



IXAZOMIB - NINLARO®













What is NINLARO

Medicine Name	Description
Ixazomib	2.3 mg capsule: pink 3 mg capsule: grey 4 mg capsule: orange

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. 1 capsule of..... mg, **one time per week for 3 weeks (D1, D8, D15)** every 4 weeks.  
*For example, every Monday for 3 weeks, then 1 week without treatment.*  
NINLARO® is prescribed in combination with lenalidomide (REVLIMID®) and dexamethasone (NEOFORDEX®).  
Swallow whole with a glass of water, do not open, dilute, or chew the capsules.  
To be taken at the same time, with an interval between taking the medicine and eating (1 hour before or 2 hours after a meal).  
If you forgot to take a dose, it can be taken within 4 days; however, 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 day, at the same time, on an empty stomach	<div><div> &lt; 1h      2h &gt;</div><div> &lt; 1h      2h &gt;</div><div> &lt; 1h      2h &gt;</div></div>											
To be taken on D1, D8, and D15, every 28 days	<div> J1</div>	<div> J2</div>	<div>...</div>	<div> J7</div>	<div> J8</div>	<div> J9</div>	<div>...</div>	<div> J14</div>	<div> J15</div>	<div> J16</div>	<div>...</div>	<div> J28</div>

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, liver and kidney function.)

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 NINLARO® 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: Avoid the consumption of St. John's wort, olive, and certain plants that may increase the risk of bleeding.

## 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	<b>Digestive problems:</b> diarrhea, constipation, nausea, vomiting <b>Abnormal lab results:</b> low platelet count (thrombocytopenia), low multinuclear neutrophil count (neutropenia) <b>Neuropathies:</b> sensory disturbances (numbness, tingling, prickling), burning sensation or electric shocks, pain caused by cold, heat, or temperature changes <b>Skin problems:</b> macular-type eruptions (red spots of varying size without raised surface) <b>Eye problems:</b> dryness, conjunctivitis <b>Others:</b> swelling of the limbs (edema), pain in the back, infections including respiratory infections
Patients requiring special attention	Patients with a history of shingles
When to alert the medical team?	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<b>Symptoms suggestive of an infection</b> > Temperature > 38,5 °C > Cough, throat pain, pain during urination, diarrhea with fever <b>Digestive problems</b> > Significant and/or rapid weight loss > Very frequent diarrhea, bowel movement over 4 times a day > Severe abdominal pain > Inability to drink for 24 hours and/or eat for about 48 hours > Fewer than 3 bowel movements per week <b>Symptoms suggestive of cerebral edema</b> > Headaches, confusion, convulsions, or > Vision problems <b>Pain that prevents you from doing your normal activities</b>
How to prevent side effects?	
Infections	<b>Avoid</b> visiting high risk areas (crowds, contact with sick people...). <b>Vaccination</b> for flu and pneumococcal infection might be <b>recommended</b> for you: it will protect you.
Weight	Regularly <b>check</b> your weight in case of digestive problems or limb swelling (edema)
Skin care	<i>For washing, <b>opt for</b> a mild soap and moisturizer, pat skin dry.</i> <b>Avoid</b> using any irritating products. <i>For sun protection, <b>use</b> broad spectrum sunscreen and <b>avoid</b> sun exposure.</i>
Eyes	<b>Avoid</b> driving in low light.
Swelling	<b>Avoid</b> wearing tight clothing, socks, and shoes. <b>Put</b> your feet in an elevated position.
Fatigue	<b>Opt for</b> activities contributing to well-being, in particular adjusted and regular physical activities: walking, swimming, biking, sports... <b>Alternate</b> periods of activity and rest.
How to adapt your diet?	
Diarrhea	<b>Opt for</b> a low fiber diet. It is preferable to <b>consume</b> starchy products, carrots, and bananas. <b>Avoid</b> using raw fruit and vegetables, dairy products, coffee, or alcohol. <b>Drink</b> plenty of water.
Constipation	<b>Opt for</b> a high fiber diet. <b>Drink</b> plenty of water.
Nausea	<b>Opt for</b> split nutrition consisting of several light meals, liquid and cold dishes. <b>Limit</b> consumption of fatty, fried, and spicy foods.



Swelling	<b>Opt for</b> a low salt diet.
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