




Trifluridine/Tipiracil – LONSURF®

What is LONSURF®

Medicine Name	Description
Trifluridine/Tipiracil	<p>15 mg/6.14 mg pill: white, round 20 mg/8.19 mg pill: pale red, round</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. 15 mg/6.14 mg pills and..... 20 mg/8.19 mg pills, to be taken twice a day (in the morning and at night). The cycle is 4 weeks (see therapy regimen below):

>Weeks 1 & 2: take the medicine for 5 consecutive days and then skip the next 2 days

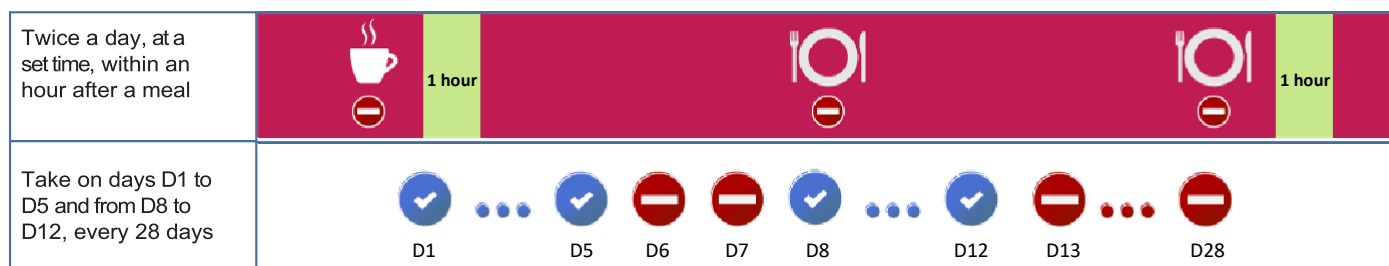
>Weeks 3 & 4: do not take LONSURF®

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

At a set time, within an hour after breakfast and dinner.

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



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 LONSURF® 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 LONSURF®, it is necessary to avoid using 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>Abnormal lab results: low multinuclear neutrophil count (neutropenia), white blood cell count (leucopenia), thrombocyte count (thrombocytopenia), low hemoglobin level (anemia), abnormal liver function tests, and protein in urine</p> <p>Digestive problems: nausea, vomiting, diarrhea, loss of appetite, taste perception disorder, constipation, inflammations inside the mouth (ulcers), abdominal pain</p> <p>Skin problems: inflammation of the palms, soles, and areas of friction, itching, dryness, hair loss</p> <p>Others: fatigue, sleep disorders, headaches, hot flashes, neuropathy (tingling, loss of sensation in the limbs), chocking sensation, cough, infections</p>
Some patients require special attention	<p>Patients over 65 years old (increasing risk of side effects)</p> <p>Lactose intolerant patients</p>
WHEN TO ALERT THE MEDICAL TEAM?	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<p>Digestive problems</p> <ul style="list-style-type: none"> > 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>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>Pain that prevents you from doing your normal activities</p> <ul style="list-style-type: none"> > Headaches > Pain in hands and feet
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.
Oral hygiene	Use a soft toothbrush; use oral rinses containing baking soda. Avoid oral rinses that contain menthol or alcohol.
Fatigue	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.
Skin care	On hands and feet: Apply moisturizing cream or milk and/or healing cream on hands and feet (without rubbing hard). Avoid exposing hands and feet to heat (hot water). Avoid activities that cause rubbing or injury. Avoid wearing overly tight clothing, socks, or shoes Body: Opt for soft soap and moisturizer, pat skin dry. Avoid using any irritating products. <i>For sun protection, use</i> broad spectrum sunscreen and avoid sun exposure.
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.
Constipation	To stimulate intestinal transit, engage in adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...
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.
Weight loss	Opt for a higher calorie diet and "pleasure diet".
Inflammation inside mouth (ulcers)	Avoid sour, sticky, or very salty foods.
Taste perception disorders	Opt for several small meals of warm and cold food per day. Avoid using metal kitchen utensils.
Constipation	Opt for a high fiber diet. Drink more water.

