



Thalidomide THALIDOMIDE BMS[®] and generic

WHAT IS THALIDOMIDE BMS[®] THALIDOMIDE ?

- Cancer drug used in the treatment of myeloma
- Prescribed and renewed by your doctor specialized in medical oncology, hematology or cancerology.
- Available in hospital pharmacy on presentation of your **prescription**, your **patient's booklet**, and with the **care agreement**.



White Capsules dosed at **50 mg**, bearing « Thalidomide BMS 50 mg
A generic with a different presentation exists



- Store at a temperature not over 30°C , out of sight and reach of children.
- Do not get the capsules out of their packaging to put them in 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 ?

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= **1 take a day, at a fixed hour, preferably in the evening (reduce the impact of drowsiness), during or away from meals**

How ?



Swallow the capsules whole, with water, 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 in less than 12 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 12 hours**, do not take the missed dose. The next dose will be taken at the usual time (do not double the next dose). 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 and the occurrence of side effects,

• **Women in procreating age** : efficient contraception (implant, intrauterin device, progestative, ...) at least 4 weeks before starting the treatment and up **4 weeks after the last take**. A pregnancy test must be done every 4 weeks. Delivery is done within 7 days following the prescription.







- **Men** : use of condoms for the duration of treatment and up to **7 days after the last take**
- Stop breast-feeding during treatment.



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

WHAT SIDE EFFECTS MAY OCCUR WITH THALIDOMIDE® THALIDOMIDE ?

Like all medicines, thalidomide may infer side effects, but you may not experience any.

Side effects	Prevention
 Pains in the hands and feet, tingling, loss of sensitiveness	Care for any cut or injury (blister). Do not use hot water (check the temperature with your elbow) ; protect yourself from the cold. You may reduce the pain by taking regular exercise (walking 3 times/week) and relaxation exercise (sophrology, tai-chi, yoga). Anticipate any risk of falling (bad light, object on the ground) ; use rails, banisters or even a stick if necessary. Have a healthy and well-balanced feeding.
 Diegestive effects : nauseas and vomiting, constipation	Watch over your weight and remember to hydrate well (1,5/2l. water/day). In case of constipation , favor food that is high in fibers (bran, cereals, wholemeal bread, green vegetables, fruit and dried fruit) and take regular physical exercise. In case of nauseas/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 nauseas. Avoid staying on an empty stomach as this increases nauseas. Rather drink between meals.
 Decrease in red blood cells, white blood cell sand platelets	Decrease in red blood cells : contact your doctor in case of paleness, short breath during effort or even at rest, persisitig 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 platlets : contact your doctor in case of an outbreak of small red dots on the skin, bruises, nose bleedings, small eye or gum hemoraeges, blood in urine or motion.
 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.
 Swelling of face and limbs	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.
 Fatigue, dizziness, drowsiness	Favor healthy feeding, at regular times. Limit the use of psychostimulants such as coffee, tobacco and alcohol. 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 get enough sleep at night.

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.sanofi.com/fr/medicaments/thalidomide) 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.

Contactez rapidement votre médecin en cas de :

- Signs of infection (fever, shivers, cough...)
- Chest pain, difficulty breathing, leg pain or swelling
- Skin eruption, swelling of the mouth or face, itching
- Pregnancy during treatment
- Any persisting or worsening side effect.



Useful contacts :

Remarks :
