



WHAT IS LENVIMA® LENVATINIB ?

- Targeted therapy used in the treatment of some types of thyroid or uterus cancers.
- Prescribed and renewed by your hospital doctor specialized in cancerology and medical oncology.
- Available in city pharmacy (thyroid cancer) and hospital pharmacy (uterus cancer) on presentation of your prescription.





Capsules, existence of 2 dosages :

- **4 mg** : orange-red body and cap + “€” mentioned on the cap and “LENV 4 mg” on the body
- **10 mg** : yellow body and orange cap + “€” mentioned on the cap and “LENV 10 mg” on the body



- Store at a temperature not over 25°C and 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 ?h.....	= 1 take a day, at fixed hour, morning or evening, during or away from meals
How ? 	<p>You can swallow the capsules, - either whole with water - or dissolved ① put the capsules in a soup spoon with liquid (water, apple juice) ② wait 10 minutes ③ stir for at least 3 minutes, time for the capsule covering to dissolve ④ drink ⑤ after drinking, add the same quantity of water (1 teaspoon), stir and drink.</p> <p>In all cases, do not open nor chew, cut or crush the capsules</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 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, without double it. 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 time. Please note it in your tracking book*.

INTERACTIONS WITH 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 efficient contraceptive methods (condoms and one other means) during the whole treatment and **up 1 month after the last take**.
- Stop breast feeding during the treatment.

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

WHAT SIDES EFFECTS MAY OCCUR WITH LENVIMA® LENVATINIB ?

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

	Side effects	Prevention
	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.
	Swelling, burning sensation in hands/feet	Use a soap-free dermatological gel or bar. Avoid hot water. Dab dry. Apply a moisturizing agent (cream or milk). Practice cool water baths (15 min) or apply a cold pack / ice pack (no direct contact with ice). Wear gel insoles to keep your foot in contact with a cold source.
	Digestive effects : constipation or diarrheas, nausea, 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 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. Use prescribed medications 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).
	Pain in joints or muscles	Take regular and adapted physical exercise (walking, swimming). Warm up first. Help yourself with a stick in order to relieve your joints. Avoid repetitive gestures and strenuous physical effort. Remember to hydrate yourself well before, during and after exercise.
	Unusual bleedings	Use a soft toothbrush ; avoid using a rectal thermometer. Do not take aspirin nor anti-inflammatory (eg ibuprofen) nor phytotherapy products (which may induce bleedings) without medical advice ; ask for advice from a health care professional. In case of bruises, apply a cold object (cold bag or ice bag), or even an adapted cream or gel (based on arnica for example), provided the skin is not injured.
	High blood pressure	Headaches, dizziness, ear ringing are the first alarming signs of a high blood pressure. Measure your blood pressure (at rest, in a sitting position, in the morning before breakfast and in the evening before going to bed ; make a measure 3 times in succession at 2 minutes' intervals) ; note down these figures. Take regular and adapted exercise (30 minutes 3 times a week). Limit your consumption of salt (maximum 6 gr / day) and alcohol. Favor food that is poor in saturated fat (animal fat) and rich in fibers.

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 to [center for side effects monitoring](https://www.signalement-sante.gouv.fr) or notify any side effect on the following site : [signalement-sante-gouv-fr](https://www.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.

Promptly contact your doctor in case of :

- intense headaches, dizziness, convulsions, confusion, speech trouble, vision changes
- pain or oppression in the chest, in the arms, shortness of breath, irregular heartbeats.
- weakness or numbness of the arm or leg, deformity of the mouth, difficulty speaking
- black, dark or bloody motions, bloody cough
- any persisting or worsening side effect.



Useful contacts :

Remarks :
