



WHAT IS ZYDELIG® IDELALISIB?


- A targeted therapy used to treat some types of chronic lymphoid leukaemia and follicular lymphoma.
- Prescribed and renewed by your hospital-based haematologist.
- Available from community pharmacies on presentation of your prescription.

- Film-coated tablet. Available in 2 dosages:
 - **100 mg**: orange, oval with "GSI" on one side and "100" on the other
 - **150 mg**: pink, oval with "GSI" on one side and "150" on the other



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

HOW TO TAKE THIS MEDICINE

When?:..... and:.....	= 2 doses per day at set times, ideally at 12-hour intervals, with or without a meal
How?		Swallow the tablets 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 it has been less than 6 hours since your dose was due**: take the missed dose. Take your next dose at the usual time. **If it has been more than 6 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, including **grapefruit, St. John's Wort, Seville orange, star fruit, liquorice, milk thistle, turmeric**, 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** (idelalisib can reduce the effectiveness of oral contraceptives).
- Stop breastfeeding during treatment.

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

WHAT SIDE EFFECTS CAN OCCUR WITH ZYDELIG® IDELALISIB?

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

Side effects	Prevention
 Rash	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.
 Diarrhoea, abdominal pain	Monitor your weight. Drink sweet and/or salty beverages: water, tea with sugar, soda, soups. Avoid water containing magnesium (CONTREX®, HEPAR®), coffee, iced drinks. Eat foods low in fibre (carbohydrates, carrots, bananas); avoid food that can stimulate digestion (dairy products, raw fruit/vegetables, grains, fatty foods, spices). Wash your hands regularly. Contact your doctor if you also have fever or if symptoms continue for more than 5 days.
 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.
 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 catheter.
 Difficulty breathing (cough, shortness of breath)	Practice abdominal breathing and relaxation techniques (sophrology, yoga, tai chi). Do not overexert yourself; plan your daily activities accordingly. Avoid triggers for shortness of breath (tobacco, perfume, animal fur etc.). Contact your doctor if symptoms persist or you experience chest pain or fever.
 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 (fever, cough, chills, burning sensation when urinating, etc.)
- Difficulty breathing or abnormal cough
- Any persistent or worsening side effect



Useful contacts:

Note: