



What is IBRANCE®

Medicine Name	Description
Palbociclib	75 mg gelatin capsule: orange 100 mg gelatin capsule: red and orange 125 mg gelatin capsule: red

How should you take your medicine?

Your doctor has determined your medicine dosage.

In your case, the dosage is as follows: mg/day, i.e. 1 mg capsule, to be taken once a day, for 3 weeks, every 4 weeks (gap of 7 days).

Swallow whole with a glass of water without opening or dissolving capsules.

At a set time, with 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

Once a day, at a set time, with meals	
From D1 to D21, resume on D29	

How to get the medicine supply?

This medicine is available in local pharmacies.

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 count, kidney and liver function), as well as clinical condition monitoring.

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 IBRANCE® 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 IBRANCE®, it is necessary to avoid using Saint John's wort or grapefruit.

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>Blood count disorders: decreased neutrophil count (neutropenia) and platelet count (thrombocytopenia), decreased hemoglobin level (anemia)</p> <p>Digestive problems: nausea, inflammations inside the mouth (ulcers), diarrhea, loss of appetite, taste perception disorder</p> <p>Skin problems: hair texture change, hair loss (not total), skin rash</p> <p>Others: infection, fatigue</p> <p>Eye problems: blurred vision, dry eyes, or excessive tearing</p>



Some patients require special attention	Lactose intolerant patients
WHEN TO ALERT THE MEDICAL TEAM?	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<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>Digestive problems</p> <ul style="list-style-type: none"> > A 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
HOW TO PREVENT SIDE EFFECTS?	
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.
Skin care	Opt for soft soap and moisturizer, pat skin dry. Avoid using any skin irritating products. <i>For sun protection use</i> broad spectrum sunscreen and avoid exposure to sunlight.
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.
Weight	Regularly check your weight in case of digestive problems.
Oral hygiene	Use a soft toothbrush, use oral rinses containing baking soda. Avoid oral rinses that contain menthol or alcohol.
Eyes	Avoid wearing contact lenses. Avoid driving in low light.
Hair loss	Use a small amount of mild shampoo (for babies). Opt for a soft brush. Avoid washing your hair too often. Avoid heat sources (hairdryer, heated curlers, hot smoothing iron), dyes, highlights, or perm.
HOW TO ADAPT YOUR DIET?	
Nausea	Opt for split nutrition consisting of several light meals, liquid and cold dishes. Limit consumption of fatty, fried, and spicy foods.
Inflammation inside mouth (ulcers)	Avoid eating sour, sticky, or very salty foods.
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.
Loss of appetite	Opt for a higher calorie diet and "pleasure diet".
Taste perception disorders	Opt for several small meals of warm and cold food per day. Avoid using metal kitchen utensils.

