



## WHAT IS NATULAN® PROCARBAZINE ?

- Cancer drug used in the treatment of some bronchial cancers, brain tumors or lymphomas.
- Prescribed and renewed by your hospital doctor or your family doctor.
- Available in city pharmacies on presentation of your prescription.





- Yellow capsule, dosed at **50 mg**.



- Store it at a temperature not over 25°C, out of sight and reach of children.
- Do not get the capsules out of their blister to put them in a pill-box.
- Wash your hands carefully before and after each handling of the capsules
- Do not throw away the opened blisters, please bring them back to your pharmacist.

## HOW TO TAKE THIS MEDICINE?

When ?	.....h..... = <b>1 take a day at a fixed hour, during or away from a meal.</b>
How ?	 Swallow the capsules whole, with a glass of water, every day at the same moment of the day. Do not chew, nor open, crush or dissolve the capsules. 

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. 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, in the usual dose, without doubling it. Please note it in your tracking book\*.

## INTERACTIONS WITH OTHER MEDICINES AND/OR FOOD



Check with **your doctor and pharmacist** that the medicines (with or without prescription) and/or other substances ( food, among which cheese, spices and plants, 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 and the outcome of side effects.










- *You and your partner must use efficient contraceptive methods ( condoms and one other means ) during the whole treatment.*
- *This treatment is contraindicated during pregnancy and breast feeding.*

Male and female fertility may be affected during the treatment with procarbazine. Your doctor may inform you about the possibility of storing sperm and ovocytes before initiating the treatment.

\*Tracking book available on the sites [www.omeditbretagne.fr](http://www.omeditbretagne.fr) or [www.omedit-paysdelaloire.fr](http://www.omedit-paysdelaloire.fr)

# WHAT SIDE EFFECTS MAY OCCUR WITH NATULAN® PROCARBAZINE ?

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

Side effects	Prevention
 Hair loss	This alopecia is minimal and reversible as soon as the treatment stops. Use a large comb or a soft natural bristles hairbrush. Choose a mild 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 this weakens your hair.
 Pains in your hands and feet, tingling, loss of sensitiveness	Treat any cut or injury (blisters) . Do not use hot water ( check the temperature with your elbow) ; protect yourself from the cold. You may reduce the pain by taking regular exercise (walking 3 times/week ) and with relaxation exercises (sophrology, yoga, tai-chi). Anticipate eventual falls ( bad lighting, objects on the ground) ; use ramps, hand rails and sticks if needed. Have healthy and well-balanced food.
  Digestive effects : constipation or diarrhea, abdominal pains, nausea, vomiting, loss of appetite	Watch over your weight and remember to hydrate well (1,5 / 2 litres of water a day). <b>In case of constipation</b> , favor food that is high in fibers (bran, cereals, wholemeal bread, green vegetables, fruit and dried fruit...) and take regular physical exercise. <b>In case of diarrhea</b> , favor food that is low in fibers ( starchy food, carrots, bananas...). Avoid food that may stimulate your intestinal transit ( dairy, raw fruit and vegetables, cereals, fat food, spices). <b>In case of nausea/vomiting</b> , make several small light meals during the day and eat slowly. Avoid greasy, fried and spicy food, as well as those whose smell may trigger nausea. Avoid staying on an empty stomach as this increases nausea. Rather drink between meals. Take the antiemetic medicines you have been prescribed eventually.
 Decrease in white blood cells	Contact your doctor in case of a temperature over 38°C, shivers, sweating, cough, short or painful breathing, urinary burns, diarrhea with fever, or any sign suggesting an infection .
 Risk of respiratory or urinary infection...	Limit contacts with people having an infection. Wash your hands regularly. Disinfect any injury carefully. Contact your doctor in case of a temperature over 38°C, cough, shivers, sweating, short or painful breathing, pain when urinating or smelly urines, change in the nature or frequency of motions (diarrhea or constipation), or in case of pain or oozing around the central catheter, the parenteral feeding tube or the urinary catheter.
 Fatigue, sleepiness	Favor healthy food. Limit psychostimulants ( coffee, tobacco, alcohol). Be prudent if you have to drive. Respect moments of rest during the day while remaining active even moderately. Go to bed at regular hours and have a sufficient nightsleep.

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 ask your question to [center for side effects monitoring](https://www.signalement-sante.gouv.fr) or notify any side effect on the following site : [signalement-sante-gouv-fr](https://www.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 the measures of prevention

**Promptly contact your doctor in** case of :

- Reactions of hypersensitiveness ( skin rashes)
- Signs of infection ( fever, cough, shivers, urinary burns)
- Neurological disorders ( confusion, hallucinations)
- Period disorders, unusual bleedings.
- Any persisting or worsening side effect.



**Useful contacts :**

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**Remarks :**

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