



WHAT IS AFINITOR® EVÉROLIMUS ?

- Cancer drug used in the treatment of some types of breast cancers and some neuroendocrine tumours.
- Prescribed by your hospital doctor specialized in oncology, hematology or cancerology.
- Available in city pharmacies on presentation of your prescription.

• Three measurings are available :

- **2,5 mg** in a colour between white and slightly yellowish, bearing « LCL » and « NVR »
- **5 mg** in a colour between white and slightly yellowish, bearing « 5 » and « NVR »
- **10 mg** in a colour between white and slightly yellowish, bearing « UHE » and « NVR »
- **Generics** exist, in various forms and colours.




- Store at a temperature not over 25°C, out of reach and sight of children.
- Do not get the tablets out of their boxes to put them in a pill-box.
- Wash your hands carefully before and after each handling of the tablets.
- 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 healthcare**

Informed on

Following prescription
dated
.../.../...

Dose per day mg	= tablets at mg and tablets at mg
When ?h.....	= 1 take a day, at fixed hour, during or away from meals
How ?		Swallow the tablets whole 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**, do not take the missed dose. The next dose will be taken at the usual time, without doubling it. Please remember to 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 other methods) during the whole treatment and up to **8 weeks after** the last take.
- Stop breast feeding during the treatment and up to **two weeks after** the last take.


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


WHAT SIDE EFFECTS MAY OCCUR WITH AFINITOR® EVÉROLIMUS ?

Like all medicines, évérolimus may have side effects, although you may not experience any.

	Side effects	Prevention
	Diarheas, abdominal pains	Remember to hydrate well : at least 2 litres of water a day. Favor food that is poor in fibers (<i>starchy food, carrots, bananas...</i>). Avoid some food (<i>coffee, frozen drinks, dairy, alcohol, raw fruit and vegetables, cereals, fat food, spices...</i>) Rather drink between meals. Watch your weight regularly.
	Skin eruptions, dryness	Use a mild, perfume-free soap and a hydrating agent (<i>cream or milk</i>). Avoid hot water. Dab your skin dry. Avoid exposure to the sun and protect yourself eventually (<i>protecting clothes, hat, sun cream >50</i>) Inform your doctor in case of skin troubles.
	Mouth inflammation	Have a healthy oral hygien (<i>soft toothbrush, menthol-free, non-abrasive toothpaste</i>). See that you hydrate your lips well (<i>ask your pharmacist for advice, especially if you have an oxygenotherapy treatment</i>) . Maintain a proper stimulation of saliva (<i>ice-cubes, chewing-gum...</i>) and make mouth washing with sodium bicarbonate 4 to 6 times/day. Favor fragmented feeding and blended food and liquids. Avoid alcohol, coffee, tobacco and food that might be irritating.
	Nausea, vomiting, loss of appetite	Eat slowly and make several small light meals. Avoid greasy, fried and spicy food. Rather drink between meals.
	Unusual bleedings and bruises	Use a soft toothbrush to avoid mouth bleedings. Avoid using a rectal thermometer ? Do not take aspirin, nor anti-inflammatory (like <i>ibuprofen</i>) without medical advice. In case of nose bleeding, tilt your head forward while pressing slightly on your nostrils. Inform your doctor if you usually take drugs that change blood coagulation.
	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.
	Cough or difficulties to breathe	Inform your doctor as soon as these symptoms occur. The dose may eventually have to be adapted.

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
- Respect measures of prevention.

Promptly contact your doctor in case of :

- Signs of infection (fever, shivers, cough...)
- Skin eruption or rashes
- Irregular periods, black motions, nose bleedings or blood-attained spitting
- Abnormal shortness of breath, cough, difficulty to breathe
- Swelling of arms and legs, high blood pressure
- Any persisting or worsening side effect



Useful contacts :

Remarks :
