



## WHAT IS TARGRETIN® BEXAROTÈNE ?

- Anti cancer drug used in the treatment of the skin symptoms in some forms of skin lymphomes
- Prescribed and renewed by your hospital doctor specialized in cancerology or hematology.
- Available in city pharmacies on presentation of your prescription.




Limp capsule, off-white, containing a liquid suspension, dosed at **75 mg**.  
Bottle of 100 capsules



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

## HOW TO TAKE THIS MEDICINE?

When ?	....h....	= 1 take a day at a fixed hour, during a meal
How ?		Swallow the capsule whole, with water, every day at the same moment of the day. Do not chew, nor cut, crush or dissolve the capsules

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 with the next meal, on that very day. Then resume your treatment at the usual time and the usual dose the next day (do not double the dose). Remember 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...) and other-by-products that you are taking are compatible with your treatment. The molecules they contain, their measuring and consuming frequency may have an influence on your treatment and affect its efficiency.



- You and your partner must use efficient contraceptive methods (condoms and another method) during the whole treatment and **up to 3 months after the last take**.
- Stop breast feeding during the treatment.

*Male and female fertility could be affected by the treatment with bexarotène.*

\*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 TARGRETIN® BEXAROTÈNE ?

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

## Side effects

## Prevention



Skin eruption, photosensitivity

Use a gel or a hypoallergenic soap-free cleansing bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Avoid exposure to the sun, especially between 12h and 16h. Wear protecting clothes, even under a parasol ( UVA reflection). Use a skin protection >50, apply 30 minutes before exposure and then renew every 2 hours.



Digestive trouble : constipation, diarrhea, abdominal pains, flatulence, nausea, loss of appetite

Remember 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 (*bran, cereals, wholemeal bread, 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 food that may speed up your intestinal transit (*dairy, raw fruit and vegetables, cereals, fat food and spices*). **In case of nausea / vomiting**, make several small light meals and eat slowly. Avoid greasy, fried and spicy food, and those whose smell trigger nausea. Avoid staying on an empty stomach, for this intensifies nausea. In case of vomiting, use the antiemetic medicines prescribed.



Pains in joints and muscles

Take regular and adapted physical exercise (*walking, swimming*) ; don't forget to warm up before. Avoid repetitive gestures and strenuous physical effort.. Use a stick to help relieve your joints.



Eye dryness, sight trouble

Avoid dry atmospheres (*set humidifiers, air rooms*) , smoky places and tobacco. If you work on computers, make regular breaks and blink your eyes regularly. Drink 2 litres of water a day and favor supplies of essential fatty acids (*fat fish, colza oil, nuts, leaf vegetables*). Quickly see your doctor in case of troubled sight or decrease of vision.



Fatigue, headaches

Favor healthy feeding, and at regular hours. Limit taking psychostimulants such as coffee, tobacco and alcohol. Respect moments of rest during the day, while remaining active, even moderately. Go to bed at regular time. Be prudent if you have to drive.



Swelling of limbs (oedemas)

Keep having low-salted food. Avoid tight clothes. In case of swelling of legs, raise your feet when sitting. Wear support socks/stockings, and put them on when rising, on rested legs. Watch over your weight regularly. In case of such swelling, see your doctor .

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(S) EFFECT(S) ?

- Take the medication prescribed for side effects, in accordance with the doses.
- Respect measures of prevention.

Useful contacts :

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**Promptly contact your doctor** in case of :

- Abdominal pains or intense and persisting headaches.
- Change of mood and behaviour.
- Signs of infection (fever, cough, shivers...)
- Any persisting or worsening side effect.



Remarks :

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