



## WHAT IS IBRANCE® PALBOCICLIB ?

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

Three different forms are available in boxes of 21 capsules :

- **Dosed at 75 mg**, made of a light orange body and a light orange head bearing « PBC 75 » and « Pfizer »
- **Dosed at 100 mg**, made of a light orange body and a caramel head bearing « PBC 100 » and « Pfizer »
- **Dosed at 125 mg**, made of a caramel body and a caramel head bearing « PBC 125 » and « Pfizer »



- Store it at a temperature not over 25°C, out of sight and reach of children.





- Do not get the capsules out of the blisters to put them in a pill-box.



- Wash your hands carefully before and after each handling of the capsules and the blisters. To diminish 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?

<b>When?</b>	<p><b>ONE take a day at fixed hour during a meal for 21 consecutive days, followed by a period of 7 days without treatment</b></p> <p>.....h.....</p> <ul style="list-style-type: none"> <li>• From day 1 to day 21 : take your capsules</li> <li>• From day 22 to day 28 : <u>do not take palbociclib</u></li> </ul> <p><b>Then resume your treatment like on day 1.</b></p>
<b>How ?</b>	<p> Swallow the capsules whole, with water, in succession, every day at the same moment of the day.</p> <p>Do not chew, nor cut, crush or dissolve the capsules.</p> <p>No capsule should be ingested if broken, cracked or otherwise damaged.</p> 

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 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\*.

## INTERACTION 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 for at least 3 weeks or 14 weeks after the end of the treatment, respectively for women and men
- Interrupt breast feeding during the whole treatment.

The fertility of men may be affected during the treatment with palbociclib. Your doctor can inform you on the possibility of sperm conservation before starting 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 IBRANCE® PALBOCICLIB ?

Like all medicines, palbociclib may cause side effects, although you may not experience any.

Side effects	Prevention
 Signs of infection : fever, shivers, cough, sore throat, urinary burns	Limit contact with people with a contagious infection. Wash your hands frequently. Disinfect any wound carefully. If you have a fever over 38°C, contact 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 ( <i>ibuprofen</i> ) without medical advice. In case of nose bleeding, tilt your head forward while pressing softly your nostrils.
 Diarrhea	Remember to hydrate well : at least 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, frozen drinks, dairy, alcohol, raw fruit and vegetables, cereals, fat food, spices...</i> ) . Rather drink between meals. Watch your weight regularly.
 Nauseas, vomiting, loss of appetite	Eat slowly, and make several small light meals. Avoid greasy, fried and spicy food. Rather drink between meals.
 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.
 Mouth inflammation	Have a good oral hygiene ( <i>soft toothbrush, non-abrasive, menthol-free toothpaste...</i> ) . Remember to hydrate your lips ( ask your pharmacist for advice, especially if you are treated with oxygenotherapy), and to stimulate your saliva ( <i>ice-cubes, chewing-gums</i> ) and to have mouthwash with sodium bicarbonate 4 /6 times a day. Favor fragmented feeding. Favor blended food and liquids. Avoid alcohol, coffee, tobacco and irritating food.
 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 eventually ( <i>protecting clothes, hat, sun cream&gt;50</i> ). Contact your doctor in case of skin trouble.
 Hair loss	This alopecia is reversible as soon as the treatment stops. Use a wide-toothed comb and a soft hair brush. Use a mild shampoo, rinse your hair in tepid water and dry them up in the open air or at a low temperature. Avoid situations that may weaken your hair : blow-drying, hair settings, perm waves, dyeing.

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, 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, shivers, cough...)  
 - Signs of anemia : shortness of breath, dizziness..  
 - Bleedings or bruises  
 - Any persisting or worsening side effects.

