



What is VOTUBIA®

Medicine Name	Description
Everolimus	2.5, 5 and 10 mg pills: oval, white 2, 3 and 5 mg disintegrating pills: round, white

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. mg pills and..... mg pills, once a day, every day.

Swallow whole with a glass of water. Disintegrating pills can be dissolved in water.

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

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 counts; blood glucose; lipid profile; liver, kidney, and thyroid function; urine test for blood and protein presence), 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 VOTUBIA® 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 VOTUBIA®, 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, vomiting, weight loss</p> <p>Skin problems: skin rash, acne</p> <p>General disorders: fatigue, limb and eyelid swellings, headaches, lack of menstrual periods</p> <p>Infections: rhinopharyngitis, sinusitis, respiratory infections</p> <p>Abnormal lab results: high cholesterol level and/or blood glucose, low hemoglobin level (anemia), low thrombocyte count (thrombocytopenia), low multinuclear neutrophil count (neutropenia)</p> <p>Respiratory problems, cough or cough worsening</p> <p>Vascular disorders: high blood pressure</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"> > 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 problems breathing <p>Hyperglycemia symptoms</p> <ul style="list-style-type: none"> Significant and frequent urge to drink, eat, and urinate, combined with fatigue <p>Hypertension symptoms</p> <ul style="list-style-type: none"> > Headaches, buzzing in the ears, and/or dizziness > Blood pressure increase <p>Symptoms suggestive of hemorrhage</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.
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.
Fatigue	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 sun exposure.
Bleedings, hemorrhages	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 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.

