



WHAT IS ZAVEDOS® IDARUBICINE ?

- Cancer drug used in the treatment of acute myeloblastic leukaemia.
- Prescribed and renewed by your doctor specialized in hematology.
- Available in city pharmacies on presentation of your prescription.

- Capsules ; Three dosages available : **5 mg, 10 mg or 25 mg**



- Store at temperature below 30°C, out of sight and reach of children.
- Do not get the capsules out of their packaging to keep them in a pill-box.
- Avoid contact with the skin; capsules are taken directly into the mouth from the bottle.
- Do not throw away the opened packagings; please bring them back to your pharmacist

HOW TO TAKE THIS MEDICINE?

<p>When ?</p>	<p style="text-align: center;">= 1 take at a fixed hour, during a light meal</p> <p>According your prescription, you will follow one of the following schemes :</p> <p><input type="checkbox"/> If you have a weekly regimen : treatment to be taken once a week on.....h....., during 4 weeks</p> <p><input type="checkbox"/> If you have a daily regimen : treatment to be taken 3 consecutive days, every month</p>
<p>How ?</p>	<p> Swallow the capsule whole, with water, every day at the same time of the day. Do not open, chew, bite, crush or suck.</p>

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 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 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 or other methods) during the treatment and up to 3 months after the end of the treatment for men.
- In case of breast-feeding : discontinue during treatment.

Fertility in men and women may be affected during treatment with idarubicine. Your doctor can inform you about the possibility of sperm/oocyte conservation before initiating idarubicine treatment

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



WHAT SIDE EFFECTS MAY OCCUR WITH ZAVEDOS® IDARUBICINE ?

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

Side effects	Prevention
 Digestive effects : diarrhea, abdominal pains, nausea, vomiting, loss of appetite	Watch over your weight and remember to hydrate well (1,5/2l. water/day). In case of diarrhea , favor food that is low in fibers (starchy food, carrots, bananas...). Avoid food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, 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. Take the antiemetic medicines you have been prescribed, if needed.
 Mouth inflammation	Use a soft toothbrush and a menthol-free toothpaste, without additive. Hydrate your lips (ask your pharmacist for advice, especially if you are under oxygenotherapy). Stimulate your saliva (ice-cubes, sorbets). Favor blended food and liquids. Avoid alcohol, tobacco, coffee and acid, salted, irritating, spicy or crunchy food. Take analgic medicine. Make mouthwashing as you have been prescribed (and not with alcohol).
 Decrease in red blood cells, white blood cells 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 white blood cells : 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.
 Hair loss	This alopecia is reversible after discontinuation of treatment. 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 which weaken your hair
 Signs of infection : fever, chills, cough, sore throat, urinary burning	Limit contacts with people with an infection. Wash your hands regularly. Disinfect any injury. Contact your doctor in case of a temperature >38°C, cough, short or painful breath, pain when urinating/ smelly urines, pain or oozing around the central catheter, the parenteral feeding tube, or the urinary catheter.
 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.

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.centre-antidote.org/) 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.

Useful contacts :

Remarks :

Promptly contact your doctor in case of :

- signs of infection (fever, shivers, cough...)
- shortness of breath, difficulty breathing, irregular heartbeat
- muscle cramps, cloudy urine
- skin rashes, unusual bleeding
- any persisting or worsening side effects.

