




## What is HYCAMTIN®

Medicine Name	Description
Topotecan	0.25 mg gelatin capsule: white 1 mg gelatin capsule: pink 

## 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. .... 0.25 mg capsules and/or..... 1 mg capsules, to be taken once a day on 5 consecutive days every 3 weeks.

Swallow whole with a glass of water, without opening or dissolving 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	  
From D1 to D5, resume on D22	      D1                      D5                      D6                      D21

## 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, 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 HYCAMTIN® 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 Hycamtin®, it is necessary to avoid using antioxidants in food supplements and olive leaf supplements.

## 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) and low platelet count (thrombocytopenia), low leukocyte count (leukopenia), low hemoglobin level (anemia), and abnormal liver function test.</p> <p><b>Digestive problems:</b> diarrhea, nausea, vomiting, weight loss, constipation, inflammations inside the mouth (ulcers), abdominal pain</p> <p><b>Skin problems:</b> hair loss, itching, rash</p> <p><b>Others:</b> fatigue, infections, fever</p>
<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>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>Respiratory problems</b></p> <ul style="list-style-type: none"> <li>Increasing constant cough or breathing problems</li> </ul> <p><b>Allergy symptoms</b></p> <ul style="list-style-type: none"> <li>&gt; Itching with rash</li> <li>&gt; Swelling of the face, lips, tongue, and/or throat causing difficulty swallowing or breathing</li> </ul>
<b>HOW TO PREVENT SIDE EFFECTS?</b>	
Handling anti-cancer medication	<b>Avoid</b> capsule contact with skin. Wear gloves and wash your hands after handling the medicine.
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.
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.
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.
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.
<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".
Constipation	<b>Opt for</b> a high fiber diet. <b>Drink</b> more water.
Inflammation inside mouth (ulcers)	<b>Avoid</b> sour, sticky, or very salty foods.

