









WHAT IS HYDREA® HYDROXYCARBAMIDE ?

- Cancer drug used in the treatment of some type of blood cancers.
- Prescribed and renewed by your specialist doctor or your family doctor.
- Available in city pharmacies on presentation of your prescription.

Capsules dosed at 500 mg , pink or green, bearing « BMS 303 ».

-  • Store at a temperature not over 25°C, out of sight and reach from children.
-  • Do not get the capsules out of their packaging to put them in a pill box.
-  • Wash your hands carefully before and after each handling of the capsules and blisters. In order to reduce the risk of exposure, it is necessary to wear disposable chemotherapy gloves.
-  • Do not throw away the opened boxes, please bring them back to your pharmacist.



HOW TO TAKE THIS MEDICINE?

 To be filled with the help of a health care professional**	Dose per day mg = gélule(s)
	When ?h..... ONE take a day at a fixed hour during or away from a meal
	How ?  Swallow the capsule(s) whole, with water, successively, every day at the same moment of the day. If you can't swallow the capsule(s), you can dissolve their content in a glass of water, stir with a spoon and drink right away.
Informed by According to prescription dated/...../.....	


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, do not double the following dose. Resume your treatment as usual. Do not forget to note it in your tracking book*.
-  • **In case of vomiting**, do not take a new dose : just take the following dose as planned the following day. Do not forget to 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 an efficient contraceptive method during the whole treatment and until 3 to 6 months after the last take.
- Interrupt breast feeding during the whole treatment.

Men's fertility may be modified during the treatment with hydroxycarbamide.
Your doctor can inform you on the possibility of sperm preservation before starting the treatment.


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


WHAT SIDE EFFECTS MAY OCCUR WITH HYDREA® HYDROXYCARBAMIDE ?

Like all medicines, hydroxycarbamide may bring about side effects, but you may not experience any.

Side effects	Prevention
 Signs of infection : fever, shivers, cough, sore throat, urinary burns	Limit contacts with people with a contagious infection. Wash your hands frequently. Disinfect any wound carefully. If you have a fever over 38°C, inform your doctor.
 Unusual bleedings, bruises.	Use a soft toothbrush to avoid mouth bleedings. Avoid using a rectal thermometer. Do not take aspirin, nor anti-inflammatory medicines (e.g. <i>ibuprofen</i>) without your doctor's advice. In case of nose bleeding, tilt your head forward while pressing your nostrils slightly.
 Digestive effects : constipation , diarrhea, nausea, vomiting, loss of appetite.	Do not forget to hydrate well : at least 2 litres of water a day. Rather drink between meals . Watch over your weight. In case of constipation , favor food that is rich in fibers (green vegetables, fruit and dried fruit) and take regular exercise. In case of diarrhea , favor food that is poor in fibers (starchy food, carrots, bananas...). Avoid some food (coffee, frozen drinks, dairy, alcohol, raw fruit and vegetables, cereals, fat food, soices...). Inform your doctor in case of an increase of your motions from 4 to 6 times a day. In case of nausea/vomiting , eat slowly, and make several fragmented small meals. Avoid greasy , fried and spicy food.
 Headaches, confusion, dizziness, ill-being	Favor healthy food and sufficient hydration. Respect moments of rest during the day, while keeping a modarete activity. Be prudent if you have to drive.
 Mouth inflammation	Have a good oral hygien (<i>soft toothbrush, non-abrasive, menthol-free toothpaste</i>). Do not forget to hydrate your lips (<i>ask your pharmacist for advice, especially if you have a treatment with oxygenotherapy</i>), and stimulate saliva (<i>ice cubes, chewing-gume...</i>), and make mouthwash with sodium bicarbonate 4 to 6 times a day. Favor fragmented feeding. Favor blended liquid and food. Avoid alcohol, coffee, tobacco and food that may be irritating.
 Skin rash	Have a good oral hygien (<i>soft toothbrush, non-abrasive, menthol-free toothpaste</i>). Do not forget to hydrate your lips (<i>ask your pharmacist for advice, especially if you have a treatment with oxygenotherapy</i>), and stimulate saliva (<i>ice cubes, chewing-gume...</i>), and make mouthwash with sodium bicarbonate 4 to 6 times a day. Favor fragmented feeding. Favor blended liquid and food. Avoid alcohol, coffee, tobacco and food that may be irritating.
 Hair loss	This alopecia is reversible as soon the treatment stops. Use a comb with large teeth and a soft hairbrush. Use a mild shampoo, rinse your hair in tepid water and dry them in the open air or at low temperature. Avoid situation that may weaken your hair : blow-drying, perm, hair sets, dyeing.
 Urinary trouble	Anticipate hyperuricemia, occurring essentially at the beginning of the treatment, by drinking abundantly (2 litres/day, water poor in minerals)

Only some of the most frequent side effects are mentionned 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, do not forget to make the biological tests prescribed by your doctor.

WHAT TO DO IN CASE OF SIDE EFFECTS?

- Take the medication prescribed for side effects in accordance with the doses
- Inform your doctor at the first persisting signs
- Respect measures of prevention.

Useful contacts:

Remarks :

Promptly contact your doctor in case of :
 - Signs of infection (fever, cough, shivers ...)
 - Difficulty to breath or unusual cough
 - Bleedings, black motions, blood in spits.
 - Any persisting or worsening side effect.

