



WHAT IS IRESSA[®] GEFITINIB?

- A targeted therapy used to treat some forms of lung cancer.
- Prescribed and renewed by your oncologist, haematologist or cancer specialist.
- Available from community pharmacies on presentation of your prescription.




- Round, brown, film-coated tablet dosed at **250 mg**, with “IRESSA 250” on one side and nothing on the other
- *Generic medicines may have a different form or colour*



- Do not store above 30°C, and keep out of the sight and reach of children.
- Do not take the tablets out of the box to put them in a pillbox.
- Wash your hands carefully before and after handling the tablets.
- Do not throw away opened packs, please return them to your pharmacist.

HOW TO TAKE THIS MEDICINE

When?	= 1 dose per day at a set time With or without a meal
How?	 <ul style="list-style-type: none">• Swallow the tablet whole, with water, at the same time every day. If you cannot swallow the tablet, put it in half a glass of still water.• Stir until fully dissolved (up to 20 minutes) and drink immediately.• Rinse the glass with another half a glass of water, which must also be drunk.• The dispersion can also be administered via nasogastric or gastrostomy tube.	

You can use your **medical diary*** and a **calendar** to note doses:

Do not stop taking or change how you take your treatment without consulting your doctor.

This leaflet is not a prescription, please refer to your most recent prescription.

IF YOU FORGET TO TAKE YOUR MEDICINE

- **If it has been less than 12 hours since your dose was due:** take the missed dose. Take your next dose at the usual time. Keep a record in your medical diary*.
- **If it has been more than 12 hours since your dose was due:** do not take the missed dose. Take your next dose at the usual time, do not take a double dose. Keep a record in your medical diary*.
- **If you throw up,** do not take another dose. Take your next dose at the usual time, do not take a double dose. Keep a record in your medical diary*.

INTERACTION WITH OTHER MEDICINES AND OTHER INTERACTIONS









Check with **your doctor or pharmacist** that the medicines (prescribed or over-the-counter), other substances (foods, spices and plants, including **grapefruit** and **St. John's Wort**, probiotics, essential oils, food supplements, etc.) and derivative products you use are **compatible with your treatment**. The molecules they contain, their dose and how often they are taken can interact with your treatment and affect its effectiveness and the occurrence of side effects.

- You and your partner must use effective methods of contraception (condoms and another method) throughout treatment.
- Stop breastfeeding during treatment.

*Patient diary available (in French) at www.omeditbretagne.fr or www.omedit-paysdelaloire.fr

WHAT SIDE EFFECTS CAN OCCUR WITH IRESSA® GEFITINIB?

Like all medicines, gefitinib may cause side effects, although not everybody gets them.

Side effects	Prevention
 Rash, itching, dry skin	Use soap-free gel or a dermatological bar. Avoid hot water. Pat dry. Use moisturiser (cream or milk). Avoid sun exposure, particularly between noon and 4pm. Wear protective clothing, even under a parasol (UVA reflection). Use SPF 50+ sun cream, applied 30 minutes before exposure and reapplied every 2 hours.
 Nail conditions	Use a gentle cleansing gel to wash your hands and feet. Avoid prolonged exposure to water. Pat dry and use moisturiser. Keep your nails short (use a nail file rather than clippers). Use protective nail polish and do not use acetone-based nail polish removers (ask your pharmacist for advice). Use an antiseptic nail bath if your nails are painful, and healing cream in case of cuts.
 Digestive effects: diarrhoea, nausea, vomiting	Monitor your weight and remember to hydrate (1.5 to 2 L water per day). In case of diarrhoea , eat foods low in fibre (<i>carbohydrates, carrots, bananas etc.</i>). Avoid foods that can stimulate digestion (<i>dairy products, raw fruit/vegetables, grains, fatty foods, spices</i>). In case of nausea/vomiting , divide your meals into several small meals and eat slowly. Avoid fatty, fried or spicy foods, and foods that smell strongly. Avoid having an empty stomach (can worsen nausea). Drink between, rather than with, meals. Use your prescribed antiemetics if applicable.
 Inflamed mouth	Use a soft toothbrush and menthol-free, additive-free toothpaste. Keep your lips hydrated (ask your pharmacist for advice, particularly if you are receiving oxygen therapy). Stimulate saliva production (ice cubes, sorbets). Prefer liquids and blended foods. Avoid alcohol, tobacco, coffee and acidic, salty, irritating, spicy and crunchy foods. Use pain medication. Use your prescribed mouthwash (not mouthwash containing alcohol).
 Dry eyes	Avoid dry environments (use humidifiers, ventilate rooms), smoky places and smoking. If you work on a computer, take breaks and blink regularly. Drink 1.5 to 2 L water per day, increase essential fatty acids (oily fish, rapeseed oil, leafy green vegetables).
 Unusual bleeding, bruising	Use a soft toothbrush. Do not use rectal thermometers. Do not take aspirin, anti-inflammatories (e.g. Ibuprofen), or herbal products (that can increase bleeding) without medical guidance: consult a healthcare professional. In case of bruising, apply cold (compress or ice pack) or a suitable cream/gel (e.g. arnica) if the skin is not broken.
 Tiredness	Eat a balanced diet. Avoid using psychostimulants (e.g. coffee, tobacco, alcohol). Take care when driving. Rest during the day, while maintaining up to moderate levels of activity. Go to bed at a regular time and get sufficient sleep at night.
	<i>Only the most common side effects are listed here. For more information, read the Patient Leaflet included with your medicine or ask your doctor or pharmacist. You can also ask your Regional Pharmacovigilance Centre and report any side effects online: signalement-sante-gouv-fr</i>



Remember to go for the lab tests prescribed by your doctor.

WHAT TO DO IF YOU EXPERIENCE SIDE EFFECTS

- Take the medicine prescribed to counteract the side effects, as prescribed.
- Follow the preventive measures.

Contact your doctor rapidly in case of:

- Significant shortness of breath or sudden aggravation of shortness of breath, sometimes with cough or fever
- Swollen face, lips, tongue or throat
- Painful, red or watery eyes, vision disorders
- Any persistent or worsening side effect



Useful contacts:

Note:
