

**B. PACKAGE LEAFLET**

## Package Leaflet: Information for the User

### Myleran 2 mg film-coated tablets busulfan

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions about your illness or your medicine, ask your doctor, pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, pharmacist, or nurse. This includes any possible side effects not listed in this leaflet. See section 4..

#### **What is in this leaflet**

- 1 What Myleran is and what it is used for
- 2 What you need to know before you take Myleran
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#### **1. What Myleran is and what it is used for**

Myleran tablets contain an active substance called busulfan which belongs to a group of medicines called alkylating agents (a type of cytotoxic drugs or chemotherapy).

This medicine is used for certain blood disorders including some cancers. It works by reducing the number of new blood cells your bone marrow makes.

Myleran may be used in combination with other cytotoxic drugs such as cyclophosphamide.

Your doctor will be able to explain how Myleran helps in your particular condition.

Myleran is used for:

- **Chronic myeloid leukaemia** - a type of cancer affecting certain blood-forming cells of the bone marrow (where blood cells are made) resulting in an increase in the number of white blood cells in the blood. This can cause infections and bleeding.
- **Polycythaemia vera** a disease which increases the number of red cells in your blood. This makes the blood thicken and causes blood clots. This can result in symptoms such as headaches, dizziness and shortness of breath, etc.
- **Thrombocythaemia** a disease which affects platelets (blood cells that help blood to clot). There may be an increase in platelets - which causes blood clots. Or the platelets do not work properly - which causes bleeding such as nose bleeds, bleeding gums and bruising easily.
- **Myelofibrosis** a disease where bone marrow is replaced by fibrous (scar) tissue. This causes red and white blood cells to be made wrongly. This can cause symptoms such as tiredness, bloated stomach, bleeding, and bruising.

Ask your doctor if you would like to have more explanation about these diseases.

#### **2. What you need to know before you take Myleran**

##### **Do not take Myleran:**

- If you are allergic to busulfan or any of the other ingredients of Myleran tablets (See section 6).
- If you have taken Myleran before and it did not work.

Do not take Myleran if any of the above apply to you. If you are not sure, talk to your doctor before taking Myleran.

### **Warnings and precautions**

Myleran is a potent cytotoxic medicine that results in profound decrease of blood cells. At the recommended dose, this is the desired effect. Therefore careful monitoring will be performed.

It is possible that use of Myleran may increase the risk of developing another malignancy in the future.

Talk to your doctor, pharmacist or nurse before taking Myleran if:

- you have had radiotherapy or any other chemotherapy, now or recently, or if you have ever had a stem cell transplant. This is because patients taking Myleran can develop serious liver problems (hepatic veno-occlusive disease). There is an increased risk of developing hepatic veno-occlusive disease if you have had radiotherapy, more than three cycles of chemotherapy or if you have had a stem cell transplant.
- you have an inherited blood problem called thalassaemia,
- you were known to have an excess amount of uric acid in your blood or you have ever had gout (painful and swollen joints caused by uric acid crystals,
- you have a liver, kidney or lung problem.

Myleran may cause sterility in both males and females. Before starting your treatment you should talk to your doctor about preserving your sperm.

If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking Myleran.

### **Other medicines and Myleran**

Tell your doctor if you are taking or have recently taken or might take any other medicines Myleran may interact with other medicines and should be used with caution.

In particular tell your doctor or pharmacist if you are taking any of the following:

- Other cytotoxic drugs (chemotherapy) - when used with Myleran there will be a greater chance of side-effects, such as breathing problems
- Phenytoin (used to treat and prevent seizures) - your doctor may need to change your phenytoin to a different medicine.
- Vaccines which contain live organisms (such as oral polio, measles, mumps and rubella) - Myleran can make your body less able to fight against infections.
- Itraconazole (for fungal infections) or metronidazole (for bacterial infections) - they can cause serious side effects if used with Myleran.
- Cyclophosphamide (used for certain types of blood disorders) - if used with Myleran, it is best that your first cyclophosphamide dose is given 24 hours or longer after the last Myleran dose. This will reduce the chance of any possible side effects
- An anaesthetic for an operation at the hospital or dentist. If so, tell your doctor or dentist that you are taking busulfan.
- Paracetamol during Myleran administration should be used with caution.
- Deferasirox (a medicine used to remove excess iron from your body).

### **Pregnancy, breast-feeding and fertility**

If you are pregnant or breast-feeding, think you may be pregnant, or are planning to become pregnant, it is important to tell your doctor before you are given Myleran. Reliable contraceptive precautions must be taken to avoid pregnancy whilst you or your partner are taking these tablets.

You should not breast feed while taking Myleran.

Myleran may harm your sperm or eggs.

### **Driving and using machines**

There are no data available on the effects of Myleran on the ability to drive and use machines.

### **Myleran contains lactose**

Myleran tablets contain lactose, a type of sugar.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before you take Myleran tablets.

### **3. How to take Myleran**

Follow your doctor's instructions carefully and always take Myleran exactly as your doctor has told you. Check with your doctor if you are not sure.

Myleran should only be given to you by a specialist doctor who is experienced in treating blood problems. Your doctor will advise you of how much and how often you will need to take this medicine.

- Swallow your tablets whole with a glass of water.
- **Do not break, crush or chew the tablets.**

The dose of Myleran depends on your blood problem or blood cancer (see section 1).

- Your doctor may also change your dose during your treatment, depending on your needs.
- The dose can sometimes be changed if you are over-weight.
- If you take a high-dose of Myleran, your doctor may also prescribe another medicine called a benzodiazepine. This will help to prevent you having a seizure.
- While on Myleran therapy, your doctor may take regular blood tests to check the number of cells in your blood, and your drug dose may be adjusted as a result.

### **Chronic myeloid leukaemia**

#### **Adult population**

- The usual first dose is up to 4 mg, which may be given as a single dose. The subsequent doses will be adjusted by your doctor based on your body weight.
- The treatment is normally a course which lasts for 12 to 20 weeks. You may have more than one course of treatment.
- Some people have to take Myleran long term. If you have to take it long term, the usual dose is 0.5 mg to 2 mg each day. If your dose is less than 2 mg each day, your doctor might ask you to take tablets only on certain days. Follow your doctor's instructions carefully.

#### **Children**

- Chronic myeloid leukaemia is very rare in children and there is no recommended dose of Myleran.

### **Polycythaemia vera**

- The usual dose is 4 to 6 mg each day.
- The course is usually 4 to 6 weeks. This course may be repeated if needed by your doctor.
- Some people have to take Myleran long term. If you have to take it long term, the usual dose is 2 to 3 mg each day.

### **Myelofibrosis and essential thrombocythaemia**

- The usual dose is 2 to 4 mg each day.

### **If you take more Myleran than you should**

Tell your doctor immediately or go to a hospital straight away. Ensure to take the medicine pack with you, even if there are no tablets left.

### **If you forget to take Myleran**

Tell your doctor. **Do not take a double dose to make up for a forgotten dose.**

### **If you stop taking Myleran**

Do not stop taking Myleran without talking to your doctor.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

#### **4. Possible side effects**

Like all medicines, Myleran can cause side effects, although not everybody gets them.

**If you get any of the following, talk to your specialist doctor or go to hospital straight away:**

- any signs of a high temperature or infection (sore throat, sore mouth or urinary problems). Treatment with Myleran can cause a lowering of the white blood cell count. White blood cells fight infection, and when there are too few white blood cells, infections can occur,
- any **unexpected** bruising or bleeding, as this could mean that too few blood cells of a particular type are being produced,
- if you **suddenly** feel unwell (even with a normal temperature).

The use of Myleran may increase the risk of developing a type of cancer called secondary acute leukaemia in the future. Secondary acute leukaemia causes bone marrow (tissue in your bones that produces red and white blood cells) to produce large numbers of cells that do not work properly. Symptoms of this condition include tiredness, fever, infection and bruising. The condition may also be detected by a blood test which will show if there are large numbers of cells in your blood that are not working properly and too few blood cells that are working properly.

Talk to your doctor if you have any of the following side effects which may also happen with this medicine:

##### **Very common (affects more than 1 in 10 people)**

- a drop in the number of blood cells and platelets,
- feeling sick (nausea), being sick (vomiting), diarrhoea and mouth ulcers - with high doses of Myleran,
- yellowing of the whites of the eyes or skin (jaundice), liver and biliary damage - with high doses of Myleran,
- in women, periods may stop, fertility may be affected and the menopause may start early - with high doses of Myleran,
- in girls, the start of puberty may be delayed or prevented,
- in boys and men, sperm production may be delayed, reduced or stopped and your testicles may reduce in size,
- inflammation of the lung with no sign of infection - called pneumonia syndrome - with high doses of Myleran.

##### **Common (affects less than 1 in 10 people)**

- your heart may not be able to beat properly - especially if you have an inherited blood problem called thalassaemia- with high doses of Myleran,
- inflammation of the lungs which causes breathlessness, cough and raised temperature – called pneumonitis,
- hair loss (with high doses of Myleran),
- appearance of patches of dark skin,
- signs of blood in your urine and pain when passing water (bladder inflammation) - with high doses of Myleran at the same time as taking a medicine called cyclophosphamide,
- leukaemia.

##### **Uncommon (affects less than 1 in 100 people)**

- in women, periods may stop and fertility may be affected and menopause may start early - with usual doses of Myleran.

##### **Rare (affects less than 1 in 1,000 people)**

- a severe drop in red blood cells which can cause tiredness, weakness, bruising and make you more likely to get infections – called aplastic anaemia,
- fits or seizures - with high doses of Myleran,
- cataracts or other eye problems - after bone marrow transplantation and with high doses of Myleran,
- feeling or being sick (nausea or vomiting), diarrhoea and mouth ulcers - with usual doses of Myleran. This can be improved by splitting the dose through the day,
- jaundice (yellowing of the whites of eyes or skin), liver and biliary damage - with usual doses of Myleran,
- hair loss (with normal doses of Myleran),
- dry mouth and lips or other skin changes including very dry skin, itching or rash.

**Very rare (affects less than 1 in 10,000 people)**

- muscle weakness commonly leading to drooping eye lids and difficulty in speaking or using your arms and legs – called Myasthenia gravis,
- enlargement of breasts in men,
- weakness, feeling very tired, weight loss, feeling sick, being sick and dark skin patches– which resembles Addison’s disease (but with the adrenal glands working correctly).

**Not known (frequency cannot be estimated from the available data)**

- incomplete development of teeth
- increased blood pressure in the blood vessels of the lungs (pulmonary hypertension)

**Reporting of side effects**

If you get any side effects, talk to your doctor or, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via:

HPRA Pharmacovigilance

Website: [www.hpra.ie](http://www.hpra.ie)

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

**5. How to store Myleran**

- Keep this medicine out of the sight and reach of children.
- Do not use this medicine after the expiry date, which is stated on the bottle label and the carton after ‘Exp’. This is printed as month; year and refers to the last date of the month.
- Do not store above 25°C.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

**6. Contents of the pack and other information**

**What Myleran contains**

The active ingredient is busulfan. Each Myleran tablet contains 2 mg of busulfan.

The other ingredients are anhydrous lactose, pregelatinised starch, magnesium stearate, hypromellose, titanium dioxide (E171) and triacetin.

**What Myleran looks like and contents of the pack**

Myleran tablets are white, film-coated tablets and are marked with ‘GX EF3’ on one side and ‘M’ on the other. Your Myleran tablets are in bottles of 100 tablets.

**Marketing Authorisation Holder and Manufacturer**

Marketing Authorisation holder:  
Aspen Pharma Trading Limited  
3016 Lake Drive,  
Citywest Business Campus,  
Dublin 24, Ireland

Manufacturer: EXCELLA GmbH & Co. KG, Nürnberger Strasse 12, 90537 Feucht, Germany

**Medical Information Enquiries**

For any Medical Information enquiries about this product, please contact:

**Ireland**

Tel: 00353 1 630 8400

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