



WHAT IS XTANDI® ENZALUTAMIDE ?

- Antihormonal drug used in the treatment of some types of prostate cancers.
- Prescribed and renewed by your hospital doctor specialized in oncology or in medical cancerology ; possible renewal by your family doctor. Prescription from a hospital specialist at least once every year.
- Available in city pharmacies on presentation of your prescription.



- Round and yellow tablets bearing « E40 » , dosed at **40 mg**.



- Store at a temperature not over 30°C, out of sight and reach of children.




- Do not get the tablets out of their blister 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 during or away from a meal.
How ?		Swallow the tablets whole, with water, every day at the same moment of the day. 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 ; please refer to your latest prescription..

WHAT TO DO IN CASE OF MISSING OR VOMITING?



- **In case of missing at the usual hour**, take the missed dose as soon as possible on the very day. Resume your treatment at the usual time and the usual dose the next day. (do not take a double dose). Please note it in your tracking book*.
- **In case of missing in a whole day**, 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 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...) 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.



- In case of sexual intercourse with a woman in procreating age, you must use efficient contraceptive methods (condoms and one other means) during the whole treatment **and up to 6 months after the last take**.









Male fertility may be affected during the treatment with enzalutamide.

Your doctor can inform you on the possibility of sperm storage before starting the treatment.

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

WHAT SIDE EFFECTS MAY OCCUR WITH XTANDI® ENZALUTAMIDE ?

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

Side effects	Prevention
 Heart palpitations	Decrease your consumption of stimulants (coffee, tea, alcohol, tobacco). Sleep long enough and at regular times. Take relaxation exercise (sophrology, yoga, tai-chi). Measure your heart beats (connected watch, blood pressure monitor, or even manually) ; please note down the figures you obtain . Contact your doctor in case of faintness, dizziness, difficulty to breathe or pains in the chest.
 Itchings	Apply cold compresses on the affected zones (use alcohol-free solutions). Favor ample and light clothes. Use a soap-free, hypoallergenic gel. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Trim your nails short (rather use a nail file than a nail clipper).
 Skin dryness	Reduce your showers and baths to once a day (maximum 15 minutes and 32°C). Use a soap-free hypoallergenic gel or bar. Dab your skin dry. Apply a hydrating agent (cream or milk). Favor ample and light clothes. Use a washing powder adapted for sensitive skin, without softener. Drink 2 litres af water a day.
 Hot flashes	Freshen up with a sprayer ; hydrate regularly. Favor cotton clothes. Do not cover too much. Avoid triggers (cigarette, alcohol, hot and spicy food, stress).
 High blood pressure	Head aches, dizziness, ear ringing, are the first alarming signs of a high blood pressure. Measure your blood pressure (at rest, sitting, in the morning before breakfast and in the evening before going to bed ; make 3 measures at 2 minutes interval) ; please nore down the figures you obtain. Take regular and adapted physical exercise (30 minutes, 3 times a week). Limit your consumption of salt (maximum 6g/day) and alcohol. Observe a food diet poor in saturated fat (fat from animals) and rich in fibers.
 Fatigue and headaches	Favor healthy feeding at regular hours. Limit having psychostimulants such as coffee, tobacco and alcohol. Respect moments of rest during the day while remaining active, even moderately ; go to bed at regular hours. Be prudent if you have to drive.

Only some of the most frequent side effects mentionned 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 CASE OF SIDE EFFECT(S) ?

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

Promptly contact your doctor in case of :

- Convulsions, seizure
- Pain in the chest or difficulty to breathe during effort.
- Increased heart rate.
- Swelling of limbs
- Any persisting or worsening side effect



Useful contacts :

Remarks :
