




## What is BRUKINSA®

Medicine Name	Description
Zanubrutinib	<p>80 mg white capsule, "ZANU 80" printed on it.</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. .... 80 mg capsule(s) ..... a day, every day.



Swallow whole with a glass of water. Do not open or chew the capsules.

At a set time, with or without meals.

If forgotten, the dose can be taken within 3 hours. After 3 hours, wait for the next dose.

In case of vomiting, do not take an additional dose but wait for the time to take the next dose.

## Dosage – therapy regimen

Once or 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), as well as clinical condition monitoring (ECG).

Lymphocytes may increase during the first weeks of treatment (on your blood tests) : this is normal and is not an adverse effect.

### Using contraceptives

This drug may harm an unborn baby. During the entire treatment, you and your partner need to use effective contraception methods (condoms, oral contraceptive combined with another method).

### Interactions with other medications and/or food

The occurrence of interactions between BRUKINSA® 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 BRUKINSA®, it is necessary to avoid using Saint John's wort and grapefruit.

## 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>Digestive problems:</b> diarrhea, constipation</p> <p><b>General disorders:</b> fatigue, legs and/or arms swelling</p> <p><b>Infections:</b> fever, respiratory infections (pharyngitis, laryngitis, sinusitis, rhinitis, pneumonia, etc.)</p> <p><b>Muscular problems:</b> joint pain, pain in muscles</p> <p><b>Neurological disorders:</b> headaches, dizziness</p> <p><b>Vascular disorders:</b> nontypical bleedings, spots on the skin, hematomas, hypertension</p> <p><b>Skin problems:</b> skin rash</p> <p><b>Abnormal lab results:</b> low multinuclear neutrophil count (neutropenia) and/or low platelet count (thrombocytopenia), low hemoglobin level (anemia)</p> <p><b>Cardiac problems</b></p>
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**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; 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>Worsening of skin problem</b></p> <ul style="list-style-type: none"> <li>&gt; Pain and inflammation in hands and feet</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>&gt; Increasing constant cough or problems breathing</li> </ul> <p><b>Symptoms suggestive of bleeding</b></p> <ul style="list-style-type: none"> <li>&gt; Blood in stool or in vomit</li> <li>&gt; Hematomas (bruises), nose bleedings</li> </ul> <p><b>Symptoms suggestive of cerebral edema</b></p> <ul style="list-style-type: none"> <li>Headaches, confusion, convulsions, or vision problems</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; Joint pain</li> </ul>
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**HOW TO PREVENT SIDE EFFECTS?**

Weight	<b>Regularly check your weight</b> in case of digestive problems or swelling in the arms or legs.
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> <p><b>For sun protection, use</b> broad spectrum sunscreen and <b>avoid</b> sun exposure.</p>
Oral hygiene	<b>Use</b> a soft toothbrush.
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.
Bleedings / hemorrhages	<p><b>Avoid</b> taking anti-inflammatory drugs (ibuprofen, aspirin...) and phytotherapy that might increase the risk of bleeding (flaxseed...)</p> <p><b>Notify</b> your doctor:</p> <ul style="list-style-type: none"> <li>&gt; if you take <i>blood thinners or thrombocytic antiaggregants</i>: careful monitoring is needed</li> <li>&gt; about <i>surgical or dental intervention</i></li> </ul>
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>
Swelling	<b>Avoid</b> wearing tight clothing, socks, and shoes. <b>Put</b> your feet in an elevated position.

Constipation / joint pain	To stimulate intestinal transit, <b>engage in</b> adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...
Handling an anticancer medication	<b>Avoid</b> capsule contact with skin. Wear gloves and wash your hands after handling the medicine.

**HOW TO ADAPT YOUR DIET?**

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.
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>
Inflammation inside mouth (ulcers)	<b>Avoid</b> sour, sticky, or very salty foods.
Swellings	<b>Opt for</b> a low salt diet.



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