




## What is ZELBORAF®

Medicine Name	Description
Vemurafenib	<p>240 mg pill: red, oval</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. 240 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 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

Twice a day, at a set time, with or without meals									
With no gaps									
	D1	D2	D3	D4	D5	D6	D7		D28

## 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, magnesium level), as well as clinical condition monitoring (ECG, dermatological and ophthalmological observations).

### 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 ZELBORAF® 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 ZELBORAF®, it is necessary to avoid using Saint John's wort, grapefruit juice, boldo, fucus, Asian ginseng, bitter orange, passionflower, and dandelion.

## 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>Pain:</b> in joints, in extremities, in the back, headaches</p> <p><b>Skin problems:</b> skin rash, sun sensitivity (light sensitivity), itching, hair loss, skin induration (hyperkeratosis), tumors (benign or malignant), acne, inflammation of palms, soles of the feet, and areas of friction</p> <p><b>Digestive problems:</b> nausea, diarrhea, vomiting, loss of appetite, constipation, taste perception disorder</p> <p><b>Abnormal lab results:</b> abnormal liver tests, low multinuclear neutrophil count (neutropenia)</p> <p><b>Others:</b> fatigue, dizziness, swelling of extremities, cough</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><b>Skin problems</b></p> <ul style="list-style-type: none"> <li>&gt; Formation of a wart or a suspected lesion</li> <li>&gt; Skin tenderness or a reddish bump on the skin that bleeds or does not heal</li> <li>&gt; Mole size or color change</li> <li>&gt; Significant blisters or severe peeling of the skin</li> </ul> <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; 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>Pain that prevents you from doing your normal activities</b></p> <ul style="list-style-type: none"> <li>&gt; Headaches</li> <li>&gt; Pain or inflammation in hands and feet</li> <li>&gt; Unusual and inexplicable pain in muscles</li> </ul> <p><b>Eye problems</b></p> <p>Pain in the eyes, tearing or redness, blurred vision, or light sensitivity</p> <p><b>Allergy symptoms</b></p> <ul style="list-style-type: none"> <li>&gt; Rash and itching</li> <li>&gt; Swelling of the face, lips, tongue and/or throat causing difficulty swallowing or breathing</li> </ul> <p><b>Symptoms suggestive of cardiac problems</b></p> <ul style="list-style-type: none"> <li>&gt; Shortness of breath, high palpitations</li> </ul>
HOW TO PREVENT SIDE EFFECTS?	
Weight	<b>Regularly check your weight</b> in case of digestive problems or swellings.
Skin care	<p><b>On hands and feet:</b> <b>Apply</b> moisturizing cream or milk and/or healing cream on hands and feet (without rubbing hard).</p> <p><b>Avoid</b> exposing hands and feet to heat (hot water). <b>Avoid</b> activities that cause rubbing or injury.</p> <p><b>Avoid</b> wearing overly tight clothing, socks, or shoes</p> <p><b>Body:</b> <b>Opt for</b> soft soap and moisturizer, pat skin dry.</p> <p><b>Avoid</b> using any irritating products.</p>
Hair loss	<p><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.</p> <p><b>Avoid</b> heat sources (hairdryer, heated curlers, hot smoothing iron), dyes, highlights, or perm.</p>
Protection from the sun	<p><b>ESSENTIAL. Apply</b> broad spectrum sunscreen and avoid sun exposure.</p> <p><b>Opt for</b> long-sleeve clothing with a collar, long trousers, and hats.</p>
Fatigue	<p><b>Opt for</b> activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...</p> <p><b>Alternate</b> periods of activity and rest.</p>
Swellings	<b>Avoid</b> wearing tight clothing, socks, and shoes. <b>Put</b> your feet in an elevated position.
HOW TO ADAPT YOUR DIET?	
Nausea	<p><b>Opt for</b> split nutrition consisting of several light meals, liquid and cold dishes.</p> <p><b>Limit</b> consumption of fatty, fried, and spicy foods.</p>
Diarrhea	<p><b>Opt for</b> a low fiber diet. It is preferable to <b>consume</b> starchy products, carrots, and bananas.</p> <p><b>Avoid</b> using raw fruit and vegetables, dairy products, coffee, or alcohol.</p> <p><b>Drink</b> more water.</p>
Constipation	<b>Opt for</b> a high fiber diet. <b>Drink</b> more water.
Taste perception disorder	<p><b>Opt for</b> several small meals of warm and cold food per day.</p> <p><b>Avoid</b> using metal kitchen utensils.</p>
Weight loss	<b>Opt for</b> a higher calorie diet and "pleasure diet".

