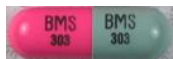








## WHAT IS HYDREA® HYDROXYCARBAMIDE?


- An anticancer drug used to treat some blood cancers.
- Prescribed and renewed by your haematologist or registered physician.
- Available from community pharmacies on presentation of your prescription.



- **500 mg** pink and green capsule printed with “BMS 303”


-  Do not store above 25°C, and keep out of the sight and reach of children.
-  Do not take the capsules out of the blister pack to put them in a pillbox.
-  Wash your hands carefully before and after handling the capsules. To reduce the risk of exposure, disposable chemotherapy gloves must be worn.
-  Do not throw away opened blister packs, please return them to your pharmacist.

## HOW TO TAKE THIS MEDICINE


When?	.....:.....	<b>= 1 dose per day at a set time With or without a meal</b>
How?		Swallow the capsule(s) whole, with water, at the same time every day. If you cannot swallow the capsule(s) whole, you can disperse the contents in a glass of water, stir with a spoon and drink immediately.


You can use your **medical diary\*** and a **calendar** to note doses.  
Do not stop taking or change how you take your treatment without consulting your doctor.  
*This leaflet is not a prescription, please refer to your most recent prescription.*

## IF YOU FORGET TO TAKE YOUR MEDICINE OR VOMIT

-  **If you forget to take your medicine**, do not take the missed dose. Take your next dose at the usual time, do not take a double dose. Keep a record in your medical diary\*.
- If you throw up**, do not take another dose. Take your next dose at the usual time, do not take a double dose. Keep a record in your medical diary\*.

## INTERACTION WITH OTHER MEDICINES AND OTHER INTERACTIONS

 Check with your **doctor or pharmacist** that the medicines (prescribed or over-the-counter), other substances (foods, spices and plants, probiotics, essential oils, food supplements, etc.) and derivative products you use are **compatible with your treatment**. The molecules they contain, their dose and how often they are taken can interact with your treatment and affect its effectiveness and the occurrence of side effects.









-  You and your partner must use effective methods of contraception (condoms and another method) throughout treatment **and for 6 month after the last dose for women and 3 months after the last dose for men**.
- Stop breastfeeding during treatment.

Male fertility can be affected during treatment with hydroxycarbamide.  
Your doctor can tell you more about the possibility of sperm banking before starting treatment.

\*Patient diary available (in French) at [www.omeditbretagne.fr](http://www.omeditbretagne.fr) or [www.omedit-paysdelaloire.fr](http://www.omedit-paysdelaloire.fr)

# WHAT SIDE EFFECTS CAN OCCUR WITH HYDREA® HYDROXYCARBAMIDE?

Like all medicines, hydroxycarbamide may cause side effects, although not everybody gets them.

Side effects	Prevention
 Hair loss	Use a wide tooth comb or brush with soft natural bristles. Use a gentle shampoo, rinse your hair with warm water and air dry (or at low temperatures). Avoid blow drying, rollers, perms and hair dye, which could damage your hair.
 Rash	Use soap-free gel or a dermatological bar. Avoid hot water. Pat dry. Use moisturiser (cream or milk). Avoid sun exposure, particularly between noon and 4pm. Wear protective clothing, even under a parasol (UVA reflection). Use SPF 50+ sun cream, applied 30 minutes before exposure and reapplied every 2 hours.
 Headache, tiredness	Drink sufficient quantities (1.5 to 2 L water per day) and eat healthily, at regular intervals. Avoid using psychostimulants (e.g. coffee, tobacco, alcohol). Rest during the day, while maintaining up to moderate levels of activity. Establish a sleep schedule; avoid going to bed and getting up late. Take care when driving.
 Pain in hands/feet, loss of feeling, tingling	Treat all cuts and injuries (blisters). Do not use hot water (check temperature with elbow); avoid getting cold. Regular exercise (walking 3 times per week) and relaxation exercises (sophrology, yoga, tai chi) can reduce pain. Prevent falling (poor lighting, objects on the floor); use ramps, hand rails and walking sticks as required. Eat a healthy, balanced diet.
 Digestive effects: constipation or diarrhoea, abdominal pain, nausea, vomiting, loss of appetite	Monitor your weight and remember to hydrate (1.5 to 2 L water per day). <b>In case of constipation</b> , eat foods rich in fibre (bran, grains, wholemeal bread, green vegetables, fruit and nuts) and exercise regularly. <b>In case of diarrhoea</b> , eat foods low in fibre (carbohydrates, carrots, bananas etc.). Avoid foods that can stimulate digestion (dairy products, raw fruit/vegetables, grains, fatty foods, spices). <b>In case of nausea/vomiting</b> , divide your meals into several small meals and eat slowly. Avoid fatty, fried or spicy foods, and foods that smell strongly. Avoid having an empty stomach (can worsen nausea). Drink between, rather than with, meals. Use your prescribed antiemetics if applicable.
 Inflamed mouth	Use a soft toothbrush and menthol-free, additive-free toothpaste. Keep your lips hydrated (ask your pharmacist for advice, particularly if you are receiving oxygen therapy. Stimulate saliva production (ice cubes, sorbets). Prefer liquids and blended foods. Avoid alcohol, tobacco, coffee and acidic, salty, irritating, spicy and crunchy foods. Use pain medication. Use your prescribed mouthwash (not mouthwash containing alcohol).
 Low red blood cells, white blood cells and platelets	<b>Low red blood cells:</b> contact your doctor in case of paleness, shortness of breath on exertion or when resting, persistent tiredness, palpitations, dizziness or headaches. <b>Low white blood cells:</b> contact your doctor in case of temperature > 38°C, chills, sweating, cough, shortness of breath/pain when breathing, a burning sensation when urinating, diarrhoea accompanied by fever or any other signs suggesting infection. <b>Low platelets:</b> contact your doctor in case of small red dots on your skin, bruising, nosebleeds, bleeding eyes or gums, or blood in your urine or faeces.
	Only the most common side effects are listed here. For more information, read the Patient Leaflet included with your medicine or ask your doctor or pharmacist. You can also ask your <a href="#">Regional Pharmacovigilance Centre</a> and report any side effects online: <a href="#">signalement-sante-gouv-fr</a>



Remember to go for the lab tests prescribed by your doctor.

## WHAT TO DO IF YOU EXPERIENCE SIDE EFFECTS

- Take the medicine prescribed to counteract the side effects, as prescribed.
- Follow the preventive measures.

Useful contacts:

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**Note:**

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**Contact your doctor rapidly** in case of:

- Signs of infection (fever, cough, chills, etc.)
- Difficulty breathing or abnormal cough
- Yellowing skin or eyes, dark urine
- Changes to your skin
- Any persistent or worsening side effect

