



WHAT IS VERZENIOS® ABÉMACICLIB ?

- Targeted therapy used in the treatment of some breast cancers
- Prescribed and renewed by your hospital doctor specialized in oncology
- Available in city pharmacies on presentation of your prescription.




• Three presentations are available :

- Beige, oval tablets dosed at **50 mg** (bearing « Lilly » on one side and « 50 » on the other
- White, oval tablets dosed at **100 mg** (bearing « Lilly » on one side and « 100 » on the other
- Yellow, oval tableys dosed at **150 mg** (bearing « Lilly » on one side and « 150 » on the other.



- Store at a temperature not over 30° C, 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..... eth.....	= 2 takes a day at a fixed hour during or outside a meal
how ?		Swallow the tablets whole, with water, every day at the same moment of the day. Do not chew, nor cut or 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. This 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 for at **least 3 weeks after stopping**. Abémaciclib may reduce the efficiency of oral contraceptives.
- Stop breast feeding during the treatment.

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

WHAT SIDE EFFECTS MAY OCCUR WITH VERZENIOS® ABÉMACICLIB ?

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

Side effects	Prevention
 Hair loss	Use a large comb or a soft hairbrush with natural hair. 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 settings, perms and dyeing which weaken your hair.
 Itchings	Apply cold cotton compresses on the affected zones (do not use alcohol lotions). Favor large and light clothes. Use gel or a soap-free hypoallergenic bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Trim your nails short (favor a nail file to a nail clipper).
 Digestive effects : diarrhea, nausea, vomiting, loss of appetite	Remember to hydrate well (2 L of water a day) ; rather drink between meals. Watch over your weight. In case of diarrhea , favor food that is poor in fibers (starch 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 nausea/vomiting , 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 this increases nausea. In case of vomiting, use the antiemetic medicines you have been prescribed.
 Warm, painful and red arm or calf, in association with breathlessness	Drink water in abundance, especially in heatwaves. Make activities favoring blood circulation (walking, swimming). In case of a long travel (bus, plane, car), wear support stockings or socks and walk at regular intervals for a few minutes. In some cases, you may be prescribed an antithrombotic treatment.
 Risk of infection	Limit contacts with people with a contagious infection. Wash your hands regularly. Disinfect any wound carefully. Contact your doctor in case of a fever over 38°C, cough, short or painful breathing, pain when urinating/smelly urines, change in the nature and frequency of motions (diarrheas/constipation), or in case of redness, pain or oozing around the central catheter, or the feeding tube or the urinary tube
 Fatigue and dizziness	Favor healthy food. Limit taking psychostimulants (coffee, tobacco, alcohol) . Be prudent if you have to drive. Respect moments of rest during the day while remaining active even moderately. Go to bed at a regular hour and sleep long enough.
	<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.</p> <p>You can also ask your question to center for side effects monitoring or notify any side effect on the following site : signalement-sante-gouv-fr</p>



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.

Useful contacts :

Remarks :

Promptly contact your doctor in case of :

- Persisting diarrhea
- Signs of infection (fever, cough, shivers, urinary burns)
- Warm, red or painful arm or calf, breathlessness
- Any persisting or worsening side effects.

