



Altretamine or Hexamethylmelamine – HEXASTAT®

What is HEXASTAT®

Medicine Name	Description
Altretamine or Hexamethylmelamine	100 mg gelatin capsule: violet

How should you take your medicine?

Your doctor has determined your medicine dosage.

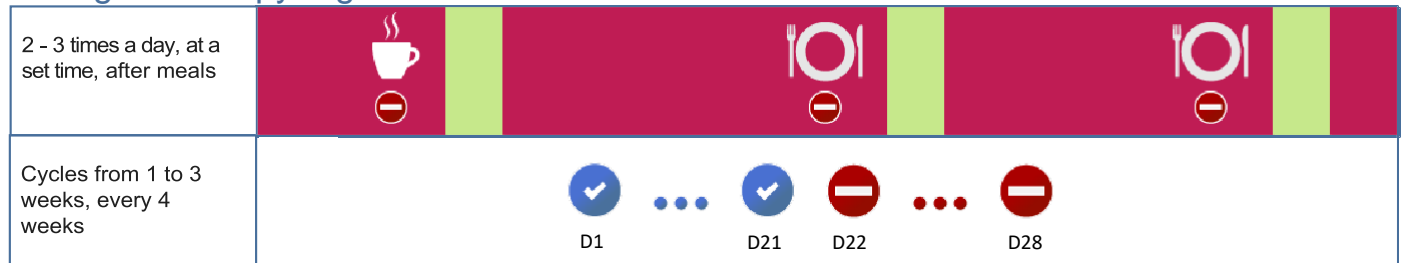
In your case, the dosage is as follows:..... mg/jour, i.e. 100 mg capsule(s), to be taken times per day, for..... weeks, every 4 weeks.

Swallow whole with a glass of water, without opening or diluting the capsules.

At a set time, after meals.

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



How to get the medicine supply?

Only available in **hospital pharmacies, through outpatient dispensing services.**

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), as well as clinical condition monitoring (neurology).

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 HEXASTAT® 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 HEXASTAT®, it is necessary to avoid using Saint John's wort and grapefruit juice.

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	<p>Abnormal lab results: low hemoglobin level (anemia), low leucocyte count (leucopenia) and thrombocyte count (thrombocytopenia)</p> <p>Digestive problems: decreased appetite, diarrhea, nausea</p> <p>Skin problems: rash, itching, eczema</p> <p>Neurological disorders: neuropathy (sensory disturbances: numbness, tingling, creeps, sensation of burning or electric shock, pain caused by cold, heat, and temperature changes), confusion, drowsiness, or insomnia</p> <p>Infertility</p>
WHEN TO ALERT THE MEDICAL TEAM?	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<p>Digestive problems</p> <ul style="list-style-type: none"> > Significant and/or rapid weight loss > Very frequent diarrhea, bowel movement over 4 times a day > Mouth pain or ulcers that prevent normal eating > Severe abdominal pain > Inability to drink for 24 hours and/or eat for about 48 hours > Bowel movements fewer than 3 times a week <p>Symptoms suggestive of infection</p> <ul style="list-style-type: none"> > Temperature > 38.5 °C > Cough, throat pain, pain on urination, diarrhea with fever <p>Depression symptoms</p> <ul style="list-style-type: none"> > Depressive thoughts > Sleeplessness > Memory loss <p>Symptoms suggestive of neuropathy</p> <ul style="list-style-type: none"> > Symptoms interfering with your normal activities
HOW TO PREVENT SIDE EFFECTS?	
Handling an anticancer medication	Avoid capsule contact with skin. Wear gloves and wash your hands after handling the medicine.
Weight	Regularly check your weight in case of digestive problems.
Fatigue	Opt for activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports... Alternate periods of activity and rest.
Skin care	Opt for mild soap and moisturizer, pat skin dry. Avoid using any skin irritating products. <i>For sun protection use</i> broad spectrum sunscreen and avoid sun exposure.
Infection	Avoid visiting high risk areas (crowds, contact with sick people, ...). A flu and pneumococcal infection vaccine might be recommended for you: it will protect you.
Infertility	Before starting treatment, ask your doctor about ways to save ovocytes and gametes.
HOW TO ADAPT YOUR DIET?	
Diarrhea	Opt for a low fiber diet. It is preferable to consume starchy products, carrots, and bananas. Avoid using raw fruit and vegetables, dairy products, coffee, or alcohol. Drink more water.
Weight loss	Opt for a higher calorie diet and "pleasure diet".
Nausea	Opt for split nutrition consisting of several light meals, liquid and cold dishes. Limit consumption of fatty, fried, and spicy foods.

