



WHAT IS KISQALI® RIBOCICLIB?

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



Round, purple-greyish, film-coated tablet dosed at **200 mg**, with “RIC” on one side and “NVR” on the other

- Store below 25°C for 2 months maximum, 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?	<p>= 1 dose per day at a set time, preferably in the morning, with or without a meal, for 21 consecutive days followed by 7 days without treatment:</p> <ul style="list-style-type: none"> • Day 1 to day 21: take KISQALI® • Day 22 to day 28: <u>do not take KISQALI®</u> • Then start again at Day 1.
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 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 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 **grapefruit (juice and/or fruit)** 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 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 at least 3 weeks after the last dose.
- Stop breastfeeding during treatment and for 3 weeks after the last dose.

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

WHAT SIDE EFFECTS CAN OCCUR WITH KISQALI® RIBOCICLIB?

Like all medicines, ribociclib 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.
 Itching	Apply cold compresses to the affected areas (do not use alcohol-based lotions). Wear loose, light cotton clothing. Use moisturiser (cream or milk). Keep your nails short (use a nail file rather than clippers).
 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. Go to bed at a regular time. Take care when driving.
 Digestive effects: constipation, diarrhoea, abdominal pain, nausea, vomiting, loss of appetite	Monitor your weight and remember to drink fluids, particularly between meals (1.5 to 2 L water per day). In case of constipation , eat foods rich in fibre (<i>bran, grains, wholemeal bread, green vegetables, fruit and nuts</i>) and exercise regularly. In case of diarrhoea , eat foods low in fibre (<i>carbohydrates, carrots, bananas etc.</i>). Avoid foods that can stimulate digestion (<i>dairy products, raw fruit/vegetables, grains, fatty foods, spices</i>). 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). 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).
 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.
 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 without consulting a healthcare professional. In case of bruising, apply cold (compress or ice pack) or a suitable cream/gel (e.g. arnica) if the skin is not broken.
 Risk of respiratory infection, urinary tract infection (UTI), etc.	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.
 Swollen limbs	Eat a diet low in salt. Avoid tight clothing. If your legs swell, raise your feet when sitting. Wear compression stockings; put them on when getting up in the morning. Weigh yourself regularly. Consult your doctor if this type of swelling occurs.
 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.

Contact your doctor rapidly in case of:

- Signs of infection (fever, cough, chills, etc.)
- Shortness of breath, dizziness, paleness, abnormal tiredness
- Palpitations, malaise
- Appearance of black faeces, nosebleeds, coughing up blood
- Any persistent or worsening side effect.



Useful contacts:

Note:
