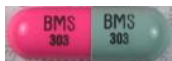




WHAT IS HYDREA® HYDROXYCARBAMIDE ?

- Cancer drug used in the treatment of some types of blood cancers.
- Prescribed and renewed by your hospital doctor specialized in hematology or general practitioner
- Available in city pharmacies on presentation of your prescription




- Capsule dosed at **500 mg**, pink or green, bearing « BMS 303 ».



- Store at a temperature not over 25°C, out of sight and reach from 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. To reduce the risk of exposure, it is necessary to wear disposable chemotherapy gloves.
- Do not throw away the opened boxes, please bring them back to your pharmacist

HOW TO TAKE THIS MEDICINE?

When ?h.....	= 1 take a day at a fixed hour during or away from a meal
How ?		Swallow the capsule(s) whole, with water, every day at the same moment of the day. If you can't swallow the capsule(s), you can dissolve their content in a glass of water, stir with a spoon and drink right away.

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**, do not take the missed dose. The next dose will be taken at the usual time, without doubling it. Do not forget to 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 time without doubling it. Do not forget to 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 and the occurrence of side effects.










- You and your partner must use effective contraceptive methods (condoms and another method) during the treatment and **up to 6 months after the last take for women and 3 months after the last take for men**.
- Stop breast feeding during the treatment

Fertility in men may be affected during treatment with hydroxycarbamide.
Your doctor can inform you about the possibility of sperm preservation before initiating treatment.

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

WHAT SIDE EFFECTS MAY OCCUR WITH HYDREA® HYDROXYCARBAMIDE ?

Like all medicines, hydroxycarbamide may bring about side effects, but you may not experience any.

Side effects	Prevention
 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.
 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.
 Fatigue, head aches	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.
 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.
 Digestive effects : constipation, diarrheas, abdominal pain, nauseas, vomiting, loss of appetite	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 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 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. Use the antiemetic medications prescribed for you if appropriate.
 Mouth inflammation	Use a soft toothbrush and a menthol-free toothpaste without additive. Hydrate your lips (ask your pharmacist for advice, especially if you have an oxygenotherapy treatment) and stimulate your saliva (ice cubes, sorbets). Favor blended food and liquids. Avoid alcohol, tobacco, coffee, and acid, salted, spicy, irritating and crushy food. Use antalgic medicines and make mouthwashing as you have been prescribed (and not those containing 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, persisitig fatigue, heart throbs, dizziness and head aches. Decrease in whgite 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.

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](#) or notify any side effect on the following site : [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 :

- Signs of infection (fever, cough, chills, etc.)
- Difficulty breathing or abnormal cough
- Yellowing of the skin and eyes, dark urine
- Skin changes
- Any persisting or worsening side effects



Useful contacts :

Remarks :