






WHAT IS XOSPATA® GILTERITINIB ?


- Cancer drug used in the treatment of some types of acute myeloidic leukaemia
- Prescribed and renewed by your doctor specialized in hematology
- Available in hospital pharmacies on presentation of your prescription.

Round, light yellow, layered tablets, dosed at **40 mg**, bearing the laboratory logo and « 235 » on the same side of the tablet.



-  Store it at a temperature not over 30°C, out of sight and reach of children.
-  Do not get the tablets out of their packaging to put them in a pill-box.
-  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 during or away from meals
How ?	 Swallow the tablets 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 **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 the same day, and resume your treatment as usual. 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...) that you are using are compatible with your treatment. Some interactions may have an influence on the efficiency of your treatment or the outcome of side effects.

-  You and your partner must use efficient contraceptive methods (condoms and another method) during the whole treatment, **and up to 6 months after the last take** if you are a female patient old enough to procreate, and **up to 4 months after the last take** if you are a male patient.
- Stop breast feeding during the treatment and **up to 2 months after the last take**.

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

WHAT SIDE EFFECTS MAY OCCUR WITH XOSPATA® GILTERITINIB ?

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

Side effects	Prevention
 Digestive effects : constipation or diarrheas, abdominal pains, nauseas, 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 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 for that may increase nauseas. In case of vomiting , use the antiemetic medicines you have been prescribed.
 Pains in joints	Take regular and adapted physical exercise (walking, swimming) . Help yourself with a stick to relieve your joints. Avoid repetitive movements and important physical effort.
 Pains in muscle	Remember to hydrate well before, during and after effort. Take regular and adapted physical exercise. ; do not forget to warm up before..
 Difficult breathing (coughing, shortness of breath)	Do abdominal breathing and relaxation exercises (sophrology, yoga, tai chi). Take it easy by planning your daily activities. Avoid factors that can trigger shortness of breath (tobacco, perfume, animal hair, ...). Consult your doctor if you experience persistent symptoms, chest pain or fever.
 Fatigue	Favor healthy food. Limit taking psychostimulants (coffee, tobacco, 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.
 Swelling of face and limbs	Keep eating low-salted food. Avoid wearing tight clothes. In case of a swelling of legs, raise your feet when sitting. Wear support stockings or socks and put them on when getting up on rested legs. Watch over your weight regularly. In case of such swelling, contact your doctor.
 Palpitations	Reduce the consumption of stimulants (coffee, tea, alcohol, tobacco). Get enough sleep at regular times. Do relaxation exercises (sophrology, yoga, tai chi). Measure your heart rate (blood pressure monitor, connected watch or manually); note the figures obtained. Consult your doctor if you feel unwell, dizzy, have difficulty breathing or have chest pain.
 Pain in the feet and hands	Treat any cut or injury (blisters). Do not use hot water (check the temperature with your elbow) ; protect yourself from the cold. Regular exercise (walking 3 times a week) and relaxation exercise (sophrology, yoga, tai-chi) may reduce pain. Anticipate any risk of falling (poor light, object on the ground) ; use hand rails and bannister, and even a stick if necessary. Have healthy and well-balanced feeding.

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

You can also ask your questions to your 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 :

Remarks :

Promptly contact your doctor in case of :

- Signs of infection (fever, cough, chills, burning urine, etc.)
- Rapid and unexpected weight
- Any persisting or worsening side effect

