



## WHAT IS CELLTOP® ETOPOSIDE ?

- Cancer drug used in the treatment of several types of cancers ( lung, testicles, breast, ovary, leukaemia, lymphoma...)
- Prescribed and renewed by your hospital doctor specialized in oncology, hematology, or services competent in cancerology.
- Available in city pharmacies on presentation of your prescription.



- Capsule dosed at **50 mg**, pink-red.



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

- Do not get the capsules out of their packaging 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 boxes, please bring them back to your pharmacist.

## HOW TO TAKE THIS MEDICINE?

<b>When?</b>	<p>.....h..... and .....h.....</p>	<p>= <b>1 or 2 takes a day, away from meals ( at least 1 hour before or 2 hours after the meal )</b></p> <ul style="list-style-type: none"> <li>- for 5 days every 21 to 28 days</li> <li>- or for 14 to 21 days in succession</li> <li>-or on the 1st day, 3rd day and 5th day of the cycle, every 21 to 28 days.</li> </ul>
<b>How ?</b>		<p>Swallow the capsules whole, with water, one after the other, every day at the same moment of the day. Do not chew, nor open, crush or dissolve the capsules.</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 hour, 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 hour, without doubling it. Please note it in your tracking book.

## INTERACTIONS WITH OTHER MEDICINE 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**. The molecules that they contain, their measuring and frequency and consumption may have an influence on your treatment and condition its efficiency.









- You and your partner must use efficient method of contraception (condoms and another method) during the whole treatment and **up to 6 months after the last take**.
- Breast feeding is unadvisable during the treatment, consult a doctor.

**Male fertility may be affected during the treatment with etoposide. Your doctor may inform you about the possibility of preserving sperm before starting 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 CELLTOP® ETOPOSIDE?

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

	Side effects	Prevention
	Nauseas, vomiting, loss of appetite.	Make several small light meals and eat slowly. Avoid greasy, fried and spicy food, and those whose smell may trigger nausea. Avoid staying on an empty stomach as that may increase nausea. In case of vomiting, use the antiemetic medicines you have been prescribed.
	Constipation or diarrheas, abdominal pains	Remember to hydrate well (at least 2 litres of water a day) ; rather drink between meals. Watch over your weight. <b>In case of constipation</b> , favor food that is rich in fibers ( <i>bran, cereals, wholemeal bread, green vegetables, fruit and dry fruit</i> ) and take regular exercise . <b>In case of diarrheas</b> , favor food that is poor in fibers ( <i>starchy food, carrots, bananas...</i> ) Avoid some food that may speed up your intestinal transit ( <i>dairy, raw fruit and vegetables, cereals, fat food, spices...</i> ). Add salt in your food.
	Skin eruption, itching	Use a gel or a hypoallergenic, soap-free bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent ( <i>milk or cream</i> ). Avoid exposures to the sun, especially between 12h and 16h . Wear protecting clothes, even under a parasol (UVA reflexion). Use a sun cream >50, to be applied 30 minutes before exposure, and renewed every 2 hours. In case of itching, apply cold compresses on the affected zone ( do not apply alcoholized lotions).
	Mouth inflammation	Use a soft toothbrush and an alcohol-free, additive-free toothpaste. Hydrate your lips ( <i>ask your pharmacist for advice, especially if you have an oxygenotherapy treatment</i> ) and stimulate your saliva ( <i>ice-cubes, sorbets...</i> ) Favor blended food and drink. Avoid alcohol, coffee tobacco and acid, salted,irritating, spicy or crunchy food. Use antalgic medicines and make the mouth wash you have been prescribed.
	Hair loss	This alopecia is reversible as soon as the treatment stops. Use a large comb or a soft, natural hair brush.. Choose a mild or fortifying shampoo, rinse your hair in tepid water and let it dry in the open air or at low temperature. Avoid blow-drying, hair setting, perm waves and dyeing, which may weaken your hair.
	Fatigue, dizziness, headaches	Favor healthy food and regular timing of meals. Remember to hydrate well. Restrict the use of 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.pour la conduite automobile.

Only some of the most frequent side effects mentioned above. For further information, please refer to your medicine leaflet or ask your doctor or pharmacist for advice.

You can also ask your question ask your question to [center for side effects monitoring](https://www.signalement-sante.gouv.fr) or notify any side effect on the following site : [signalement-sante-gouv-fr](https://www.signalement-sante.gouv.fr)

In all cases, remember 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:

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

- Signs of infection (fever, cough, shivers...)
- Outcome of black motions, nose bleedings, blood-stained spittings
- Shortness of breath, dizziness, paleness, abnormal fatigue...
- Any persisting or worsening side effect.



Remarks :

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