



WHAT IS LOMUSTINE MEDAC® LOMUSTINE?

- An anticancer drug used to treat some brain tumours, lung cancers, blood cancers (lymphoma), melanomas.
- Prescribed and renewed by your hospital-based oncologist, cancer specialist or haematologist (blood specialist).
- Available from hospital pharmacies on presentation of your prescription.





- Blue capsule dosed at **40 mg**



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

HOW TO TAKE THIS MEDICINE

When?:.....	= 1 dose, every 6 to 8 weeks (according to your treatment protocol), preferably on going to bed or 3 hours after a meal
How?	 <p>Swallow the capsules whole, with water, at the same time every day. Do not chew, open, crush or dissolve them.</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 you forget to take your medicine**, take the missed dose as soon as possible. Continue your treatment at the usual time and dose according to your treatment protocol. 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 stopping treatment**.
- Stop breastfeeding during treatment.





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

Your doctor can tell you more about the possibility of sperm/egg banking before starting treatment.

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

WHAT SIDE EFFECTS CAN OCCUR WITH LOMUSTINE MEDAC®?

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

Side effects	Prevention
 Digestive effects: diarrhoea, nausea, vomiting, loss of appetite	Monitor your weight and remember to hydrate (1.5 to 2 L water per day). 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. 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	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.
	<i>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</i>



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 (fever, cough, chills, burning sensation when urinating, etc.)
- Unusual bleeding, bruising, unusual paleness
- Itching, yellowing of the skin/whites of the eyes, dark urine, light faeces
- Abnormal shortness of breath, cough, difficulty breathing
- Any persistent or worsening side effect



Useful contacts:

Note: