Nilutamide ANANDRON®

Patient tool V2, november 2022



WHAT IS ANANDRON® NILUTAMIDE?

- Antihormonal used in the treatment of some prostate cancers
- Prescribed and renewed by your doctor specialized in cancerology or by your family doctor
- Available in city pharmacies on presentation of your prescription.



White and round tablets available in 2 measurings:

- 50 mg, bearing « 168A » on one side and « CP » on the other side
- 150 mg, bearing « 168D » on one side and « CP » on the other side.



Store it at a temperature not over 25°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, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE?

When?

The daily dose can be taken in either one or several takes.

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 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 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 dosing and consuming frequency may interact with your treatment and affect its efficiency.

*Tracking book available on the sites <u>www.omeditbretagne.fr</u> or <u>www.omedit-paysdelaloire.fr</u>



What side effects may occur with ANANDRON® NILUTAMIDE?

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

Side effects

Prevention



Diminish your consumption of stimulants (coffee, tea, alcohol, tobacco). Get enough sleep and at regular hours. Take relaxing exercises (sophrology, yoga, tai-chi). Take regular measures of your heart beats (by blood pressure monitor, connected watch or manually) and note down these figures. Contact your doctorin case of fainting, dizziness, respiratory difficulties or pains in the chest.



Hair loss

Use a large comb or a soft natural bristles brush. 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 setting, perms and dyeing as they weaken your hair.

Make several small light meals during the day, and eat slowly. Avoid greasy,



Nauseas, vomiting

fried and spicy food, as well as those whose smell may trigger nauseas. Rather drink between meals (fresh, sparkling water help diminish nauseas). Avoid staying on an empty stomach as this increases nauseas. Do not lie in bed within 30 minutes aftera meal. In case of vomiting, take the antiemetic medi cines you have been prescribed.



accomodation to darkness and colour vision

Hot flush

Trouble in the

drive. Freshen up with a spray; hydrate regularly. Favor cotton clothes; do not cover up too much. Avoid triggering factors (cigarettes, alcohol, hot and spicy food,

Such trouble, not very serious and always reversible when the treatment is

tinted glasses. Be prudent if you have to use machines or if you have to

finished, may diminish during the treatment. This can be treated by wearing



signalement-sante-gouv-fr

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:



In all cases, remember to make the biological tests prescribed by your doctor.

WHAT TO DO IN CASE OF SIDE EFFECT(S)?

stress).

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

Promptly contact your doctor in case of :

- Fainting, dizziness, respiratory difficulties or pains in the chest; unusual cough, fever
- Nauseas/vomiting, abdominal pains, yellowing skin, dark urine, itching, flu syndrome
- Any persisting or worsening side effect.

Useful contacts:

Remarks: