



FLUDARABINE PHOSPHATE - FLUDARA®

What is FLUDARA

Medicine Name	Description
Fludarabine phosphate	10mg pill

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. 10mg pill(s) a day, to be taken once a day, for 5 days every 28 days.

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

Take at the same time, with or without meals.

If you forgot to take a dose, it can be taken within 12 hours; however, in case of vomiting, do not take an additional dose but wait for the time to take the next dose.

Posologie - Mode d'administration

Once a day, at the same time, with or without meals	  
From D1 to D5, resume on D29	 J1 ...  J5  J6 ...  J28  J29

How to get the medicine supply?

This medicine is available from 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 and kidney function), as well as clinical condition monitoring (neurological).

Using contraceptives

This drug may harm an unborn baby. During the entire treatment and one month after its cessation, 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 FLUDARA® 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 FLUDARA®, it is necessary to avoid taking olives and lucerne.

What are possible side effects?

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



The most common ones	<p>Digestive problems: diarrhea, nausea, vomiting, inflammations inside the mouth (ulcers), loss of appetite</p> <p>Abnormal results of blood tests: low multinuclear neutrophil count (neutropenia), low platelet count (thrombocytopenia), low hemoglobin level (anemia)</p> <p>Respiratory problems: pneumonia, cough</p> <p>Neurological problems: sensory disturbances (numbness, tingling, creeps), sensation of burning or electric shock, pain caused by cold, heat, and temperature changes</p> <p>Skin problems: rash</p> <p>Other: vision problems, swelling of the limbs (edema), fatigue, infections</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>Digestive problems</p> <p>Significant and/or rapid weight loss</p> <p>Very frequent diarrhea, bowel movement over 4 times a day</p> <p>Pain inside the mouth or ulcers that prevent normal eating</p> <p>Inability to drink for 24 hours and/or eat for about 48 hours</p> <p>Bowel movements fewer than 3 times a week</p> <p>Symptoms suggestive of infection</p> <p>Temperature > 38.5 °C</p> <p>Cough, throat pain, pain on urination, diarrhea with fever</p> <p>Skin problems</p> <p>Significant blisters or severe peeling of the skin</p> <p>Symptoms suggestive of neurological problems</p> <p>Motor skills and coordination impairment</p> <p>Abnormal sensations, such as tingling, creeps</p> <p>Symptoms suggestive of lysis syndrome</p> <p>Urine coloration</p> <p>Decreased urine output</p> <p>Pain in the side under the ribs</p> <p>Symptoms suggestive of water retention</p> <p>Rapid and unexpected weight gain</p>
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Comment prévenir les effets indésirables ?

Weight	Regularly check your weight in case of digestive problems.
Infection	Avoid visiting high risk areas (crowds, contact with sick people, ...) Vaccination for flu and pneumococcal infection might be recommended for you: it will protect you.
Bleedings	Avoid taking anti-inflammatory drugs (ibuprofen, aspirin...) Notify your doctor: if you take <i>blood thinners or thrombocytic antiaggregants</i> : careful monitoring is needed; about <i>surgical or dental intervention</i> .
Skin care	<i>For washing</i> opt for mild soap and moisturizer, pat skin dry. Avoid using any skin irritating products. <i>For sun protection</i> use broad spectrum sunscreen and avoid sun exposure.
Fatigue	Opt for activities contributing to well-being, in particular adjusted and regular physical activities: walking, swimming, biking, sports... Alternate periods of activity and rest.
Oral hygiene	Use a soft toothbrush; use oral rinses containing baking soda. Avoid oral rinses that contain menthol or alcohol.
Water retention (limb swelling)	Avoid wearing tight clothing, socks, and shoes. Put your feet in an elevated position.

How to adapt your diet?



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.</p> <p>Drink plenty of water.</p>
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>
Weight loss	Opt for a higher calorie diet and “pleasure diet”.
Inflammation inside mouth (ulcers)	Avoid sour, sticky, or very salty foods.
Water retention (limb swelling)	Opt for a low salt diet.

