



WHAT IS VESANOID® TRETINOÏNE ?

- Cancer drug used in the treatment of some acute promyelocytic leukemias
- Prescribed and renewed by your hospital doctor specialized in oncology, medical cancerology or hematology
- Available in hospital pharmacies on presentation of your prescription




- Soft capsule molle, oval, two-tone orange-yellow and red-brown, dosed at **10 mg**



- 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..... eth.....	= 2 takes per day, at fixed hour, during or shortly after 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**, 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 AVEC D'AUTRES MÉDICAMENTS ET/OU VOTRE ALIMENTATION



Check with your **doctor and your pharmacist** that the medicines (with or without prescription) and/or other substances (food, plants, among which **grapefruit** 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, or other method) during the whole treatment **and until 1 month after the last take**.
- Risk of ineffectiveness of microdosed progestins.
- Women of childbearing age should take a pregnancy test every month.
- 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 VESANOID® TRÉTINOÏNE?

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

Side effects	Prevention
 Skin eruption, itching	Apply cold compresses (cooling pads) on the affected areas (do not use alcohol-based lotions). Favor ample and light,cotton clothes. Use a soap-free dermatological gel or bar. Avoid hot water. Dab dry. Apply a moisturizing agent (cream or milk). Trim your finger nails short (favor a nail file to a nail clipper).
 Heaches, dizziness	Remember to hydrate well. Eat at a regular time, don't kips meals. Avoid tobacco and alcohol (headache triggers). Avois late bedtimes and late mornings; get enough sleep at night. Be prudent in case of driving. Respect rest periods during the day while maintaining even moderate activity. Contact your doctor in case of severe headache associated with nausea/vomiting, ringing in the ears, feelings of dizziness and blurred vision (possible signs of increased pressure in the head related to a vitamin A overdose).
 Digestive effects : constipation, diarrheas, nauseas, vomiting	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.
 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. Use a cane to relieve joint strain. Avoid repetitive movements and strenuous physical effort.
 Visual disturbances	See your doctor promptly if you experience decreased or blurred vision.
 Anxiety, depression, insomnia	Monitor the signs or symptoms (irritation, withdrawal, etc.) and inform the doctor to receive appropriate treatment. Set a regular time for getting up and going to bed with a ritual in place (soft lighting, soft music, reading). Sleep in a room at 19°C. Practice sufficient physical activity during the day but moderate in the evening. Limit the consumption of alcohol, tobacco and caffeine, especially at the end of the day. Avoid heavy meals in the evening.
 Hot flashes	Cool off with a mister; hydrate regularly. Favor cotton clothing; don't cover up too much. Avoid triggers (cigarettes, alcohol, hot and spicy foods).
 Increase cholesterol level	Limit the consumption of saturated fatty acids (cheese, sour cream, butter, fatty meats, cold meats...). Favor lean fish, cereals, starchy foods, dairy products, fruits and vegetables, as well as cooking by steam, in foil, in water or on the grill. Practice regular and appropriate physical activity.

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.

Useful contacts :

Promptly contact your doctor in case of :

- Difficulty breathing, chest pain, irregular heartbeat, fever
- Loss or change in vision, hearing problems
- Migraine or severe headache
- Any persisting or worsening side effects.



Remarks :