



What is JAKAVI®

| Medicine Name | Description |
|---------------|-------------------------------------------------------------------------------------------------------------|
| Ruxolitinib | 5 mg pill: white, round 10 mg pill: white, round 15 mg pill: white, oval 20 mg pill: white, oblong |

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 pill, twice a day, every day.

Swallow whole with a glass of water; do not crush, cut, chew, or dilute the pills.

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

| | | | | | | | | | |
|---------------------------------------------------|--|--|--|--|--|--|--|--|--|
| Twice a day, at a set time, with or without meals | | | | | | | | | |
| With no gaps | | | | | | | | | |

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 function, and cholesterol level), as well as clinical condition monitoring (blood pressure).

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 JAKAVI® 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 JAKAVI®, it is necessary to avoid using Saint John's wort and 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



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| Most common ones | <p>General disorders: dizziness</p> <p>Abnormal lab results: low thrombocyte count (thrombocytopenia) and/or low multinuclear neutrophil count (neutropenia), low hemoglobin level (anemia), abnormal liver function tests, and elevated cholesterol level</p> <p>Infections, including urinary tract infections</p> <p>Pain: headaches</p> <p>High blood pressure</p> <p>Others: bleedings (hematomas, bleedings from the nose and gums), weight gain, constipation</p> |
| Some patients require special attention | Patients – carriers of hepatitis B virus |
| 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>Symptoms suggestive of hemorrhage</p> <ul style="list-style-type: none"> > Blood in stool or in vomit > Hematomas (bruises), nose bleedings <p>Pain that prevents you from doing your normal activities</p> <ul style="list-style-type: none"> > Headaches > Fatigue <p>Hypertension symptoms</p> <ul style="list-style-type: none"> > Headaches, buzzing in the ears, and/or dizziness > Blood pressure increase |
| HOW TO PREVENT SIDE EFFECTS? | |
| Weight | Regularly check your weight. |
| 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. |
| Blood pressure control | Elevated blood pressure needs to be corrected. Taking arterial pressure regularly is recommended. Pharmacists can help you take your blood pressure. You can also ask to do it by yourself using an automatic blood pressure monitor. |
| Bleedings | <p>Avoid taking anti-inflammatory drugs (ibuprofen, aspirin...)</p> <p>Notify your doctor:</p> <ul style="list-style-type: none"> > if you take <i>blood thinners or thrombocytic antiaggregants</i>: careful monitoring is needed > about <i>surgical or dental intervention</i>. |
| Fatigue / constipation | <p>Opt for activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...</p> <p>Alternate periods of activity and rest</p> |
| HOW TO ADAPT YOUR DIET? | |
| Weight gain | <p>Drink plenty of fluid and avoid sugary drinks.</p> <p>Opt for a diverse diet: more vegetables and fruit, lean meat (skinless poultry, rabbit). Plan to have a light meal to avoid snacking.</p> <p>Avoid sausages, pastries, and various sweets, fried foods, as well as fatty and sugary processed foods.</p> |
| Constipation | Opt for a high fiber diet. Drink more water. |

