



WHAT IS LENVIMA® LENVATINIB?

- A targeted therapy used to treat some thyroid and uterine cancers
- Prescribed and renewed by your hospital-based oncologist or cancer specialist.
- Available from community pharmacies on presentation of your prescription





Capsule, available in 2 dosages:

- **4 mg**: orange-red cap and body, “€” on cap and “LENV 4 mg” on body
- **10 mg**: yellow cap and orange-red body, “€” on cap and “LENV 10 mg” on body



- 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.
- Do not throw away opened boxes, please return them to your pharmacist.

HOW TO TAKE THIS MEDICINE

When?:..... = 1 dose per day at a set time, With or without a meal
How? 	<p>You can swallow the capsules</p> <ul style="list-style-type: none">- Whole with water- Or dissolved: ① Put the capsules in a small cup or glass and mix with 1 teaspoon liquid (water, apple juice, milk) ② Wait 10 minutes ③ Mix for at least 3 minutes until the capsule coating dissolves ④ Drink ⑤ After drinking the mixture, add the same quantity of liquid (1 teaspoon), mix again and drink. <p>Do NOT open, chew, cut or crush the capsules.</p> 

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 it has been less than 12 hours since your dose was due**: take the missed dose. Take your next dose at the usual time. Keep a record in your medical diary*.
- **If it has been more than 12 hours since your dose was due**: 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 1 month after the last dose**.
- Stop breastfeeding during treatment.

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

WHAT SIDE EFFECTS CAN OCCUR WITH LENVIMA® LENVATINIB?

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

Side effects	Prevention
 Palpitations	Reduce stimulants (tea, coffee, alcohol, tobacco). Get enough sleep on a regular schedule. Practice relaxation techniques (sophrology, yoga, tai chi). Measure your heart rate (heart rate monitor, smartwatch or manually); keep a record.
 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.
  Digestive effects: constipation or diarrhoea, nausea, vomiting, loss of appetite	Monitor your weight and remember to hydrate (1.5 to 2 L water per day). 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). In case of nausea/vomiting , 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. Take any medicine you are prescribed.
 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).
 Joint and muscle 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	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: consult a healthcare professional. In case of bruising, apply cold (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.
	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:

- Intense headache, feeling faint, dizziness, confusion, vision disorders
- Chest pain radiating into the left arm, back and jaw; shortness of breath, irregular heartbeat
- Arm or leg weakness or numbness, deformed mouth, trouble speaking
- Black, dark or bloody faeces; coughing up blood
- Any persistent or worsening side effect



Useful contacts:

Note: