




What is IMBRUVICA®

Medicine Name	Description
Ibrutinib	<p>140 mg gelatin capsule: white 140 mg pill: round, yellow-green 280 mg pill: oval, violet 420 mg pill: oval, yellow-green 560 mg pill: oval, yellow</p>  <p>Comprimés</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. 140 mg gelatin capsule(s) or 1 mg pill once a day, every day. Swallow whole with a glass of water. Do not open, dilute, or chew the capsules. Do not crush, cut, chew, or dilute the pills.

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

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 IMBRUVICA® 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 IMBRUVICA®, 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



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Most common ones	<p>Digestive problems: diarrhea, nausea, vomiting, constipation, inflammations inside the mouth (ulcers), loss of appetite</p> <p>General disorders: fatigue, legs and/or arms swelling</p> <p>Infections: fever, respiratory infections (pharyngitis, laryngitis, sinusitis, rhinitis, pneumonia, etc.)</p> <p>Muscular problems: joint pain, muscular spasms, pain in muscles</p> <p>Neurological disorders: headaches, dizziness</p> <p>Vascular disorders: nontypical bleedings, spots on the skin, hematomas, hypertension</p> <p>Skin problems: skin rash</p> <p>Abnormal lab results: low multinuclear neutrophil count (neutropenia) and/or low platelet count (thrombocytopenia), low hemoglobin level (anemia)</p> <p>Cardiac problems</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> <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 > Bowel movements fewer than 3 times a week <p>Worsening of skin problem</p> <ul style="list-style-type: none"> > Pain and inflammation in hands and feet <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>Symptoms suggestive of bleeding</p> <ul style="list-style-type: none"> > Blood in stool or in vomit > Hematomas (bruises), nose bleedings <p>Symptoms suggestive of cerebral edema</p> <ul style="list-style-type: none"> Headaches, confusion, convulsions, or vision problems <p>Pain that prevents you from doing your normal activities</p> <ul style="list-style-type: none"> > Headaches > Joint pain
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HOW TO PREVENT SIDE EFFECTS?

Weight	Regularly check your weight in case of digestive problems or swelling in the arms or legs.
Skin care	<p>On hands and feet: Apply moisturizing cream or milk and/or healing cream on hands and feet (without rubbing hard).</p> <p>Avoid exposing hands and feet to heat (hot water). Avoid activities that cause rubbing or injury.</p> <p>Avoid wearing overly tight clothing, socks, or shoes</p> <p>Body: Opt for soft soap and moisturizer, pat skin dry.</p> <p>Avoid using any irritating products.</p> <p>For sun protection, use broad spectrum sunscreen and avoid sun exposure.</p>
Oral hygiene	<p>Use a soft toothbrush; use oral rinses containing baking soda.</p> <p>Avoid oral rinses that contain menthol or alcohol.</p>
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.
Bleedings / hemorrhages	<p>Avoid taking anti-inflammatory drugs (ibuprofen, aspirin...)</p> <p>Notify your doctor:</p> <ul style="list-style-type: none"> > if you take <i>blood thinners or thrombocytic antiaggregants</i>: careful monitoring is needed > about <i>surgical or dental intervention</i>
Fatigue	<p>Opt for activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...</p> <p>Alternate periods of activity and rest.</p>
Swelling	Avoid wearing tight clothing, socks, and shoes. Put your feet in an elevated position.

Constipation / joint pain	To stimulate intestinal transit, engage in adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...
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Handling an anticancer medication	Avoid capsule contact with skin. Wear gloves and wash your hands after handling the medicine.
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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 more water.</p>
Constipation	Opt for a high fiber diet. Drink more water.
Weight loss	Opt for a higher calorie diet and "pleasure diet".
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>
Inflammation inside mouth (ulcers)	Avoid sour, sticky, or very salty foods.
Swellings	Opt for a low salt diet.



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