



WHAT IS ZYKADIA® CÉRITINIB ?

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





Capsule **dosed at 150 mg** (white body and blue head, bearing « LDK 150MG » on the head and « NVR » on the body)



- Store 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 packagings, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE ?

| When ? |h..... | = 1 take a day at a fixed hour during a meal |
|--------|--|---|
| How ? |  | Swallow the capsules whole, with water, every day at the same moment of the day. Do not chew, nor cut, crush or dissolve the capsules Grapefruit, juice or pulp, must be avoided during the treatment.  |

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 in less than 12 hours**, take the missed dose, and resume your treatment as usual. Please note it in your tracking book*.
- **In case of missing over 12 hours**, 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, spices 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 and the outcome of side effects.









- You and your partner must efficient contraceptive methods (condom and one other means) during the whole treatment and **up to 3 months after the last take**.
- Stop breast feeding during the treatment

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

WHAT SIDE EFFECTS MAY OCCUR WITH ZYKADIA® CÉRITINIB ?

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

| Side effects | Prevention |
|--|--|
|  Palpitations | Diminish your consumption of stimulants (coffee, alcohol, tea, tobacco). Sleep long enough and at regular hours. Take relaxation exercises (sophrology, yoga, tai-chi). Measure your heart beats (blood pressure monitor, connected watch or even manually) ; note down these figures. Contact your doctor in case of faintness, dizziness, difficulties to breathe or pains in the chest. |
|  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 reflection). Use a sunscreen >50, to be applied 30 minutes before exposure and renewed every 2 hours. |
|  Constipation, diarrhea, nausea, vomiting, loss of appetite | Watch over your weight and remember to hydrate well (1,5/2 litres of water a day). In case of constipation , favor food that is high in fibers (bran, cereals, wholemeal bread, green vegetables, fruit and dried fruit) and take regular physical exercise. In case of diarrhea , favor food that is slow in fibers (starchy food, carrots, bananas...). Avoid food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food and spices). In case of nausea/vomiting , 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. Use the antiemetic medicines you have been prescribed, if necessary. |
|  Sight trouble | Avoid dry atmospheres (place humidifiers in the rooms and ventilate them), smoky places and tobacco consumption. If you work on a computer, take moments of break and blink your eyes at regular intervals. Drink 2 litres of water/day and favor supply of essential fatty acids (fatty fish, rapeseed oil, nuts, green leaves vegetables). Promptly contact your doctor if your vision decreases or is troubled. |
|  Difficult breathing, (cough, shortness of breath) | Take exercises of abdominal breathing and relaxation (sophrology, yoga, tai-chi). Allow yourself moments of rest by planning your day's activities. Avoid factors which may trigger short breath (tobacco, perfume, animal hairs...). Contact your doctor in case of persisting symptoms, pains in the chest or fever. |
|  Fatigue | Favor healthy feeding . Limit taking psychostimulants(tobacco, alcohol, coffee). 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](https://www.ceritinib.com/center-for-side-effects-monitoring) or notify any side effect on the following site : [signalement-sante-gouv-fr](https://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 :

- Signs of infection (fever, cough, shivers, urinary burns...)
- Difficulty to breathe
- Yellowing of the skin and eyes
- Change in vision
- Fast heartbeats (palpitations)
- Any persisting or worsening side effect



Useful contacts :

Remarks :
