



WHAT IS CABOMETYX® CABOZANTINIB?

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



Yellow tablet dosed at:

- **20 mg:** round, printed with “XL” and “20”
- **40 mg:** triangular, printed with “XL” and “40”
- **60 mg:** oval, printed with “XL” and “60”



- 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 packaging or boxes, please return them to your pharmacist.

HOW TO TAKE THIS MEDICINE

When?:.....	= 1 dose per day at a set time Not at mealtimes (at least one hour before and two hours after 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 **patient 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 patient 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 patient 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 patient 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 **Seville orange, grapefruit, liquorice** and **St. John's Wort**, 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 4 months after the last dose**. Hormonal contraceptives may be ineffective, use an alternative method of contraception.
- Stop breastfeeding during treatment **and for 4 months after the last dose**.

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

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

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

WHAT SIDE EFFECTS CAN OCCUR WITH CABOMETYX® CABOZANTINIB?

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

Side effects	Prevention
 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, abdominal pain, 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. 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.
 Joint and muscle pain	Exercise regularly (suitable activities include walking and swimming). Warm up before exercising. Remember to hydrate before, during and after exerting yourself. Avoid repetitive movements and strenuous physical effort. Use a walking stick to support your joints.
 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.
 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. 5 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.social-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.)
- Abdominal pain, nausea, vomiting, constipation, fever
- Severe or uncontrollable bleeding
- Hot, red, painful arm or calf, associated with shortness of breath
- Any persistent or worsening side effect



Useful contacts:

Note:
