




What is NATULAN®

Medicine Name	Description
Procarbazine	50 mg gelatin capsule 

How should you take your medicine?

Your doctor has determined your medicine dosage.

In your case, the dosage is as follows: mg/jour,50 mg gelatin capsules, to be taken once a day.

..... (indicate whether to take continuously or not).




Take Natulan® with no gaps or with gaps of several weeks (if prescribed along with other chemotherapy medications). If in doubt, ask the medical team.

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

At a set time, with or without 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 or without meals			

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 counts, liver and kidney 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 NATULAN® 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 NATULAN®, it is necessary to avoid consuming alcohol (hot flashes, red spots, vomiting, and heart palpitations), as well as foods rich in tyramine (some cheeses, fish and fermented sausage, sauerkraut).

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>Digestive problems: nausea, vomiting, diarrhea, constipation Abnormal lab results: low white blood cell count (leucopenia), multinuclear neutrophil count (neutropenia), thrombocyte count (thrombocytopenia), and magnesium level</p> <p>Infertility Neurological disorders: > Drowsiness, confusion, agitation, headaches, sleep disorder > Neuropathy (creeping sensation, sensory disturbances)</p> <p>Skin problems: hair loss (moderate) Fatigue, allergic reactions</p>
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QUAND ALERTER L'ÉQUIPE MÉDICALE?

Alerter l'équipe médicale dans les conditions suivantes et en l'absence de recommandations médicales spécifiques	<p>Digestive problems > 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> <p>Symptoms suggestive of infection Temperature > 38.5 °C Cough, throat pain, pain on urination, diarrhea with fever</p> <p>Respiratory problems Increasing constant cough or problems breathing</p> <p>Symptoms suggestive of hemorrhage Blood in stool or in vomit Hematomas (bruises), nose bleedings</p> <p>Allergy symptoms > Itching with rash, sometimes joint pain Swelling of the face, lips, tongue and/or throat causing difficulty swallowing or breathing Significant blisters or severe peeling of the skin</p> <p>Depression symptoms > Depressive thoughts > Sleeplessness > Memory loss</p> <p>Pain that prevents you from doing your normal activities > Headaches > Joint pain</p>
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HOW TO PREVENT SIDE EFFECTS?

Weight	Regularly check your weight in case of digestive problems.
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.
Handling an anticancer medication	Avoid capsule contact with skin. Wear gloves and wash your hands after handling the medicine.
Infertility	Before starting treatment, ask your doctor about ways to save ovocytes and gametes.
Fatigue, drowsiness	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.
Bleedings, hemorrhages	Avoid taking anti-inflammatory drugs (ibuprofen, aspirin...) Notify your doctor: > if you take <i>blood thinners or thrombocytic antiaggregants</i> : careful monitoring is needed > about <i>surgical or dental intervention</i> ..
Constipation	<i>To stimulate intestinal transit</i> , engage in adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...
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.
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.
Constipation	Opt for a high fiber diet. Drink more water.
Weight loss	Opt for a higher calorie diet and "pleasure diet".

