




## WHAT IS ZELBORAF® VÉMURAFÉNIB ?


- Targeted therapy used in the treatment of some types of melanomas
- Prescribed and renewed by your hospital doctor specialized in cancerology and medical oncology.
- Available in city pharmacies on presentation of your prescription.

 Tablets dosed at 240mg, ovals, pale pink/orange color, bearing the inscription "VEM" on one side.



- Store it at a temperature below 30°C, away from sight and reach of children.
- Do not take the tablets out of their packaging to store them in a pill box.
- Wash your hands carefully before and after every time you handle the tablets.
- Do not throw away the open packages; please bring them back to your pharmacist.

## HOW TO TAKE THIS MEDICINE?

When ?	<p>.....h.....</p> <p>and</p> <p>.....h.....</p>	<p><b>= 2 takes a day, at fixed hours</b> <b>(with an interval of 12 hours ideally)</b> <b><u>away or shortly after a meal</u></b></p>
How ?	 <p>Swallow the tablets with water, every day at the same moment of the day. Do not chew, nor cut, crush or dissolve the tablets.</p>	

You can help yourself with **the tracking book\*** or 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 8 hours**, take the missed dose. The next dose will be taken at the usual time. Please note it in your tracking book\*.
- **In case of missing in more than 8 hours**, do not take the missed dose. The next dose will be taken at the usual time (do not double the next dose). Always respect a minimum interval of 4 hours between two doses (risk of overdose). 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, plants, **among which grapefruit and St John's Wort**, probiotics, essential oils, food supplements...) and by-products that you are using are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and condition its efficiency.

- You and your partner must use efficient contraceptive methods (condoms and one other means) during the whole treatment and **up 6 months after the last take**.
- Vemurafenib may render **hormonal contraceptives ineffective**
- In case of breast-feeding : discontinue during traitement.

\*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 ZELBORAF® VÉMURAFÉNIB ?

Like all medicines, vemurafenib may have side effects, although you may not experience any.

Side effects	Prevention
 Skin eruption, dryness, photosensitiveness	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 diarrheas, nausea, vomiting, loss of appetite, taste alteration	Watch over your weight and remember to hydrate well (1,5/2l. water/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 that 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..
 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.
 Swelling, burning sensation in hands and feet	Use a gel or a hypoallergenic, soap-free bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Take fresh baths (15 minutes), or apply a cold or ice bag (without direct contact with the skin). Wear gel soles so as to keep your feet in contact with a cold surface.
 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.
 Swelling of the face and limbs (oedemas)	Keep eating low-salted food. Avoid wearing tight clothes. In case of swelling of the legs, raise your feet when sitting. Wear support stockings and put them on rested legs when rising from bed. Watch over your weight regularly. In case of such swelling, contact your doctor.
 Fatigue, headaches	Favor healthy feeding, at regular times. Limit the use of psychostimulants such as coffee, tobacco and alcohol. Respect moments of rest during the day while remaining active, even moderately. Go to bed at a regular hour. Be prudent if you have to drive.
<p><i>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.</i></p> <p><i>You can also ask your question ask your question to <a href="#">center for side effects monitoring</a> or notify any side effect on the following site : <a href="#">signalement-sante-gouv-fr</a></i></p>	

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 :

- Changes to your skin
- Pain, swelling, redness of the eyes
- Difficulty breathing, fever, chest pain, palpitations
- Any persisting or worsening side effects.



Remarks :