





NAVELBINE® vinorelbine

PRESCRIPTION AND DISPENSING


 This drug is prescribed and renewed by your **hospital doctor specialized in cancerology or in hematology**. It is available in **city pharmacies**.



 On leaving your home, don't forget to take your prescriptions along. For a better follow-up, have your pharmaceutical file activated by your pharmacist.

 **Your pharmacist can help you in taking your treatment(s).**

 Do not throw away your opened boxes and remaining capsules, but bring them back to your pharmacist.

PRESENTATION AND STORAGE

 Box containing a limp capsule dosed at :
 - 20mg , of a light-brown colour, bearing the inscription "N20" or
 - 30mg, of a pink colour bearing the inscription "N30"

  Store it in the **fridge** (at a temperature between 2°C and 8°C) in its closed box, out of the reach of children. Do not freeze it. Bring an isothermal bag for transport (maximum 72hours out of the fridge; if this limit is exceeded, bring the treatment back to your pharmacist).

INSTRUCTIONS FOR USE

The dose is strictly personal and may be changed during treatment by your specialist doctor. The administration is usually done in **one single take per week (same day, same hour every week)**.

The proper monitoring of the instructions for use is necessary for the efficiency of your treatment. You can help yourself with the **tracking book**, and a **calendar** in order to spot the takes:



be filled with your pharmacist's or doctor's help

Dose per week (mg) mg
= number of capsule(s) 1 SINGLE TAKE PER WEEK capsule(s)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TICK THE DAY WHEN YOU TAKE A CAPSULE							
Hour of the take (at the end of a meal)							



The capsule(s) is to be swallowed **at the end of a meal with a glass of water, without chewing nor sucking.**

To open the secured packaging :




- (1) cut the blister with a pair of scissors following the black line
- (2) gently peel off the white film covering the blister
- (3) press the transparent plastic cover to eject the capsule through the aluminium leaf. Thus you can take it directly into your mouth and then swallow it with a glass of water.



Damaged capsule (crushed or leaking)

- ⇒ a damaged capsule must not be swallowed (its content is irritating)
- ⇒ Bring back any damaged capsule to your pharmacist.
- ⇒ In case of a direct contact with the content of a capsule (mouth, eyes, skin) :
 - 1) rinse abundantly with physiological salt solution, preferably, or with water
 - 2) contact your doctor or the prescribing service

INTERACTIONS

 This drug can interact with other medicines, plants or herbal teas. For example : **St John's Wort** is strictly advised against in all its forms (capsule, resin, herbal tea, drops...) ; Avoid **grapefruit** (juice, pulp) during treatment. Tell your doctor what **medicines, plants, or herbal teas (with or without**

prescriptions) you are taking or wish to take. If in doubt, ask your pharmacist for advice.

Do not worry at reading these effects, you may not experience any.

SIDE EFFECTS	PREVENTION	BEHAVIOUR
Signs of infection : fever, shivers, cough, sore throat, urinary burns	Limit contacts with persons with a contagious infection, if possible. Wash your hands frequently. Disinfect any wound carefully. Make the blood tests prescribed by your doctor.	In case of signs of infection with a fever over 38°C, tell your doctor.
Change in the blood statement	Make a weekly blood test (before each new administration) . Check your INR ratio more frequently if you are treated with the AVK anticoagulant.	In case of signs of infection or unusual bleedings, tell your doctor.
Nauseas and vomitings	Eat slowly and make several small light meals. Avoid greasy, fried and spicy food. Drink slowly between meals.	Follow the medical prescription for nauseas and vomitings. Tell your doctor at the first persisting signs (from 2 vomits a day).
Inflammation of the mouth	Avoid acid, spicy and irritating food. Use a soft toothbrush, a mild (menthol-free) toothpaste, and an alcohol-free mouthwash.	In case of diffuse pains or burns in your mouth, contact your doctor.
Constipation	Drink water regularly. Favor food that is rich in fibers : green vegetables, fruit and dried fruit. Take some light exercise.	Drink 2 litres a day if possible. In case of an unusual prolonged constipation, contact your doctor.
Diarrheas	If this a frequent effect : avoid coffee, frozen drinks, milk and dairy products, raw fruit and vegetables, cereals, spicy food, wholemeal bread and alcohol.	Follow the medical prescription for diarrhea. If possible drink 2 litres a day (water, tea, herbal tea, soup, sodas). Favor starchy food (rice, pasta), cooked carrots and bananas. Tell your doctor at the first persisting signs (over 3 diarrheas a day).

Other effects, like a hair loss, articular pains, a change in sensitiveness in your hands and feet, fatigue or even fainting (non-exhaustive list) may occur. Do not hesitate **to tell your doctor or pharmacist** about it.

A FEW ADVICE

Promptly contact your doctor in case of :



- signs of infection (fever, shivers, cough...)
- Difficulties to breathe
- Pickling or pins and needles in your hands and feet.



Never stop or change the rhythm of administration of your treatment without the advice of the prescribing doctor.

If you have forgotten to take your NAVELBINE® capsules : wait and take the missed dose at the usual hour the following day, then put the next take forward in order to respect the 7 days 'period between two takes.



In case of **vomiting** after the take of your treatment, **do not take a new dose.**



NAVELBINE® must not be taken during pregnancy and feeding. Use an efficient contraceptive method during treatment, and until 3 months after stopping.

REMARKS :