



## WHAT IS STIVARGA® REGORAFENIB?

- An anticancer drug used to treat some gastrointestinal and liver cancers.
- Prescribed and renewed by your oncologist.
- Available from community pharmacies on presentation of your prescription.



- Oval, light pink film-coated tablet with “Bayer” on one side and “40” on the other
- Tablets dosed at **40 mg**

- Do not store above 30°C, and keep out of the sight and reach of children.
- Tablets can be kept for 7 weeks after the vial is opened.
- Do not take the tablets out of the vial to put them in a pillbox.
- Wash your hands carefully before and after handling the tablets.
- Do not throw away opened vials, please return them to your pharmacist.

## HOW TO TAKE THIS MEDICINE

When?	1 dose per day at a set time, after a light meal																																			
	Week 1							Week 2							Week 3							Week 4														
Day 1	Day 2 to Day 21																					Day 22	Day 23 to Day 28													
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗
How?	Swallow the tablets whole, with water and after a light (low-fat) meal, one after another, at the same time every day. Do not chew, cut, crush or dissolve them.																																			

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**, take the missed dose as soon as possible on the same day. Continue your treatment at the usual time and dose the following day (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, including **grapefruit** and **St. John's Wort**, 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 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 8 weeks after the last dose**.
- Stop breastfeeding during treatment.








Male and female fertility can be affected during treatment with regorafenib.

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 STIVARGA® REGORAFENIB?

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

	Side effects	Prevention
	Low red blood cells or 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 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.
 	Digestive effects: constipation, diarrhoea, nausea, vomiting, loss of appetite	Remember to hydrate: drink at least 2 L water per day. Eat foods low in fibre (carbohydrates, carrots, bananas etc.). Avoid foods that can stimulate digestion (coffee, iced drinks, dairy products, alcohol, raw fruit/vegetables, grains, fatty foods, spices etc.). Drink between, rather than with, meals. Monitor your weight.
	Swelling, burning hands/feet	Use soap-free gel or a dermatological bar. Avoid hot water. Pat dry. Use moisturiser (cream or milk). Bathe in cool water (15 min.) or apply cold compresses/ice (do not use ice in direct contact with the skin). Wear gel insoles to keep feet cool.
	High blood pressure	Headaches, dizziness, and tinnitus are the first warning signs of high blood pressure. Measure your blood pressure (resting and sitting down, in the morning before breakfast and in the evening before going to bed; take three measurements two minutes apart); keep a record of your results. Exercise regularly (suitable activities) (30 minutes 3 times per week). Limit salt (max. 5 g per day) and alcohol. Eat a diet low in saturated fats (animal fats) and high in fibre.
	Unusual bleeding, bruising	Use a soft toothbrush. Do not use rectal thermometers. Do not take aspirin, anti-inflammatories (e.g. Ibuprofen), or herbal products (that can increase bleeding) without medical guidance: consult a healthcare professional. In case of bruising, apply cold (compress or ice pack) or a suitable cream/gel (e.g. arnica) if the skin is not broken.
	Risk of infection	Limit contact with people with infections. Wash your hands regularly. Disinfect all wounds thoroughly. Contact your doctor in case of temperature > 38°C, cough, shortness of breath/pain on breathing, pain when urinating/smelly urine, change in type/frequency of bowel movements (diarrhoea, constipation), or in case of redness, pain or discharge around your central line, feeding tube or urinary;
	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.

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

- Liver issues (yellowing of the skin and whites of the eye)
- Signs of infection (fever, chills, severe cough, burning sensation when urinating)
- Bleeding issues (blood in faeces or urine, etc.)
- Severe stomach or intestinal issues
- Skin issues (redness, pain, swelling, etc.)
- High blood pressure
- Signs of anaemia (paleness, abnormal tiredness, etc.)
- Any persistent or worsening side effect



Useful contacts:

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Note:

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