

# **Xromi<sup>®</sup> (Hydroxycarbamide)**

## **100 mg/ml oral solution**

## **Patient/Carer Guide**

**Important safety information about serious side effects  
that you need to be aware of before, during and after  
treatment**

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# 1. Why your doctor has prescribed Hydroxycarbamide

Your doctor has prescribed Hydroxycarbamide for you or your child to treat a condition called Sickle Cell Disease. This is an inherited disease that affects the red cells of the blood. Some cells become abnormal, rigid and take a crescent or sickle shape which leads to anaemia (loss of red cells). The sickle cells also get stuck in blood vessels, blocking blood flow. This can cause acute pain crises and organ damage.

**Hydroxycarbamide is used to prevent the complications of blocked blood vessels caused by Sickle Cell Disease in patients over 2 years of age.**

Hydroxycarbamide will decrease the number of painful crises, as well as the need for hospitalisation as a result of the disease.

- ◇ Hydroxycarbamide has been prescribed for you. Never give it to someone else, even if he or she has the same disorder for which you are being treated.
- ◇ Take this medicine exactly as it has been prescribed for you by your doctor. Take your treatment regularly and do not change the dose yourself.

**Hydroxycarbamide may interact with other medicines and live virus vaccines. Please tell your doctor if you are taking or have recently taken any other medicines, even those obtained without a prescription. Please tell your doctor if you have had, or are due to have, any vaccinations (e.g. measles, mumps, rubella (MMR), chicken pox).**

**Before starting the treatment, read the package leaflet present in each box of Hydroxycarbamide**

## 2. Hydroxycarbamide must be handled with care

Please use the syringe as advised by your doctor or pharmacist.  
Ask your doctor or pharmacist if you have any questions

Each pack contains one 150 ml bottle capped with a child-resistant closure, a bottle adaptor and two dosing syringes (a small syringe graduated to 3 ml and a large syringe graduated to 10 ml).



	Syringe Type	
Syringe volume	3 ml	10 ml
Colour	Violet	Violet
Measurements	0.5 ml to 3 ml	1 ml to 10 ml

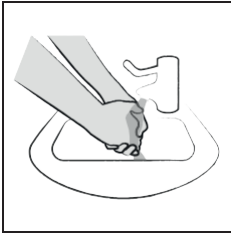
***Your doctor or pharmacist will advise which syringe to use depending on the dose that has been prescribed. Please make sure that you have fully understood the dosing instructions given to you by your doctor or pharmacist. If you are in any way uncertain, please contact your doctor or pharmacist to confirm your dosing instructions.***

## **IMPORTANT**

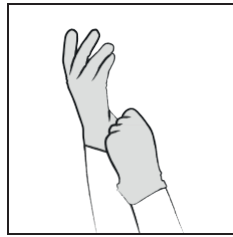
- ◇ **Women who are pregnant, planning to be or breastfeeding should not handle Hydroxycarbamide**
- ◇ **Hydroxycarbamide may be taken with or after meals at any time of the day.** However, the choice of method and time of day should be consistent from day to day
- ◇ **Water should be taken after each dose of Hydroxycarbamide to assist accurate and consistent dose delivery to the stomach**

- ◇ Keep out of the sight and reach of children. Accidental ingestion can be lethal for children.
- ◇ Store in a refrigerator (2 °C – 8 °C). After first opening of the bottle, discard any unused contents after 12 weeks.
- ◇ Keep the bottle tightly closed to prevent spoilage of the medicine and reduce the risk of accidental spillage. To minimise air bubbles, the bottle should **not** be shaken prior to dosing.

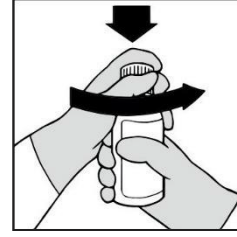
## Handling



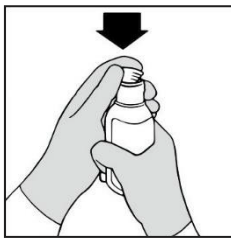
1. Wash your hands before and after administering a dose. Wipe up spillages immediately



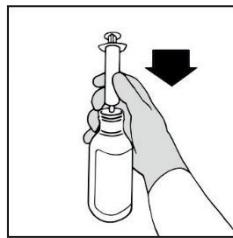
2. Put on disposable hand gloves to decrease the risk of exposure



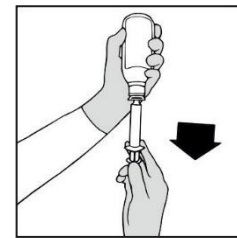
3. Remove the bottle cap



4. Push the adaptor firmly into the top of the bottle and leave in place for future doses

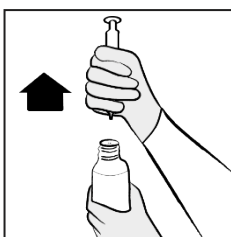


5. Push the tip of the dosing syringe into the hole in the adaptor. Your doctor or pharmacist will advise you of the correct syringe to use, either the 3 ml small syringe or the 10 ml large syringe, in order to give the correct dose



6. Turn the bottle upside down. Pull the plunger of the syringe back so that the medicine is drawn from the bottle into the syringe. Pull the plunger back to the point on the scale that corresponds to the dose prescribed

**If you are not sure about how much medicine to draw into the syringe, always ask your doctor or nurse for advice**



7. Turn the bottle back the right way up and carefully remove the syringe from the adaptor, holding it by the barrel rather than the plunger



8. Gently put the tip of the syringe into your mouth and to the inside of your cheek



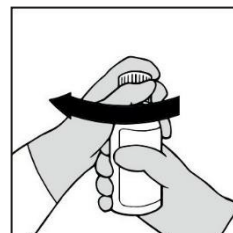
9. Slowly and gently push the plunger down to gently squirt the medicine into the inside of your cheek and swallow it. **DO NOT** forcefully push down the plunger, or squirt the medicine to the back of your mouth or throat, as you may choke



10. Remove the syringe from your mouth



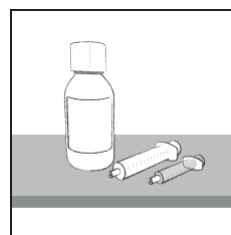
11. Swallow the dose of oral solution then drink some water, making sure no medicine is left in your mouth



12. Put the cap back on the bottle with the adaptor left in place. Ensure that the cap is tightly closed



13. Wash the syringe with cold or warm tap water and rinse well. Hold the syringe under water and move the plunger up and down several times to make sure the inside of the syringe is clean. Let the syringe dry completely before you use it again



14. Store the medicine in a refrigerator (2 °C – 8 °C). Store the syringe(s) in a hygienic place

**Wash immediately and rinse thoroughly if Hydroxycarbamide comes into contact with skin, eyes or nose**

## 3. Need for contraception

**Do not take Hydroxycarbamide if you are planning to have a baby without first speaking to your doctor for advice. This applies to both men and women. Hydroxycarbamide may harm your sperm or eggs.**

**Talk to your doctor, nurse or pharmacist concerning the use of contraceptive measures before and during treatment with Hydroxycarbamide.**

Hydroxycarbamide is a substance which may cause changes to the cell genetic material (DNA).

Hydroxycarbamide should be stopped 3 to 6 months prior to becoming pregnant, if possible.

**The use of effective contraception before and during treatment is strongly recommended for both male and female patients**

## 4. Risk to male and female fertility, potential risk to foetus and breastfeeding

### (i) If you are a man

**Hydroxycarbamide may decrease your ability to father children (fertility).**

It is important for you to know that Hydroxycarbamide may decrease sperm production and harm your sperm.

Absence or low amount of sperm in the semen (azoospermia or oligospermia) is a very common side effect of Hydroxycarbamide. These disorders are also associated with the underlying disease. Although in general reversible, it has to be taken into account when fatherhood is desired.

**Talk to your doctor or nurse if this is a concern for you. Your doctor can inform you about the possibility of sperm conservation (cryopreservation) before the start of therapy.**

### (ii) If you are a woman of childbearing potential

Hydroxycarbamide can potentially cause foetal harm (birth defects) when administered to a pregnant woman, as it crosses the placental barrier.

**Hydroxycarbamide must not be used during pregnancy.**

If you become pregnant while you are still taking Hydroxycarbamide, please contact your doctor immediately.



Please contact your doctor immediately if you think you may be pregnant.

### **Breastfeeding**

Hydroxycarbamide is excreted in human breast milk. You should not breastfeed during the treatment.

**You should not handle Hydroxycarbamide if you are pregnant, planning to be or breastfeeding.**

## **5. Side effects which have been observed with Hydroxycarbamide**

Like all medicines, Hydroxycarbamide can cause side effects (although not everybody gets them). If you notice any side effects, please tell your doctor or pharmacist.

### **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed on the package leaflet.

You can also report side effects directly to the Health Products Regulatory Authority at:

**HPRA Pharmacovigilance,  
Health Products Regulatory Authority,  
Earlsfort Terrace IRL- Dublin 2 D02 XP77  
Tel: +353 1 676 4971  
Website: [www.hpra.ie](http://www.hpra.ie)  
E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie)**

By reporting side effects, you can help provide more information on the safety of this medicine.

Adverse events should also be reported to: **Nova Laboratories Ltd**, Martin House, Gloucester Crescent, Wigston, Leicester, LE18 4YL, United Kingdom

**Email: [QA@novalabs.co.uk](mailto:QA@novalabs.co.uk)**

## 6. Patient Information Leaflet

The package leaflet (Patient Information Leaflet) is available at:

[www.medicines.ie](http://www.medicines.ie)

Before starting treatment, please read the complete package leaflet. For further information talk to your doctor, nurse or pharmacist if you have questions or concerns.