



## What is TEMODAL®

Medicine Name	Description
Temozolomide	<p>5 mg gelatin capsule: green with white                      20 mg gelatin capsule: yellow with white                      100 mg gelatin capsule: pink with white                      140 mg gelatin capsule: blue with white                      180 mg gelatin capsule: orange with white                      250 mg gelatin capsule: white</p> <p><b>There are generic drugs of different forms</b></p> 

## 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. .... mg gelatin capsules, .....mg gelatin capsules, and ..... gelatin capsules, to be taken once a day. (indicate whether to take continuously or not).

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

With a time interval between taking the medicine and eating. If combined with radiation therapy, take on an empty stomach one hour before radiation therapy.

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, on an empty stomach									
With no gaps for 42 to 49 days, combined with radiation therapy OR from D1 to D5, resume on D29	 D1	 D2	 D3	 D4	 D5	 D6	 D7		 D42/49
	 D1		 D5	 D6		 D28	 D29		

## How to get the medicine supply?

This medicine is available in a [hospital pharmacy](#).

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 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 TEMODAL® 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:* There are no known interactions with plants.

## 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>Abnormal lab results:</b> low multinuclear neutrophil count (neutropenia), low thrombocyte count (thrombocytopenia), low white blood cell count (leucopenia), low hemoglobin level (anemia), abnormal liver function tests</p> <p><b>Digestive problems:</b> nausea, vomiting, constipation, weight loss</p> <p><b>Skin problems:</b> skin rash, hair loss</p> <p><b>Infection</b></p> <p><b>Others:</b> sleep disorder, anxiety, fatigue, headaches</p>
Some patients require special attention	Patients – carriers of hepatitis B virus or cytomegalovirus
WHEN TO ALERT THE MEDICAL TEAM?	
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; 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>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>Pain that prevents you from doing your normal activities</b></p> <ul style="list-style-type: none"> <li>&gt; Headaches</li> </ul> <p><b>Respiratory problems</b></p> <ul style="list-style-type: none"> <li>Increasing constant cough or problems breathing</li> </ul>
HOW TO PREVENT SIDE EFFECTS?	
Weight	<b>Regularly check your weight</b> in case of digestive problems.
Infection	<b>Avoid</b> visiting high risk areas (crowds, contact with sick people, ...). A flu and pneumococcal infection vaccine might be <b>recommended</b> for you: it will protect you.
Skin care	<b>Opt for</b> mild soap and moisturizer, pat skin dry. <b>Avoid</b> using any skin irritating products. <i>For sun protection use</i> broad spectrum sunscreen and <b>avoid</b> sun exposure.
Hair care	<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.
Bleedings	<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> .
Fatigue / constipation	<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.
HOW TO ADAPT YOUR DIET?	
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".
Constipation	<b>Opt for</b> a high fiber diet. <b>Drink</b> more water.

