



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.





- Capsules **Dosed at 75 mg**, made of a light orange body and a light orange head bearing « PBC 75 » and « Pfizer »
- Capsules **Dosed at 100 mg**, made of a light orange body and a caramel head bearing « PBC 100 » and « Pfizer »
- Capsules **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 30°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.
- Do not throw away the opened boxes, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE?

When?	<p>.....h.....</p> <p>ONE take a day at fixed hour, for 21 consecutive days, followed by a period of 7 days without treatment with food, preferably during a meal</p>
How ?	<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, craked 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 or 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
 Hair loss	Use a large comb or a hairbrush with soft 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, perms and dyeing which weaken your hair.
 Skin dryness	Limit the frequency of showers/baths to one per day (maximum 15 minutes at 32°C). Use a dermatological gel or bar without soap. Pat dry. Apply a moisturizing agent (cream or milk). Choose loose, light cotton clothing. Use a detergent adapted to sensitive skin (no softener). Drink 2L of water per day.
 Digestive effects : constipation or diarrheas, abdominal pains, nausea, vomiting.	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 nausea. Avoid staying on an empty stomach for that may increase nausea. In case of vomiting , use the antiemetic medicines you have been prescribed.
 Mouth inflammation	Use a soft toothbrush and a non-mentholated toothpaste without additives. Moisturize your lips (ask your pharmacist for advice, especially if you are being treated with oxygen therapy) and stimulate your saliva production (ice cubes, sorbets). Favour liquids and blended foods. Avoid alcohol, tobacco, coffee and acidic, salty, irritating, spicy or crunchy foods. Use painkillers and mouthwashes with sodium bicarbonate that have been prescribed for you.
 Nosebleeds	Tilt your head forward for the duration of the bleeding and blow your nose until the clots have cleared. Apply gentle pressure to your nostrils for 10 minutes. Use hemostatic products to reduce the compression time (wicks to be applied after 2 minutes of compression and left in place for 30 minutes). In case of persistent discharge after 15 minutes of compression of the nostrils or in case of pallor, palpitation, sweating or hypotension, consult immediately
 Risk of infection	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.
 Fatigue	Remember to stay well hydrated. Eat at regular times, do not skip meals. Avoid tobacco and alcohol (headache triggers). Avoid going to bed late, sleeping in late; get enough sleep at night

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

 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.
- Respect measures of prevention.

Useful contacts:

Promptly contact your doctor in case of :

- Signs of infection (fever, shivers, cough...)
- Any persisting or worsening side effects.



Remarks :
