



## What is BELUSTINE®

Medicine Name	Description
Lomustine	40 mg gelatin capsule: blue

## How should you take your medicine?

Your doctor has determined your medicine dosage.




















In your case, the dosage is as follows: ..... mg/ ..... weeks, i.e. ... 40 mg gelatin capsules, to be taken **1 time every ..... weeks.**

Swallow whole with a glass of water; do not open or dilute the capsules.

At a set time, in 3 hours after dinner.

If you forgot to take a dose or in case of vomiting, do not take an additional dose but wait for the time to take the next dose.

## Dosage – therapy regimen

One time at a set time, 3 hours after dinner																On an empty stomach > 3h
Take for one day every 6 weeks						...				...						
Take for one day every 3 weeks						...				...						
	D1	D2	D3	D4	D5		D43	D44	D45							
	D1	D2	D3	D4	D5		D22	D23	D24							

## How to get the medicine supply?

This medicine is available in a hospital pharmacy.

Getting this medicine might take time. Be careful and order the medicine in advance. Store this product in its original packaging, away from sources of heat and moisture.

## What else do you need to know?

### Precautions and monitoring

Laboratory tests are necessary while taking your medication (blood test to monitor blood counts, liver and kidney function), as well as clinical condition monitoring (respiratory tests).

### Using contraceptives

This drug may harm an unborn baby. During the entire treatment, you and your partner need to use effective contraception methods (condoms combined with another method).

### Interactions with other medications and/or food

The occurrence of interactions between BELUSTINE® and your other treatments may have harmful consequences (reduced drug efficacy and tolerance). It is important to tell your pharmacist and doctor about all medications and/or other substances (foods, plants, probiotics, essential oils, nutritional supplements, etc.) that you are taking.

*Example:* While taking BELUSTINE®, it is necessary to avoid using olive leaf supplements.

## What are possible side effects?

**Only the most common side effects are listed below. There might be some other side effects. For additional information, refer to your medicine leaflet or seek advice from your doctor or pharmacist.**

### SIDE EFFECTS



Most common ones	<b>Abnormal lab results:</b> low white blood cell count (leucopenia), low thrombocyte count (thrombocytopenia) <b>Digestive problems:</b> nausea, vomiting (in 3 – 6 hours after taking BELUSTINE® and up to 24 hours after taking it) <b>Infertility</b> in men and women
Some patients require special attention	Lactose intolerant patients Patients with coeliac disease
<b>WHEN TO ALERT THE MEDICAL TEAM?</b>	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<b>Digestive problems</b> > Significant and/or rapid weight loss > Severe abdominal pain > Inability to drink for 24 hours and/or eat for about 48 hours <b>Symptoms suggestive of infection</b> > Temperature > 38.5 °C > Cough, throat pain, pain on urination, diarrhea with fever <b>Respiratory problems</b> > Increasing constant cough or problems breathing <b>Symptoms suggestive of hemorrhage</b> > Blood in stool or in vomit > Hematomas (bruises), nose bleedings
<b>HOW TO PREVENT SIDE EFFECTS?</b>	
Handling an anticancer medication	<b>Avoid</b> capsule contact with skin. Wear gloves and wash your hands after handling the medicine.
Infertility	Before starting treatment, <b>ask</b> your doctor about ways to save ovocytes and gametes.
Infection	<b>Avoid</b> visiting high risk areas (crowds, contact with sick people, ...). A flu and pneumococcal infection vaccine might be <b>recommended</b> for you: it will protect you.
Bleedings	<b>Avoid</b> taking anti-inflammatory drugs (ibuprofen, aspirin...) <b>Notify</b> your doctor: > if you take <i>blood thinners or thrombocytic antiaggregants</i> : careful monitoring is needed > about <i>surgical or dental intervention</i> .
Weight	<b>Regularly check your weight</b> in case of digestive problems.
Oral hygiene	<b>Use</b> a soft toothbrush; <b>use</b> oral rinses containing baking soda. <b>Avoid</b> oral rinses that contain menthol or alcohol.
<b>HOW TO ADAPT YOUR DIET?</b>	
Nausea	<b>Opt for</b> split nutrition consisting of several light meals, liquid and cold dishes. <b>Limit</b> consumption of fatty, fried, and spicy foods.

