



## WHAT IS ERLEADA® APALUTAMIDE?

- Antihormonal drug used in the treatment of some types of prostate cancers
- Prescribed and renewed by your hospital doctor specialized in oncology and cancerology.
- Available in city pharmacies on presentation of your prescription.



Oblong-shaped layered tablets, between yellowish and greenish, **dosed at 60 mg** and bearing « AR 60 » on one side.



- Store it at a temperature not over 30°C, out of sight and reach of children.
- Do not get the tablets out of the bottle to put them into a pill-box.
- Wash your hands carefully before and after each handling of the tablets.
- Do not throw away the opened packagings, please bring them back to your pharmacist.


## HOW TO TAKE THIS MEDICINE?



To be filled with the help  
of healthcare  
professional\*\*

Informed by

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

<b>Dose per day</b>	..... <b>mg</b>	= ..... tablet dosed at 60 mg
<b>When ?</b>	.....h.....	<b>1 take a day, at a fixed time, during or away from meals</b>
<b>How ?</b>		Swallow the tablets whole, with a glass of water, every day at the same moment of the day. Do not chew, nor 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**, take the missed dose as soon as possible the same day. The next dose will be taken at the usual hour the next day. 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 another method) during the whole treatment and **for 3 months after the last take**.
- **Stop breast feeding** during the whole treatment.







Male fertility may be affected during the treatment with apalutamide.

Your doctor can inform you on the possibility of stocking sperm before initiating the treatment.


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


# WHAT SIDE EFFECTS MAY OCCUR WITH ERLEADA® APALUTAMIDE ?

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

Side effects	Prevention
 Hair loss	This alopecia is reversible as soon as the treatment stops. Use a large comb or a soft hairbrush. Use a mild shampoo, rinse your hair in tepid water and let it dry in the open air or at a low temperature. Avoid blow-drying, hair-setting, perms and dyeing...
 Skin eruption	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 ( <i>protecting clothes, hat, sun cream&gt;50</i> ).
 Diarrheas	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 food that may speed up your intestinal transit ( <i>coffee, raw fruit and vegetables, cereals, alcohol, fat food, spices...</i> ). Watch your weight regularly.
 Pain in joints	Hydrate frequently. Take moments of rest and light exercise ( <i>walking</i> ). Avoid repetitive gestures and strenuous physical effort. In case of important pains, contact your doctor to set up a symptomatic treatment.
 Fatigue	Favor healthy food and remember to hydrate well . Respect moments of rest during the day while remaining active, even moderately. Be prudent if you have to drive.
 Hot flush, sweating	Avoid triggering food such as caffein, alcohol and chocolate, hot and spicy food and stress. Wear light clothes. Drink regularly.

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](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 :

- Skin eruption (reddish spots on the skin and mucous zones)
- Convulsions
- Falls and fractures (broken bones)
- Heart disease, stroke (cerebrovascular accident)
- Any presisting or worsening side effect



**Useful contacts :**

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**Remarks :**

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