



WHAT IS LONSURF® TRIFLURIDINE/TIPIRACIL ?

- Cancer drug used in the treatment of some colorectal and gastric cancers.
- Prescribed and renewed by your hospital doctor specialized in oncology or in medical cancerology.
- Available in city pharmacies on presentation of your prescription.



2 measurings are available :

- White tablet dosed at **15mg / 6,14mg**
- Pale red tablet dosed at **20mg / 8,19mg**



- 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 packagings (blisters), please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE?

When ?h..... andh.....	<p>= 2 takes a day, within an hour after breakfast and dinner</p> <p><i>Processing cycle for 28 days :</i></p> <ul style="list-style-type: none"> • From day 1 to day 5 : 2 takes a day of LONSURF® • From day 6 to day 7 : do not take LONSURF® • From day 8 to day 12 : 2 takes a day of LONSURF® • From day 13 to day 28 : do not take LONSURF® • Then resume in day 1
How ?		<p>Swallow the tablets whole, with water, every day at the same moment of the day.</p> <p>Do not chew, nor cut, crush or dissolve the tablets</p>

You can help yourself with the **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**, do not take the missed dose. The next dose will be taken at the usual hour, 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 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, 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 affect its efficiency.








- You and your partner must use efficient contraceptive methods (condoms and one other means) during the whole treatment and **up to 6 months after the last take**. A decrease in the efficiency of hormonal contraceptives may be observed, and women using hormonal contraceptives must also resort to a mechanical contraceptive.
- Stop breast feeding during the treatment.




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


WHAT SIDE EFFECTS MAY OCCUR WITH LONSURF® TRIFLURIDINE/TIPIRACIL ?

Like all medicines, Trifluridine/Tipiracil may bring about side effects, although you may not experience any.

Side effects	Prevention
 Swelling, burning sensations at hands and feet	Use a gel or a soap-free hypoallergenic bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Take baths in fresh water (15 minutes) or apply a cold bag or an ice-bag (without contact with the skin). Wear gel soles to keep your feet in contact with a cold source.
  Digestive effects : diarrhera, abdominal pains, nauseas, vomiting, loss of appetite.	Remember to hydrate well (2litres of water a day). Rather drink between meals. Watch over your weight. In case of diarrhea , favor food that is low in fibers (starchy food, carrots, bananas...). Avoid some food which 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 during the day and eat slowly. Avoid greasy, fried and spicy food and those whose smell may trigger nauseas. Avoid staying on an empty stomach as this increases nauseas. In case of vomiting , take 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 on oxygenotherapy) and stimulate your saliva (ice-cubes, sorbets). Favor blended food and liquids. Avoid alcohol, tobacco, coffee, and acid, salted, irritating, spicy or crunchy food. Take the pain-killers and make the mouthwashing you have been prescribed.
 Anemia, leucopenia, neutropenia, thrombopenia	- Anemia : contact your doctor in case of paleness, short breath during effort or even at rest, persisting fatigue, palpitations, dizziness and head aches. - Leucopenia/neutropenia : contact your doctor in case of a temperature >38°C, cough, short breath/painful breathing, pain when urinating/smelly urines, change in the nature and frequency of motions (diarrhea, constipation), or in case of redness, pain or oozing around the central catheter, the parenteral feeding tube or the urinating catheter. - Thrombopenia : contact your doctor in case of an occurrence of small red spots on the skin, bruises, nose bleedings, small eye or gum hemorrhages, or blood in urines or motions.
 Risks of infection	Limit contacts with people with a contagious infection. Wash your hands regularly. Disinfect any injury carefully. Contact your doctor in case of a temperature >38°C, cough, short breath/painful breathing, pain when urinating/smelly urines, change in the nature and frequency of motions (diarrhea, constipation), or in case of redness, pain or oozing around the central catheter, the parenteral feeding tube or the urinating tube catheter.
 Fatigue	Favor healthy feeding. Limit psychostimulants (eg 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 take a sufficient night sleep.

Only some of the most frequent side effects are listed above. For further information refer to your packaging leaflet or ask your doctor or pharmacist for advice.

 You can also ask your question to your center for side effects monitoring or notify any side effect on the 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 EFFECT(S) ?

- 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, cough, shivers, urinary burns...)
- Shortness of breath, fatigue, paleness of the skin.
- Vomiting, diarrhea, or important abdominal pains.
- Any persisting or worsening side effect.



Remarks :
