



# Tretinoin /ATRA (Vesanoid)

## Patient Information Leaflet

This leaflet answers some common questions about Tretinoin. It does not contain all the available information. It also does not take the place of talking to your doctor or pharmacist.

### What is tretinoin used for?

Tretinoin is a medication used for the treatment of acute promyelocytic leukemia (APL).

### When should it be taken?

Tretinoin is usually taken twice daily, preferably at the same time each day.

It is important to take Tretinoin exactly as directed by your doctor.

### How should it be taken?

- Tretinoin should be taken with food as this helps to increase the absorption of the medication.
- Swallow the capsules whole with a glass of water. Do not open, crush or chew the capsules
- If your child is unable to swallow the capsules, please consult a pharmacist.

### What should I do if I miss a dose?

- If you forget a dose, take it as soon as you remember if it is within 6 hours of the missed dose. If it is after 6 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- Do not double or increase the dose.
- If your child has missed more than two doses, consult your doctor or pharmacist.

### What side effects can this medicine cause? What can I do about them?

Possible side effects from Tretinoin and their management are listed in the following table.

SIDE EFFECTS	MANAGEMENT
<b>Retinoic acid syndrome</b> <ul style="list-style-type: none"><li>- Fever</li><li>- Weight gain</li><li>- Difficulty breathing</li></ul>	Seek medical advice <b>immediately</b> if your child experiences any of the listed side effects, especially during the first month of treatment.
<b>Drowsiness, dizziness, fatigue, weakness</b>	Avoid performing tasks that require your child to be mentally alert.
<b>Increased risk of bleeding</b>	Be safety conscious and avoid activities that may cause bruising or bleeding. If your child experiences bleeding that does not stop, or unusual bleeding (e.g. blood in the urine), please seek medical help immediately.

SIDE EFFECTS	MANAGEMENT
<b>Headache, bone/muscle ache</b>	<p>You may give your child paracetamol to decrease/stop the headache and bone/muscle aches.</p> <p>If your child experiences severe aches that are not relieved by paracetamol, or a headache which occurs with nausea and vomiting or changes in eyesight/hearing, consult a doctor immediately.</p>
<b>Photosensitivity</b> Your child may be more prone to sunburns when exposed to sunlight.	<p>Avoid too much exposure to sunlight. Use sunscreen regularly and dress your child in clothes e.g. long sleeved tops that can protect your child's skin from the sunlight.</p>
<b>Dry, itchy skin</b>	<p>Apply moisturizer to skin several times a day.</p>
<b>Dry mouth and lips</b>	<p>Use lip balm several times a day. Drink plenty of water to keep hydrated. Sucking on hard candy may help.</p>
<b>Constipation or diarrhea</b>	<p><b>Constipation:</b> Get some exercise if possible, but be sure to check with the doctor before becoming more active. Drink plenty of fluids, unless otherwise instructed by your doctor. Take fibre-rich foods e.g. wholemeal bread, brown rice, fresh fruits, vegetables.</p> <p><b>Diarrhea:</b> Avoid oily or spicy foods, dairy products and caffeine. Drink plenty of fluids. Seek medical help immediately if diarrhea is persistent, bloody, or associated with fever or severe abdominal pain.</p>
<b>Nausea and vomiting</b>	<p>Eat small but frequent meals. Refrain from lying down for at least two hours after each meal. Seek medical help immediately if your child experiences persistent vomiting, or vomiting accompanied by a headache.</p>

### Special instructions

Do not use this medicine if your child is allergic to Tretinoin, Vitamin A, retinoids or soybean oil.

Before starting Tretinoin, do inform your doctor of any other medications that your child is already on. Always check with your doctor or pharmacist if you want to give any other medicines, supplements or herbal products to your child. Avoid foods and supplements with high content of Vitamin A.

Pregnant women should avoid contact with this medicine as it may cause harm to the fetus.

### Storage conditions

Store the medicine in a closed container at room temperature, away from heat, moisture, and direct light.

Any excess capsules should be returned to the hospital for disposal.

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Consult your doctor or pharmacist (Oncology Pharmacy: 6394 2147) if you need more information.