of breath...)
- Persisting diarrhea
- Swelling, redness of the face, the hands or feet.
- Any persisting or worsening side effect.



Remarks :
