



WHAT IS HEXASTAT® ALTRÉTAMINE ?

- Cancer drug used in the treatment of some forms of ovary or lung cancer.
- Prescribed and renewed by your doctor specialized in oncology or cancerology.
- Available in hospital pharmacy on presentation of your prescription.





Purple capsules dosed at 100mg.



- Store it at a temperature below 25°C, out of sight and reach of children.
- Do not take the capsules out of their packaging to store them in a pill-box.
- Wash your hands carefully before and after each handling of the capsules.
- Do not throw away the opened boxes. Please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE?

When ?h.....h.....h.....	2 à 3 takes in the day, at a fixed hours, <u>After meals</u>
How ?	 Swallow the capsules whole, with water. Do not chew, nor cut, open, crush or dissolve the capsules.	

You can help yourself with your tracking book or a calendar in order 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 A TAKE 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 OTHERS MEDICINES AND/OR FOOD

Check with your **doctor and 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 affect its efficiency and the occurrence of side effects.



- You and your partner must use efficient contraceptive methods (condoms and one other means) during the whole treatment and up to 3 months after the last take
- In case of breast-feeding : discontinue during traitement.








Fertility in men may be affected during treatment with altretamine.

Your doctor can inform you about the possibility of sperm conservation before initiating altretamine treatment.

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

WHAT SIDE EFFECTS MAY OCCUR WITH HEXASTAT® ALTRÉTAMINE?

Like all medicines, this drug may bring about some side effects, although you may not experience any.

Side effects	Prevention
 Nauseas, vomiting, loss of appetite	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 nausea. Rather drink between meals (fresh, sparkling water help diminish nausea). Avoid staying on an empty stomach as this increases nausea. Do not lie in bed within 30 minutes after a meal. In case of vomiting, take the antiemetic medicines you have been prescribed.
 Decrease in red blood cells, white blood cells and platelets	Decrease in red blood cells : contact your doctor in case of paleness, short breath during effort or even at rest, persistent fatigue, heart throbs, dizziness and head aches. Decrease in white blood cells : contact your doctor in case of a temperature > 38°C, shivers, sweats, cough, short or painful breathing, diarrhea with fever, or any sign of infection. Decrease in platelets : contact your doctor in case of an outbreak of small red dots on the skin, bruises, nose bleedings, small eye or gum hemorages, blood in urine or motion.
 Pains in the hands and feet, tingling, loss of sensitiveness	Care for any cut or injury (blister). Do not use hot water (check the temperature with your elbow); protect yourself from the cold. You may reduce the pain by taking regular exercise (walking 3 times/week) and relaxation exercise (sophrology, tai-chi, yoga). Anticipate any risk of falling (bad light, object on the ground); use rails, banisters or even a stick if necessary. Have a healthy and well-balanced feeding.
 Skin eruption	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 12 and 4 pm. Wear protecting clothes, even under a parasol (UVA reflection). Use a sun screen > 50, to be applied 30 minutes before exposure and renewed every 2 hours.
 Signs of infection: fever, shivers, cough, sore throat, urinary burns	Limit your contacts with people having a contagious infection. Wash your hands regularly. Disinfect any injury carefully. Contact your doctor in case of a temperature >38°C, cough, breathlessness/ painful breathing, pain when urinating or smelly urines, change in the nature or frequency of motions (diarrhea, constipation) or in case of redness, pain or oozing around the central catheter, the parenteral feeding tube or the urinary catheter.
 Fatigue, confusion, troubles sleeping, hallucinations, agitation	Favor healthy feeding. Limit taking psychostimulants (tobacco, alcohol, coffee). 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.
	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



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

Promptly contact your doctor in case of :

- Signs of infection (fever, cough, shivers, urinary burns...)
- Black motions, nose bleeding or blood-stained spits
- Itchings, redness, patches on the skin
- Any persisting or worsening side effects.



Useful contacts :

Remarks :
