

NEOFORDEX® dexaméthasone

PRESCRIPTION AND DISPENSING

This drug is prescribed and renewed by your **hospital doctor specialist in medical oncology, in hematology, in cancerology, or by doctors competent in blood diseases.**



It is available **only in hospital pharmacies.**



Do not throw away the opened boxes nor the remaining tablets into your trash. Please bring them back to your pharmacist.

Your pharmacist can help you in taking your treatment. Please bring him back your unused boxes and tablets at the next renewal.

PRESENTATIONS AND STORAGE

It is available in the form of a box of 10 white divisible oblongue-shaped tablets dosed at **40mg.**



Store this drug at a **temperature below 25°C**, protected from light.

Keep it out of sight and reach of children.

INSTRUCTIONS FOR USE

The dose is strictly personal and may be changed during treatment by your specialist doctor. The usual dose is **40mg/day**. The rhythm of administration varies according to the protocol and/or the associated treatments. The days of take and the days of pause must be scrupulously respected.

The proper monitoring of the instructions for use is necessary for the efficiency of your treatment.



NEOFORDEX® tablets are to be swallowed **with a glass of water in one take a day in the morning** (risk of insomnia if taken in the evening), preferably in the middle of a meal. **Try to take them every day at the same hour.**

You can help yourself with a calendar as there are days of take and days of pause. Moreover, the days of take can change during treatment.



Examples :

- Take a tablet every monday AND don't take NEOFORDEX® on the other days
- Or : take 2 days per week, and don't take on the other days of the week
- Or : take 2 days per month, and don't take on the other days of the month.

The tablets are divisible (half-dose of 20mg). On account of the potential problems of stability, the half-tablets that have not been immediately taken have to be set aside and brought back to your pharmacist.



MEDICINAL INTERACTIONS



This drug can interact with other medicines, plants or herbal teas.



Do not hesitate to 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.



Avoid taking aspirin (500mg or 1g, several times a day) : risk of bleeding or gastric pains.


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

| SIDE EFFECTS | PREVENTION | BEHAVIOUR |
|--|---|------------------------------------|
| Swelling and redness of the face, increase of weight | Pay attention to any morphological changes (changes of appearance) . Check your weight regularly. | Inform your doctor if this occurs. |

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| Occurrence of bruises | Avoid skin traumas. | Promptly treat the eventual skin injuries, by resorting to a dermatologist or a specialist in burns. |
|------------------------------|---------------------|--|

| SIDE EFFECTS | PREVENTION | BEHAVIOUR |
|--|--|--|
| Headaches, palpitations, dizziness, ear buzzing | Keep a regular watch over your heart (electrocardiogram, analyses for mineral salts : potassium, calcium, magnesium) and over your blood pressure. | Tell your doctor if these signs occur or increase. You may be prescribed an anti-hypertensive treatment. |
| Nervousness, trouble of concentration, of sleep.... | Pay attention to all symptoms that may have a psychological and social effect. | In case of important alteration, inform your doctor. |
| Weakness of bones | Pay attention to any pain in the bones (back, hips, wrists...), intense or unusual. Prevent any eventual fall, avoid tobacco, alcohol and salt in excess. | Your doctor may measure your bone density if needed. If this occurs, inform your doctor who will prescribe you some supplement in calcium or vitamin D, some pain-killers and / or anti-inflammatory medicines (in association with an inhibitor of the proton pump) on account of the increased risk of hemorrhage. |
| Tendinous ruptures | Avoid violent exercise or sports that may provoke falls. | Inform your doctor if this occurs. |
| Signs of infection: fever, shivers, cough, sore throat | 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 a fever over 38°C, tell your doctor who will prescribe you some antibiotics. |
| Changes in the biological situation | A biological checkup must be done regularly and the results transmitted to your doctor. | In case of abnormalities in the results of your analyses, contact your doctor who may prescribe you a diet or a complementary treatment. |

Some trouble in periods, of the skin (delay in healing), of vision (increase of the eye pressure, opacification of the crystalline lens), may occur during treatment; do not hesitate to tell your doctor about it.

 Should you feel any **unmentioned effects**, do not hesitate to tell your prescriber, doctor or pharmacist about it.

A FEW ADVICE

Promptly contact your doctor in case of :



- signs of infection (fever, cough, shivers...)
- contact with persons suffering from measles or chickenpox
- chronic cough and/or blood-stained spits, fever, night sweats, loss of weight (tuberculosis)
- tendinous pains
- shortness of breath, pains in the chest, swellings.



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

If you have forgotten to take your NEOFORDEX® tablets :



- in less than 12 hours : take your tablet immediately
- in more than 12 hours : do not take the tablet. The next dose will be taken at the normal hour, at the appropriate time the following day. Please note it in your tracking book.



Avoid taking NEOFORDEX® during pregnancy and feeding. Use an efficient contraceptive method (avoid oral contraceptives).



This drug contains lactose. In case of intolerance (flatulence, cramps or abdominal pains, diarrhea or constipation, trouble of concentration), contact your doctor.

REMARKS :

Greetings : - to Groupe VOCC B PL : Observatoire dédié au Cancer B PL, OncoBretagne and ONCO Pays de la Loire, clinicians, pharmacists and nurses from voluntary facilities B PL, councils of the order B PL, regionales directorates of the medical service B PL, OMEDITs B PL, Cancéropôle Grand Ouest, patient committee and URPS B PL
- to ICO René Gauducheau Nantes and CHU Nantes