



What is NAVELBINE®

Medicine Name	Description
Vinorelbine	20 mg soft gel capsules: light brown 30 mg soft gel capsules: pink

How should you take your medicine?

Your doctor has determined your medicine dosage.

In your case, the dosage is as follows: mg per day, i.e. 20 mg soft gel capsule(s) and/or 30 mg soft gel capsule(s), to be taken **once a day, once a week**.

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

At a set time, after a light 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

Once a week, at a set time, after a light meal								
D1 resume on D8								
	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 for a **weekly** blood count and liver function monitoring), 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 NAVELBINE® 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 NAVELBINE®, it is necessary to avoid using Saint John's wort and grapefruit juice.

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 neutrophil count (neutropenia), low hemoglobin level (anemia), low platelet count (thrombocytopenia), abnormal liver function tests</p> <p>Digestive problems: nausea, vomiting, inflammations inside the mouth (ulcers), constipation, weight loss</p> <p>Skin problems: hair loss (moderate)</p> <p>Neuropathy: sensory disturbances (numbness, tingling, creeps), sensation of burning or electric shock, pain with cold and heat</p> <p>Other neurological problems: weakness in legs, jaw pain</p> <p>Others: infection, fatigue, vision problems</p>
Some patients require special attention	<p>Fructose intolerant patients</p> <p>Patients with cardiac problems</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"> > A 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>Symptoms suggestive of cardiac problems</p> <ul style="list-style-type: none"> > Shortness of breath, high palpitations, chest pain or tightness
HOW TO PREVENT SIDE EFFECTS?	
Handling an anticancer medication	<p>Avoid capsule contact with skin. Wear gloves and wash your hands after handling the medicine. The liquid contained in the capsule causes irritation: rinse thoroughly</p> <ul style="list-style-type: none"> > your mouth in case the capsule opens in the mouth > if the liquid comes in contact with the skin or eyes.
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	<p>Use a soft toothbrush, use oral rinses containing baking soda.</p> <p>Avoid oral rinses that contain menthol or alcohol.</p>
Fatigue	<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>
Hair loss	<p>Use a small amount of mild shampoo (for babies). Opt for a soft brush. Avoid washing your hair too often.</p> <p>Avoid heat sources (hairdryer, heated curlers, hot smoothing iron), dyes, highlights, or perm.</p>
HOW TO ADAPT YOUR DIET?	
Nausea	<p>Opt for split nutrition consisting of several light meals, liquid and cold dishes.</p> <p>Limit consumption of fatty, fried, and spicy foods.</p>
Diarrhea	<p>Opt for a low fiber diet. It is preferable to consume starchy products, carrots, and bananas.</p> <p>Avoid using raw fruit and vegetables, dairy products, coffee, or alcohol. Drink more water.</p>
Weight loss	Opt for a higher calorie diet and "pleasure diet".
Inflammation inside mouth (ulcers)	Avoid eating sour, sticky, or very salty foods.
Constipation	Opt for a high fiber diet. Drink more water.

