




What is AFINITOR®

Medicine Name	Description
Everolimus	<p>2.5 mg pill: oval, white 5 mg pill: oval, yellowish 10 mg pill: oval, yellowish</p> <p>There are generic drugs of different forms</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. 1 pill per day, to be taken once a day, every day.

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

Once 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 composition, blood sugar level, lipid profile, liver, kidneys, and thyroid function, urine collection to check for blood and proteins), as well as clinical condition monitoring (arterial pressure).

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 AFINITOR® 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 AFINITOR®, it is necessary to avoid using Saint John's wort, grapefruit juice, ginkgo biloba, bitter orange, butcher's broom, licorice, yohimbe.

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>Digestive problems: inflammations inside the mouth (ulcers), diarrhea, nausea, loss of appetite and weight, taste perception disorder</p> <p>Skin problems: rash, itching</p> <p>General disturbances: tiredness, swelling of limbs and/or eyelids, headaches</p> <p>Infection</p> <p>Abnormal lab results: decreased hemoglobin level (anemia), decreased multinuclear neutrophil count (neutropenia), decreased platelet count (thrombopenia), increase in sugar and/or cholesterol levels</p> <p>Respiratory problems: cough, or cough worsening</p> <p>Vascular system problems: arterial pressure, hemorrhage, nose bleedings</p>
Some patients require special attention	<p>Hyper- or hypoglycemia (diarrhea) in patients with diabetes</p> <p>Patients – carriers of hepatitis B virus</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 <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>Respiratory problems</p> <ul style="list-style-type: none"> > Increasing constant cough or breathing problems <p>Hyperglycemia symptoms</p> <ul style="list-style-type: none"> > Significant and frequent urge to drink, eat, and urinate, combined with fatigue <p>Symptoms suggestive of hypertension</p> <ul style="list-style-type: none"> > Headaches, buzzing in the ears, and/or dizziness > Increase in blood pressure <p>Symptoms suggestive of bleeding</p> <ul style="list-style-type: none"> > Blood in stool or in vomit > Hematomas (bruises), nose bleedings
HOW TO PREVENT SIDE EFFECTS?	
Oral hygiene	<p>Use a soft toothbrush, use oral rinses containing baking soda.</p> <p>Avoid oral rinses that contain menthol or alcohol.</p>
Weight	Regularly check your weight in case of digestive problems or swelling of the limbs.
Blood pressure control	Elevated blood pressure needs to be corrected. Taking arterial pressure regularly is recommended. Pharmacists can help you take your blood pressure. You can also ask to do it by yourself using an automatic blood pressure monitor.
Tiredness	Opt for activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports... Alternate periods of activity and rest.
Skin care	Opt for mild soap and moisturizer, pat skin dry. Avoid using any skin irritating products. <i>For sun protection use</i> broad spectrum sunscreen and avoid exposure to sunlight.
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> .
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.
HOW TO ADAPT YOUR DIET?	
Inflammation inside mouth, ulcers	Avoid eating sour, sticky, or very salty foods.
Diarrhea	Opt for a low fiber diet. It is preferable to consume starchy products, carrots, and bananas. Avoid using raw fruit and vegetables, dairy products, coffee, or alcohol. Drink more water.
Weight loss	Opt for a higher calorie diet and “pleasure diet”.
Nausea	Opt for split nutrition consisting of several light meals, liquid and cold dishes. Limit consumption of fatty, fried, and spicy foods.
Taste perception disorders	Opt for several small meals of warm and cold food per day. Avoid using metal kitchen utensils.

