



## WHAT IS CABOMETYX® CABOZANTINIB ?

- Cancer drug used in the treatment of some types of kidney or liver cancers.
- Prescribed and renewed by your hospital doctor specialized in oncology.
- Available in city pharmacies on presentation of your prescription.

Three forms are available (bearing « XL » on one side of the tablet) :

- Round, yellow tablet dosed at **20 mg**, bearing « 20 » on one side.
- Triangular, yellow dosed at **40 mg**, bearing « 40 » on one side.
- Oval, yellow tablet dosed at **60 mg**, bearing « 60 » on one side.




- Store at a temperature not over 30°C, out of sight and reach of children.
- Do not get the tablets out of their box 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	= ..... 20 mg tablets ..... 40 mg tablets ..... 60 mg tablets
When ?	.....h.....	<b>ONE take per day at a fixed hour, away from meals (do not eat at least 2 hours before and 1 hour after a take)</b>
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?



- **In case of missing in less than 12 hours**, take the missed dose and resume your treatment as usual. Please note it in your tracking book\*.
- **In case of missing in over 12 hours**, do not take the missed dose. The next dose will be taken at the usual time, without doubling it. Please note it in your tracking book\*.
- **In case of vomiting**, do not take a new dose. Just take the next dose as planned the following day. Please note any missing or vomiting 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 (condoms) during the whole treatment and for at least 4 months after the last dose.
- Stop breast feeding during the treatment and up to 4 months after the last take.










**Men's fertility may be affected during the treatment with Cabozantinib.**

**Your doctor can inform you about the possibility of preserving your sperm before the start of the treatment.**

\*Tracking book available on sites [www.omeditbretagne.fr](http://www.omeditbretagne.fr) or [www.omedit-paysdelaloire.fr](http://www.omedit-paysdelaloire.fr)

## WHAT SIDE EFFECTS MAY OCCUR WITH CABOMETYX® CABOZANTINIB ?

Like all medicines, cabozantinib may bring about side effects, although you may not experience any.

	Side effects	Prevention
	Skin eruption, dryness, redness and even pains in hands and feet	Use a mild, perfume-free soap and a hydrating agent (cream or milk). Avoid hot water. Dab your skin dry. Avoid exposure to the sun and protect yourself if necessary (protecting clothes, hat, sun cream >50). Inform your doctor in case of skin trouble.
	Constipation	Remember to hydrate well : at least 2 litres of water a day. Favor food that is rich in fibers (green vegetables, fruit and dried fruit). Take regular exercise.
	Diarrheas, abdominal pains	Remember to hydrate well : at least 2 litres of water a day. Favor food that is poor in fibers (starchy food, carrots, bananas...). Avoid some food that may speed up your intestinal transit (coffee, frozen drinks, dairy, alcohol, raw fruit and vegetables, cereals, fat food, spices...) Rather drink between meals. Watch over your weight regularly.
	Nauseas, vomiting	Eat slowly and make several small light meals. Avoid greasy, fried and spicy food. Rather drink between meals.
	Pains at joints and muscles	Remember to hydrate frequently. Take moments of rest and light exercise (e.g. walking). Avoid repetitive gestures and strenuous physical effort. In case of important pains, contact your doctor in order to set up a symptomatic treatment.
	Fatigue, dizziness, headaches	Favor healthy food and remember to hydrate well. Respect moments of rest during the day while remaining active, even moderately. In case of important pains, contact your doctor in order to set up a symptomatic treatment. Be prudent if you have to drive.
	Mouth inflammation	Have a good oral hygiene ( soft toothbrush, non-abrasive, menthol-free toothpaste) . See that you hydrate your lips (ask your pharmacist for advice, especially if you have an oxygenotherapy treatment), that you make mouthwashing with sodium bicarbonate 4/6 times a day. Favor fragmented feeding. Favor blended food and liquids. Avoid alcohol, coffee, tobacco and irritating food).
	Increase of the blood pressure	Make regular measuring of your blood pressure (at home or at your pharmacist's). Take exercise and watch over your weight. Limit your consumption of salt and alcohol.
	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. ibuprofen) without medical advice. In case of nose bleeding, tilt your head forward while pressing your nostrils lightly.

Only some of the most frequent side effects are mentioned 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](http://signalement-sante.gouv.fr)



In all cases, remember 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, breathing trouble)
- Bleedings, dark motions, blood-stained spittings
- Heart symptoms (palpitations, fast heart beats)
- Any persisting or worsening side effect.-



**Useful contacts:**

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**Remarks :**

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