



## WHAT IS NEOFORDEX® DEXAMETHASONE?

- A corticosteroid used to treat some blood cancers.
- Prescribed and renewed by your hospital-based haematologist or cancer specialist.
- Available from hospital pharmacies on presentation of your prescription.

40mg

White, oblong, non-scored tablet, dosed at **40 mg**, with “40 mg” on one side



- Do not store above 25°C and keep out of the sight and reach of children.




- Do not take the tablets out of the blister pack 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?	.....	= in 1 dose, <b>according to the days given in your treatment protocol, at fixed times, preferably in the morning, with a meal</b>
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. **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 **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. The effectiveness of hormonal contraceptives may be reduced.

The conditions of the Thalidomide Pregnancy Prevent Programme must be met. The effectiveness of hormonal contraceptives may be reduced.

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

# WHAT SIDE EFFECTS CAN OCCUR WITH NEOFORDEX® DEXAMETHASONE?

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

Side effects	Prevention
 Dizziness, lightheadedness, sensation of head spinning	Avoid stimulants (coffee, alcohol, tobacco). If you feel lightheaded, rest in a quiet place and move slowly. Speak to your doctor if you have persistent light headedness, unusual headaches, tinnitus or vomiting.
  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). <b>In case of constipation</b> , eat foods rich in fibre (bran, grains, wholemeal bread, green vegetables, fruit and nuts) and exercise regularly. <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.
 Low white blood cells or platelets	<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.
 Insomnia, sleep disorders	Set regular times for getting up and going to bed, introduce a ritual (dim lighting, gentle music, reading). Sleep in a room that is 19°C. Get sufficient exercise in the day, but not in the evening. Limit alcohol, tobacco and caffeine consumption, particularly in the evening. Avoid heavy evening meals.
 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.
 Swelling of the face or 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.
	<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 <a href="#">Regional Pharmacovigilance Centre</a> and report any side effects online: <a href="#">signalement-sante-gouv-fr</a></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.)
- Rapid unexpected weight gain
- Hot, red, painful arm or calf, associated with shortness of breath
- Palpitations
- Tendon pain
- Vision disorders
- Any persistent or worsening side effect



**Useful contacts:**

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**Note:**

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