



## What is NEXAVAR®

Medicine Name	Description
Sorafenib	200 mg pill: pink, round 

## 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. ... 200 mg pill(s), 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 a time interval between taking the medicine and eating (1 hour before a meal or 2 hours after a meal), or with a non-fatty meal.

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, 1 hour before a meal or 2 hours after a meal								
	< 1h — 2h >	< 1h — 2h >	< 1h — 2h >					
With no gaps								
	D1	D2	D3	D4	D5	D6	D7	D8

## 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, function of thyroid gland and pancreas), as well as clinical condition monitoring (ECG, cardiac scintigraphy, arterial 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 NEXAVAR® 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 NEXAVAR®, it is necessary to avoid using Saint John's wort, grapefruit juice, ginkgo biloba, Seville orange, butcher's broom, licorice, and yohimbine.

## 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><b>Digestive problems:</b> diarrhea, nausea, vomiting, constipation, weight loss, taste perception disorder, inflammations inside the mouth (ulcers)</p> <p><b>Skin problems:</b> hair loss, inflammation of palms, soles of the feet, and areas of friction, skin rash, itching</p> <p><b>Infections</b></p> <p><b>Abnormal lab results:</b> low leukocyte count (leukopenia), multinuclear neutrophil count (neutropenia), and/or platelet count (thrombocytopenia), low hemoglobin level (anemia), abnormal thyroid gland test (hypo- or hyperthyroidism)</p> <p><b>Neuropathy:</b> sensory disturbances (numbness, tingling, creeps), sensation of burning or electric shock, pain caused by cold, heat, and temperature changes</p> <p><b>Cardiovascular disorders,</b> including hypertension</p> <p><b>Others:</b> bleedings, pain including joint pain</p>
Some patients require special attention	Patients with diabetes (risk of hyperglycemia)
<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	<p><b>Digestive problems</b></p> <ul style="list-style-type: none"> <li>&gt; Significant and/or rapid weight loss</li> <li>&gt; Very frequent diarrhea, bowel movement over 4 times a day</li> <li>&gt; Mouth pain or ulcers that prevent normal eating</li> <li>&gt; Severe abdominal pain</li> <li>&gt; Inability to drink for 24 hours and/or eat for about 48 hours</li> <li>&gt; Bowel movements fewer than 3 times a week</li> </ul> <p><b>Hypertension symptoms</b></p> <ul style="list-style-type: none"> <li>&gt; Headaches, buzzing in the ears, and/or dizziness</li> <li>Blood pressure increase</li> </ul> <p><b>Symptoms suggestive of cardiac problems</b></p> <ul style="list-style-type: none"> <li>&gt; Shortness of breath, high palpitations, chest pain or tightness</li> </ul> <p><b>Symptoms suggestive of infection</b></p> <ul style="list-style-type: none"> <li>&gt; Temperature &gt; 38.5 °C</li> <li>&gt; Cough, throat pain, pain on urination, diarrhea with fever</li> </ul> <p><b>Symptoms suggestive of hemorrhage</b></p> <ul style="list-style-type: none"> <li>&gt; Blood in stool or in vomit</li> <li>&gt; Hematomas (bruises), nose bleedings</li> </ul> <p><b>Symptoms suggestive of hypoglycemia</b></p> <ul style="list-style-type: none"> <li>&gt; Dizziness, nausea, vision problems, weakness in muscles</li> </ul> <p><b>Pain that prevents you from doing your normal activities</b></p> <ul style="list-style-type: none"> <li>&gt; Pain in hands and feet</li> <li>&gt; Joint pain</li> </ul>
<b>HOW TO PREVENT SIDE EFFECTS?</b>	
Blood pressure control	Elevated blood pressure needs to be corrected. <b>Taking arterial pressure regularly</b> 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.
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.
Skin care	<b>On hands and feet:</b> <b>Apply</b> moisturizing cream or milk and/or healing cream on hands and feet (without rubbing hard). <b>Avoid</b> exposing hands and feet to heat (hot water). <b>Avoid</b> activities that cause rubbing or injury. <b>Avoid</b> wearing overly tight clothing, socks, or shoes <b>Body:</b> <b>Opt for</b> soft soap and moisturizer, pat skin dry. <b>Avoid</b> using any irritating products. <b>For sun protection, use</b> broad spectrum sunscreen and <b>avoid</b> sun exposure.
Hair loss	<b>Use</b> a small amount of mild shampoo (for babies). <b>Opt for</b> a soft brush. <b>Avoid</b> washing your hair too often. <b>Avoid</b> heat sources (hairdryer, heated curlers, hot smoothing iron), dyes, highlights, or perm.
Fatigue	<b>Opt for</b> activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports... <b>Alternate</b> periods of activity and rest.
Bleedings, hemorrhages	<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> .
Infection	A flu and pneumococcal infection vaccine might be <b>recommended</b> for you: it will protect you.
<b>HOW TO ADAPT YOUR DIET?</b>	
Diarrhea	<b>Opt for</b> a low fiber diet. It is preferable to <b>consume</b> starchy products, carrots, and bananas. <b>Avoid</b> using raw fruit and vegetables, dairy products, coffee, or alcohol. <b>Drink</b> more water.
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.
Weight loss	<b>Opt for</b> a higher calorie diet and "pleasure diet".
Inflammation inside mouth (ulcers)	<b>Avoid</b> sour, sticky, or very salty foods.



Taste perception disorders	<b>Opt for</b> several small meals of warm and cold food per day. <b>Avoid</b> using metal kitchen utensils.
Constipation	<b>Opt for</b> a high fiber diet. <b>Drink</b> more water.

