



WHAT IS ENDOXAN® CYCLOPHOSPHAMIDE ?

- Cancer drug used in the treatment of **breast, ovaries, lung, testicles, bladder cancers, sarcomas, neuroblastomas, hodgkinian and non-hodgkinian lymphomas, multiple myelomas** and **acute leukaemias**. Different indications exist other than cancer.
- Prescribed and renewed by your specialized doctor or family doctor.
- Available in city pharmacies on presentation of your prescription .



White layered tablet dosed at **50 mg**.



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




- Do not get the tablets out of their packaging 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?

When ?h.....	= 1 take a day at a fixed hour, in the morning on an empty stomach, with a sufficient quantity of liquid for the taking and also right after taking.
How ?		Swallow the tablets whole, with water, every day at the same moment. 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 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*.

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 by-products that you are using are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and condition its efficiency.








- You and your partner must use efficient contraceptive methods (condoms and one other method) during the whole treatment, **and up to 6 months after the last take for men and up to 1 year after the last take for women**.
- Stop breast feeding during the treatment.

Male and female fertility may be affected during the treatment with cyclophosphamide. Your doctor can inform you on the possibility of storing gametes before starting treatment.

*Tracking book available on the sites www.omeditbretagne.fr or www.omedit-paysdelaloire.fr

WHAT SIDE EFFECTS MAY OCCUR WITH ENDOXAN® CYCLOPHOSPHAMIDE ?

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

Side effects	Prevention
 <p>Hair loss</p>	<p>Regrowth usually takes place after the end of the treatment, sometimes in a different colour or texture ; it can go to baldness. Use a large comb or a brush made of soft natural hair. Choose a mild or fortifying shampoo, rinse your hair in tepid water and let them dry in the open air or at low temperature. Avoid blow-drying, hair settings, perms and dyeing that may weaken your hair.</p>
 <p>Digestive effects : constipation or diarrheas, abdominal pains, nauseas, vomiting.</p>	<p>Remember to hydrate well (2 L 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 diarrheas, favor food that is poor in fibers (starchy food, carrots, bananas). Avoid some food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices..). Add salt to your food. In case of nauseas / vomiting, make several small light meals and eat slowly. Avoid greasy, fried and spicy food, and those whose smell may trigger nauseas. Avoid staying on an empty stomach for that may increase nauseas. In case of vomiting, use the antiemetic medicines you have been prescribed.</p>
 <p>Mouth inflammation</p>	<p>Use a soft toothbrush and a menthol-free toothpaste without additives. Hydrate your lips (ask your pharmacist for advice, especially if you have an oxygenotherapy treatment) and stimulate your saliva (ice-cubes, sorbets). Favor liquids and blended food. Avoid alcohol, tobacco, coffee and acid, salted, irritating spicy or crunchy . food. Use pain-killing medicines and make mouthwashing as prescribed.</p>
 <p>Pains in joints</p>	<p>Take regular and adapted physical exercise (walking, swimming) . Help yourself with a stick to relieve your joints. Avoid repetitive movements and important physical effort.</p>
<p>Pains in muscles</p>	<p>Remember to hydrate well before, during and after effort. Take regular and adapted physical exercise. ; do not forget to warm up before..</p>
 <p>Fatigue and headaches</p>	<p>Favor healthy food at regular times. Limit having psychostimilants such as coffee, tobacco, and alcohol. Respect moments of rest during the day while remaining active, even moderately. Go to bed at a regular hour. Be prudent if you have to drive.</p>

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](#) or notify any side effect on the following site : [signalement-sante-gouv-fr](#)



In all cases, remember to make the biological tests prescribed by your doctor.

WHAT TO DO IN 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, urinary burns)
- Presence of blood in urines
- Warm arm or calf, red and painful, with short breath.
- Any persisting or worsening side effect.



Useful contacts :

Remarks :
