



WHAT IS TIBSOVO® IVOSIDENIB ?

- Targeted therapy used in the treatment of some blood cancers, brain tumors and digestive cancers
- Prescribed and renewed by your hospital doctor specialized in hematology, oncology, neuro-oncology, cancerology or blood diseases
- Available in hospital pharmacies on presentation of your prescription




- Blue Tablet, oval-shaped form, dosed at **250 mg** and bearing « 250 » on one side and « IVO » on the other.



- Store at temperature below 25°C, out of sight and reach of children
- Do not get the tablets out of the bottle 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..... | = 1 take a day, at fixed hour, away from a meal (do not eat within 2 hours before and within one hour after taking the tablets) |
| 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 12 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 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 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 measuring and consuming frequency may interact with your treatment and affect its efficiency and the occurrence of side effects.

- You and your partner must use efficient contraceptive methods (condoms and one other means) during the whole treatment and **up to 1 month after the last take**.
- Ivosidenib may alter the efficacy of hormonal contraceptives
- In case of breast-feeding : discontinue during treatment and **up to 1 month after the last take**.

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

WHAT SIDE MAY OCCUR WITH TIBSOVO® IVOSIDENIB ?

Like all medicines, ivosidenib 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. |
|  Diarrheas, abdominal pains | Watch your weight. Drink sweet and/or salty drinks: water, sweet tea, sodas, soups. Avoid magnesium rich waters (CONTREX®, HEPAR®), coffee, iced drinks. Choose a diet low in fiber (starches, carrots, bananas); avoid foods that can increase intestinal transit (dairy products, raw fruits and vegetables, cereals, fatty foods, spices). Wash your hands regularly. In case of associated fever or persistent symptoms beyond 5 days, consult your doctor. |
|  Nauseas, vomiting, loss of appetite | 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. Rather drink between meals (fresh, sparkling water help diminish nausea). Avoid staying on an empty stomach as this increases nausea. Do not lie in bed within 30 minutes after a meal. In case of vomiting, take the antiemetic medicines you have been prescribed. |
|  Decrease in red blood cells, neutrophils and platelets | Decrease in red blood cells : contact your doctor in case of paleness, short breath during effort or even at rest, persistent fatigue, heart throbs, dizziness and head aches. Decrease in neutrophils : 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. Decrease in platelets : contact your doctor in case of an outbreak of small red dots on the skin, bruises, nose bleedings, small eye or gum hemorages, blood in urine or motion. |
|  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. |
|  Cough | Make abdominal breathing exercises and relaxation exercises (sophrology, yoga, tai-chi). Spare yourself by planning your everyday activities. Avoid factors which may trigger shortness of breath (tobacco, perfume, animal hair...). Contact your doctor in case of persisting symptoms, pain in the chest, or fever. |
|  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. |
|  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 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 measures of prevention.

Useful contacts :

Promptly contact your doctor in case of :

- Fever, cough, difficulty breathing
- Skin eruption
- Dizziness or lightheadedness, heart rhythm disturbances
- Swelling of arms or legs, Gonflement des bras ou des jambes, rapid weight gain
- Any persisting or worsening side effects



Remarks :