



## WHAT IS RYDAPT® MIDOSTAURINE ?

- Targeted therapy used in the treatment of some blood cancers
- Prescribed and renewed by your hospital doctor specialized in medical oncology or in hematology.
- Available in city pharmacies on presentation of your prescription



- Limp capsule, orange, dosed at **25 mg**, bearing « PKC NVR » in red.



- Store it at a temperature not over 25°C, out of sight and reach of children.




- Do not get the capsules out of their box 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?

<b>When ?</b>	.....h..... et .....h.....	<b>= 2 takes a day** , at fixed hours (ideally with a 12 hour's interval), during meals</b> <b>Following your prescription</b> , you will respect one of these schemes : <input type="checkbox"/> <b>If you have radiotherapy in association</b> : take your treatment from day 7 to day 21 of each cycle. <input type="checkbox"/> <b>If you do not have radiotherapy</b> : take your treatment every day.
<b>How ?</b>		Swallow the capsules whole, with 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, please refer to your latest prescription.*

\*\* Your specialist may be brought to prescribe you to reduce your dose to 1 Take a day.

## WHAT TO DO IN CASE OF MISSING OR VOMITING?



- **In case of missing or vomiting**, do not take the missed dose or 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 pharmacist** that the medicines ( with or without prescription) and/or other substances ( food, spices and plants, **among which 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 use efficient contraceptive methods ( condoms and none other means) during the whole treatment **and up to 4 months after the last take**.
- It is recommended for women in procreating age and sexually active, to make a pregnancy test in the 7 days before the beginning of the treatment with midostaurine.
- In case of breast feeding : stop it during the whole treatment and **up to 4 months after the last take**.

\*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 RYDAPT® MIDOSTAURINE ?

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

Side effects	Prevention
 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 12 and 4 pm. Wear protecting clothes, even under a parasol (UVA reflection) . Use a sun screen > 50, to be applied 30 minutes before exposure and renewed every 2 hours.
 Digestive effects : constipation or diarrhea, nausea, vomiting	Watch over your weight and remember to hydrate well ( 2l 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 which may speed up 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, if necessary.
 Decrease in red blood cells, white blood cells and platelets	<b>Decrease in red blood cells</b> : contact your doctor in case of paleness, short breath during effort or even at rest, persistent fatigue, heart throbs, dizziness and head aches. <b>Decrease in white blood cells</b> : contact your doctor in case of a temperature > 38°C, shivers, sweats, cough, short or painful breathing, diarrhea with fever, or any sign of infection. <b>Decrease in platelets</b> : contact your doctor in case of an outbreak of small red dots on the skin, bruises, nose bleedings, small eye or gum hemorrhages, blood in urine or motion.
 Pain in the joints	Take regular and adapted physical exercise ( walking, swimming). Help yourself with a stick in order to relieve your joints. Avoid repetitive gestures and strenuous physical effort.
 Difficulty to breathe ( cough, short breath)	Take abdominal, respiratory exercises and relaxation exercises ( tai-chi, yoga, sophrology). Spare yourself by planning your every day activities. Avoid factors which may trigger short breath ( tobacco, perfume, animal hairs...) Contact your doctor in case of persisting symptoms, pain in the chest or fever.
 High blood pressure	Head aches, dizziness, ear ringing, are the first alarming signs of a high blood pressure. Measure your blood pressure ( at rest and sitting, in the morning before breakfast , and in the evening before going to bed ; take 3 successive measures, with 2 minutes' interval) ; note down these figures. Take regular and adapted physical exercise ( for 30 minutes, 3 times / week). Limit your consumption of salt ( max. 6 gr/day) and alcohol. Adopt a food diet that is low in saturated fat ( of animal origin) and high in fibers.
 Fatigue, head aches, dizziness	Drink in sufficient quantity (1,5/2l water/day) and favor healthy food, at regular hours. Limit taking psychostimulants ( coffee, tobacco and alcohol). Respect moments of rest during the day, while remaining active even moderately. Go to bed at regular hour ; avoid late bedding and rising. Be prudent if you have to drive.
 Swelling of face and limbs	Keep having low-salted food. Avoid tight clothes. In case of swelling of the legs, rise your feet when sitting. Wear support stockings and put them on when rising on rested legs. Watch over your weight regularly. In case of such swelling, contact your doctor.

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 on the [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 measures of prevention.

**Useful contacts :**

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

- Fever, shivers, cough, short or difficult breathing
- Heart throbs, low or high blood pressure
- Aphthae and associated diarrhea
- Any persisting or worsening side effect.



**Remarks :**

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