



## WHAT IS VESANOID® TRETINOIN?

- An anticancer drug used to treat some acute promyelocytic leukaemia.
- Prescribed and renewed by your oncologist, cancer specialist or haematologist.
- Available from hospital pharmacies on presentation of your prescription.




- Oval, bi-coloured orange-yellow/reddish-brown, soft capsule, dosed at **10 mg**.



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

## HOW TO TAKE THIS MEDICINE

<b>When?</b>	.....:..... and .....:.....	<b>= 2 doses per day at a set time, during or shortly after a meal</b>
<b>How?</b>	 Swallow the capsules whole, with water, one after another, at the same time every day. Do not chew, open, crush or dissolve them.	

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 OR VOMIT



- **If you forget to take your medicine**, 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 juice**, 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 **and for 1 month after the last dose**. Low-dose progestogens may be ineffective.
- Women of childbearing age should take a pregnancy test every month.
- Stop breastfeeding during treatment.

\*Patient diary available (in French) at [www.omeditbretagne.fr](http://www.omeditbretagne.fr) or [www.omedit-paysdelaloire.fr](http://www.omedit-paysdelaloire.fr)

# WHAT SIDE EFFECTS CAN OCCUR WITH VESANOID® TRETINOIN?

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

Side effects	Prevention
 Rashes, itching	Apply cold compresses to the affected areas (do not use alcohol-based lotions). Wear loose, light cotton clothing. Use soap-free gel or a dermatological bar. Avoid hot water. Pat dry. Use moisturiser (cream or milk). Keep your nails short (use a nail file rather than clippers).
 Headache, dizziness	Remember to hydrate! Eat at regular intervals, do not skip meals. Avoid tobacco and alcohol (headache triggers). Avoid going to bed and getting up late; get sufficient sleep at night. Take care when driving. Rest during the day, while maintaining up to moderate levels of activity. Contact your doctor if you get a severe headache associated with nausea/vomiting, tinnitus, dizziness or vision disorders (possible sign of increased pressure in your head associated with vitamin A overdose).
  Digestive effects: constipation or diarrhoea, nausea, vomiting,	Monitor your weight and remember to hydrate (1.5 to 2 L water per day). <b>In case of constipation</b> , eat foods rich in fibre (bran, grains, wholemeal bread, green vegetables, fruit and nuts) and exercise regularly. <b>In case of diarrhoea</b> , eat foods low in fibre (carbohydrates, carrots, bananas etc.). Avoid foods that can stimulate digestion (dairy products, raw fruit/vegetables, grains, fatty foods, spices). <b>In case of nausea/vomiting</b> , 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.
 Joint and muscle pain	Remember to hydrate before, during and after exerting yourself. Exercise regularly (walking, swimming); warm up before exercising. Use a walking stick to support your joints. Avoid repetitive movements and strenuous physical effort.
 Visual disorders	Consult your doctor promptly if you experience decreased or blurred vision.
 Anxiety, depression, insomnia	Monitor signs and symptoms (irritability, loss of interest, etc.) and inform your doctor to ensure suitable management. Set regular times for getting up and going to bed, introduce a ritual (dim lighting, gentle music, reading). Sleep in a room that is 19°C. Get sufficient exercise in the day, but not in the evening. Limit alcohol, tobacco and caffeine consumption, particularly in the evening. Avoid heavy evening meals.
 Hot flashes	Cool down with a mister; remember to hydrate. Wear cotton clothing; do not cover up too much. Avoid triggers (cigarettes, alcohol, hot or spicy food).
 Elevated cholesterol levels	Limit saturated fatty acids (e.g. cheese, cream, butter, fatty meat, cold meats). Eat more white fish, grains, carbohydrates, dairy products, fruit and vegetables. Steam, bake, boil or grill food. Exercise regularly.
	<p>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.</p> <p>You can also ask your <a href="#">Regional Pharmacovigilance Centre</a> and report any side effects online: <a href="https://signalement-sante.gouv.fr">signalement-sante-gouv-fr</a></p>



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.

Useful contacts:

**Contact your doctor rapidly** in case of:

- Difficulty breathing, chest pain, irregular heartbeat, fever
- Loss or modification of vision, hearing problems
- Migraine or severe headache
- Any persistent or worsening side effect



**Note:**