







WHAT IS TARCEVA[®] ERLOTINIB ?


- A targeted therapy used in the treatment of some lung cancers.
- Prescribed and renewed by your hospital doctor specialized in cancerology or in medical oncology.
- Available in city pharmacies on presentation of your prescription

- Round, layered tablets, from white to yellowish, dosed at **25 mg** (bearing « T25 » on one side), **100 mg** (bearing « T100 » on one side) , or **150 mg** (bearing « T150 » on one side)
- *There exist generics in different measurings and colours.*



-  • Store at a temperature not over 30°C, out of sight and reach of children.
-  • Do not get the tablets out of their box 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, away from a meal (1 hour before or 2 hours after 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 ; 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. Remember to 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 MEDICINES AND/OR FOOD

 Check with your **doctor and your pharmacist** that the medicines (with or without prescription) and/or other substances (**food and plants, among which grapefruit, bitter orange and St John's Wort**, probiotics, essential oils, food supplements...) and other by-products that you are taking, are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and have an impact on its efficiency.










-  • You and your partner must use efficient contraceptive methods (condoms and one other means) during the whole treatment and **up to 2 weeks after the last take**.
- Stop breast feeding during the treatment.

Smoking affects the efficiency of erlotinib. It is highly advisable to give up smoking.

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

WHAT SIDE EFFECTS MAY OCCUR WITH TARCEVA® ERLOTINIB?

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

Side effects	Prevention
 Hair loss	Use a large comb or a hair brush with soft natural bristles. Choose a mild or fortifying shampoo, rinse your hair in tepid water and let it dry in the open air or at a low temperature. Avoid blow-drying, hair settings, perm waves and dyeing which weaken your hair.
 Skin eruption	Use a gel or a hypoallergenic soap-free bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Avoid exposure to the sun, especially between 12h and 16h. Wear protecting clothes, even under a parasol (UVA reflexion). Use a protecting sun cream >50, and apply 30 minutes before exposure, to be renewed every 2 hours.
 Itchings	Apply cold compresses on the affected areas (do not apply alcoholized lotions). Favor light and loose cotton clothes. Use a gel or a hypoallergenic soap-free 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-trimmer).
 Skin dryness	Limit your showers or baths to once a day (maximum 15 minutes at 32°C). Use a gel or a hypoallergenic soap-free bar. Dab your skin dry. Apply a hydrating agent (cream or milk). Favor light and loose cotton, clothes. Use detergents for sensitive skins (without softeners). Drink 2 litres of water a day.
 Diarrhea	Have salted and/or sweet drinks : water, tea with sugar, sodas, soups. Avoid water that is rich in magnesium (CONTREX®, HEPAR®), coffee, frozen drinks. Favor food that is poor in fibers (starchy food, carrots, bananas...); avoid food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). Wash your hands regularly; watch over your weight. In case of fever or symptoms persisting over 5 days, contact your doctor.
 Nausea, vomiting, loss of appetite	Make several small light meals and eat slowly. Avoid greasy, fried and spicy food, as well as those which may trigger nausea. Drink mostly between meals (fresh, soda waters help diminish nausea). Avoid staying on an empty stomach as this increases nausea. Do not lie down within 30 minutes after a meal. In case of vomiting, use the antiemetic medicines you have been prescribed.
 Mouth inflammation	Use a soft toothbrush and a menthol-free toothpaste, without additive. Hydrate your lips (ask your pharmacist for advice, especially if you are under oxygenotherapy) and stimulate your saliva (ice-cubes, sorbets). Favor blended liquids and food. Avoid alcohol, tobacco, coffee and acid, salted, irritating, spicy or crunchy food. Use analgic medicines and make the mouthwash you have been prescribed.
 Fatigue	Favor healthy food. Limit taking psychostimulants (e.g. coffee, tobacco and 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
	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 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.

Useful contacts :

Remarks :

Promptly contact your doctor in case of :

- Signs of infection (fever, shivers, cough, urinary burns)
- Sudden difficulty to breathe with cough or fever.
- Severe abdominal pains.
- Any persisting or worsening side effect.

