








## WHAT IS SCEMBLIX® ASCIMINIB?

- Targeted therapy used in the treatment of some types of blood cancers ( chronic myeloid leukemia)
- Prescribed by your hospital doctor specialized in medical oncology, cancerology or hematology, at least every 6 months ; renewal is reserved to specialists in medical oncology, cancerology or hematology.
- Available in city pharmacies on presentation of your prescription.

Round, layered tablet, dosed at **20 mg** ( pale yellow, bearing the Novartis logo on one side and « 20 » on the other, or **40 mg** ( light purple, bearing the Novartis logo on one side and « 40 » on the other) .

-  • Store it at a temperature not over 25°C, out of reach and sight of children.
-  • Do not get the tablets out of their blister 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 ?	.....h..... et .....h..... = 2 takes a day at a fixed hour, with an interval of 12 hours, away from a meal ( at least 1 hour before or 2 hours after a meal)
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 in less than 6 hours**, take the missed dose. The next dose will be taken at the usual hour. Please note it in your tracking book\*.
- **In case of missing over 6 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 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 one other means) during the whole treatment and **up to 3 days after the last take**.
- Stop breast feeding during the treatment and **up to 3 days 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 SCEMBLIX® ASCIMINIB ?

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

Side effects	Prevention
 Palpitations (heart throbs)	Diminish your consumption of stimulants ( coffee, tobacco, alcohol, tea ). Get enough sleep , and at regular hours. Take relaxation exercises ( sophrology, tai-chi, yoga). Measure your heart beats (blood pressure monitor, connected watch, or even manually) ; note down these figures. Contact your doctor in case of fainting, dizziness, difficulty to breathe or pain 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 12 and 4pm. 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 : diarrhea, abdominal pains, nausea, vomiting	Watch over your weight and remember to hydrate well ( 1,5/2 litres of water/ day). <b>In case of diarrhea</b> , favor food that is slow 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 needed.
 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, persisting fatigue, palpitations, 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, urinary burns, diarrhea with fever, or any sign showing an infection. <b>Decrease in platelets</b> : contact your doctor in case of an outbreak of red dots on the skin, bruises, nose bleeding, eye or gum haemorrhages, blood in urines or motion.
 Pains in joints or muscles	Remember to hydrate well before, during and after effort. Take regular and adapted physical exercise ( walking and swimming) ; Remember to warm up before. Help yourself with a stick in order to relieve your joints. Avoid repetitive movements and strenuous physical effort.
 High blood pressure	Head aches, dizziness, ear ringing are the first alarming sign of a high blood pressure. Take measures of 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 a 2 minutes' interval) ; then note down these figures. Take regular and adapted physical exercise ( 30 minutes, 3 times a week). Limit your consumption of salt ( max 6 gr/day) and alcohol. Have food that is low in saturated fat ( of animal origin) and high in fibers.
 Risks of respiratory infections.	Limit contacts with people with an infection. Wash your hands regularly. Disinfect any wound carefully. Contact your doctor in case of a temperature >38°C, cough, short or painful breathing.
 Head aches, fatigue	Remember to drink enough water ( 1,5/2 litres/day), and favor healthy food, at regular hours. Limit your use of psychostimulants ( coffee, tobacco, alcohol) . Respect moments of rest during the day while remaining active, even moderately. Go to bed at regular hours ; avoid late beddings and late risings. Be prudent if you have to drive.

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](#) or notify any side effect on the following site : [signalement-sante-gouv.fr](http://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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Remarks :

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

- Signs of infection ( fever, cough, shivers, urinary burns)
- Spontaneous bruises or bleedings.
- Heart troubles ( heart throbs, swelling of legs)
- Any persisting or worsening side effect

