



WHAT IS BRUKINSA® ZANUBRUTINIB?

- A targeted therapy used to treat some blood cancers.
- Prescribed and renewed by your hospital-based haematologist.
- Available from community pharmacies on presentation of your prescription.



Opaque white to off-white capsule, dosed at **80 mg** with “ZANU 80” on the cap.



- Do not store above 25°C, and keep out of the sight and reach of children.
- Do not take the capsules out of the bottle to put them in a pillbox.
- Wash your hands carefully before and after handling the capsules.
- Do not throw away opened bottles, please return them to your pharmacist.

HOW TO TAKE THIS MEDICINE

When?	:..... and:.....	= 1 to 2 doses per day at a set time With or without a meal
How?	 Swallow the capsules whole, with water, at the same time every day. Do not open, 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**, 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, including **St. John's Wort, Seville orange, grapefruit**, 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 1 month after the last dose**. Zanubrutinib can stop hormonal contraceptives from working properly.
- Stop breastfeeding during treatment.

*Patient diary available (in French) at www.omedit-fiches-cancer.fr



WHAT SIDE EFFECTS CAN OCCUR WITH BRUKINSA® ZANUBRUTINIB?

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

Side effects	Prevention
 Rash, itching	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. In case of itching , apply cold compresses to the affected areas (do not use alcohol-based lotions). Wear loose, light cotton clothing. Keep your nails short (use a nail file rather than clippers).
 Digestive effects: constipation, diarrhoea	Monitor your weight and remember to hydrate (1.5 to 2 L water per day). Contact your doctor if you also have fever or if symptoms continue for more than 5 days. In case of constipation , eat foods rich in fibre (bran, grains, wholemeal bread, green vegetables, fruit and nuts) and exercise regularly. In case of diarrhoea , eat foods low in fibre (carbohydrates, carrots, bananas etc.). Avoid foods that can stimulate digestion (dairy products, raw fruit/vegetables, grains, fatty foods, spices).
 Low red blood cells, white blood cells and platelets	Low red blood cells : contact your doctor in case of paleness, shortness of breath on exertion or when resting, persistent tiredness, palpitations, dizziness or headaches. Low white blood cells : 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. Low platelets : 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.
 Joint pain	Exercise regularly (walking, swimming); warm up before exercising. Use a walking stick to support your joints. Avoid repetitive movements and strenuous physical effort. Remember to hydrate before, during and after exerting yourself.
 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.
 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. 6 g per day) and alcohol. Eat a diet low in saturated fats (animal fats) and high in fibre.
 Signs of infection : fever, chills, cough, burning sensation when urinating	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 catheter.
 Tiredness, dizziness,	Eat a balanced diet. Avoid using psychostimulants (e.g. coffee, tobacco, alcohol). Take care when driving. Rest during the day, while maintaining up to moderate levels of activity. Go to bed at a regular time and get sufficient sleep at night.
	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 Regional Pharmacovigilance Centre and report any side effects online: signalement-sante-gouv-fr



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:

- Signs of infection (chills, fever, cold or flu-like symptoms, cough, etc.)
- Chest pain, arm pain, irregular heartbeat
- Difficulty breathing, swollen face
- Itchy, raised rash
- Unusual and/or heavy bleeding, bruising
- Any persistent or worsening side effect.



Useful contacts:

Note:
