



## WHAT IS VERZENIOS® ABEMACICLIB?

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




- Oval film-coated tablet with "Lilly" on one side and dosage on the other
- 3 dosages available: **50 mg** (beige tablet), **100 mg** (white tablet), **150 mg** (yellow tablet)



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

## HOW TO TAKE THIS MEDICINE

When?	.....:..... and .....:..... = 2 doses per day at a set time with or without a meal
How?	 Swallow the tablets whole, with water, 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**, 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 **grapefruit** and **St. John's Wort**, **milk thistle**, **Seville orange**, **liquorice**, 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 3 weeks after the last dose**.
- Abemaciclib can reduce the effectiveness of oral contraceptives.
- Stop breastfeeding during treatment.

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

# WHAT SIDE EFFECTS CAN OCCUR WITH VERZENIOS® ABEMACICLIB?

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

Side effects	Prevention
 Itching	Apply cold compresses to the affected areas (do not use alcohol-based lotions). Wear loose, light cotton clothing. Use soap-free gel or a dermatological bar. Avoid hot water. Pat dry. Use moisturiser (cream or milk). Keep your nails short (use a nail file rather than clippers).
 Digestive effects: diarrhoea, nausea, vomiting, loss of appetite	Monitor your weight and remember to hydrate (1.5 to 2 L water per day). <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.
Hot, red, painful arm or calf, associated with shortness of breath	Drink sufficient quantities, particularly in hot weather. Do activities that promote blood flow (walking, swimming). For long journeys (bus, plane, car), wear compression stocking or socks and walk for a few minutes at regular intervals. You may be prescribed antithrombotic drugs.
 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.
 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.

 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.

Useful contacts:

Note:

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

- Signs of infection (fever, cough, chills, burning sensation when urinating, etc.)
- Hot, red, painful arm or calf, associated with shortness of breath
- Any persistent or worsening side effect

