



WHAT IS ZYDELIG® IDELALISIB ?


- Targeted therapy used in the treatment of some forms of chronic lymphocytic leukemia and follicular lymphoma.
- Prescribed and renewed by your doctor specialized in hematology
- Available in city pharmacies on presentation of your prescription

- Coated tablet. Existence of 2 dosages:
 - **100 mg** : orange, oval and bearing « GSI » on one side and « 100 » on the other side;
 - **150 mg** : pink, oval and bearing « GSI » on one side and « 150 » on the other side.



- Store it at a temperature not over 25°C, out of sight and reach of children.
- Do not get the tablets out of the bottle to put them into a pill-box.
- Wash your hands carefully before and after each handling of the tablets.
- Do not throw away the opened packagings, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE ?

When ?h..... andh.....	= 2 takes per day, at fixed hours, with an interval of 12 hours ideally, during or away from meals
How ?		Swallow the tablets whole, with water, every day at the same moment of the day. Do not chew, nor cut or crush or dissolve the tablets

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 6 hours**, take the missed dose. The next dose will be taken at the usual time. **In case of missing in more than 6 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 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, bitter orange, star fruit, licorice, milk thistle**, 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** (possibility of reduction in the effectiveness of hormonal contraceptives by idelalisib).
- 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 ZYDELIG® IDÉLALISIB ?

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

Side effects	Prevention
 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.
 Diarrhea, abdominal pain	Watch your weight. Drink sweet and/or salty drinks: water, sweet tea, sodas, soups. Avoid water rich in magnesium (CONTREX®, HEPAR®), coffee, iced drinks. Choose a diet low in fiber (starchy foods, carrots, bananas); avoid foods that can stimulate intestinal transit (dairy products, raw fruits and vegetables, cereals, fatty foods, spices). Wash your hands regularly. If associated fever or symptoms persist beyond 5 days, consult your doctor.
 Decrease 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.
 Risk of infection	Limit your contacts with people having a contagious infection. Wash your hands regularly. Disinfect any injury carefully. Contact your doctor in case of a temperature >38°C, cough, breathlessness/ painful breathing, pain when urinating or smelly urines, change in the nature or frequency of motions (diarrhea, constipation) or in case of redness, pain or oozing around the central catheter, the parenteral feeding tube or the urinary catheter.
 Difficulty breathing (cough, shortness of breath)	Make abdominal breathing exercises and relaxation exercises (sophrology, yoga, tai-chi). Spare yourself by planning your everyday activities. Avoid factors which may trigger shortness of breath (tobacco, perfume, animal hair...). Contact your doctor in case of persisting symptoms, pain in the chest, or fever.
 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 accordance with the doses.
- Respect measures of prevention.

Useful contacts :

Promptly contact your doctor in case of :

- Signs of infection (fever, cough, chills, urinary burning, ...)
- Difficulty breathing or abnormal cough
- Any persisting or worsening side effect



Remarks :
