



WHAT IS XAGRID[®] ANAGRÉLIDE ?

- Used in some types of blood cancer.
- Prescribed by your hospital doctor, specialized in oncology, hematology or internal medicine.
- Possibility of renewal by your family doctor.
- Available in city pharmacy on presentation of your prescription, including that of your specialist in case of renewing by your family doctor.



- White capsules dosed at **0,5 mg** bearing "S 063".
- *There exist generics in different form*



- Store at a temperature not over 30°C, out of sight and reach of children.




- Do not get the capsules out of the bottle to put them into a pill-box



- Wash your hands carefully before and after each handling of the capsules.
- Do not throw away the opened boxes, please bring them back to your pharmacist

HOW TO TAKE THIS MEDICINE ?

When ?h..... andh.....	2 takes a day at fixed hours Durin or away from meals
How ?	 Swallow the capsules whole, with water, one after the other, every day at the same moment of the day. Do not chew, nor cut , or crush or dissolve.	

You can help yourself with the **tracking book** and a **calendar** to spot the takes.
 Never stop or change the rhythm of takes of your treatment without your doctor's advice.

** This file is not a prescription, please refer to your latest prescription

WHAT TO DO IN CASE OF MISSING OR VOMITING?



- **In case of missing**, take this missed dose as soon as possible on the same day. Continue treatment at the usual time and dose the following day (do not double the dose). Please note it in your tracking book *.
- **In case of vomiting**, do not take a new dose and do not double the following dose. The next dose will be taken at the usual hour. 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, 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 another method) during your whole treatment.
- Stop breast feeding during the treatment.

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

WHAT SIDE EFFECTS MAY OCCUR WITH XAGRID® ANAGRELIDE ?

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

Side effects	Prevention
 <p>Palpitations (heart throbs)</p>	<p>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.</p>
 <p>Decrease in red blood cells</p>	<p>Contact your doctor in case of paleness, short breath during effort or even at rest, persisitig fatigue, heart throbs, dizziness and head aches</p>
 <p>Skin eruption</p>	<p>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.</p>
 <p>Diarrheas, abdominal pain, nauseas, vomiting, loss of appetit</p>	<p>In case of diarrhea, favor food that is poor in fibers (starchy food, carrots, bananas...). Avoid some food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). Add salt to your food. In case of nauseas/vomiting, make several small light meals and eat slowly. Avoid greasy, fried and spicy food, and those whose smell may trigger nauseas. Avoid staying on an empty stomach as this increases nauseas. In case of vomiting, use the antiemetic medicines you have been prescribed.</p>
 <p>Fatigue, head aches</p>	<p>Drink in sufficient quantity (1,5/2l water/day) and have a healthy feeding at regular hours. Limit having psychostimulants (coffee, tobvacco, alcohol). Respect moments of rest during the day, while remaining active, even moderately. Go to bed at a regular hour ; avoid late bedding and staying in. Be prudent if you have to drive.</p>
 <p>Swelling of face and limbs</p>	<p>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.</p>

Only some of the most frequent side effects mentionned 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 accordabce with the doses.
- Respect measures of prevention.

Promptly contact your doctor in case of :

- Palpitations, tachycardia
- Shortness of breath, dizziness, pain in the chest or swelling of legs
- Fast and unexpected increase of weight
- Nose bleedings or unusual bleeding (black motions, blood in spitting)
- Severe abdominal or back pains
- Signs of infection (fever, cough, shivers...)
- Any persisting or worsening side effect.



Useful contacts :

Remarks :
