

# Cynril® Patient Diary



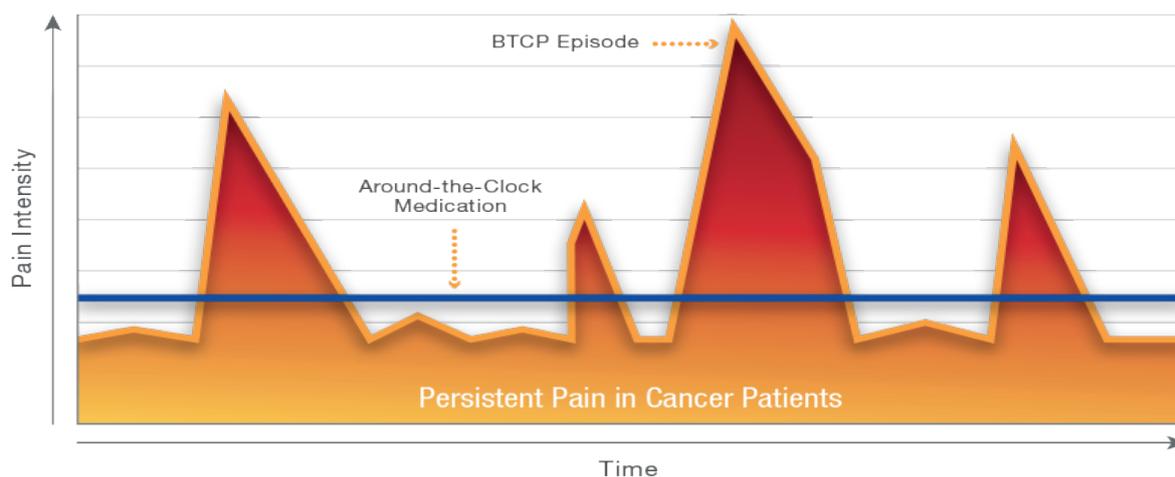
## Cynril® (fentanyl citrate) has been prescribed to you for your breakthrough cancer pain (BTcP)

### What is Breakthrough cancer pain (BTcP)?

The degree of cancer pain can vary from mild to severe and can last throughout the day, this is called persistent cancer pain. This is usually controlled by taking medication- your doctor will have given you an opioid medicine that will relieve this pain for the whole day.

Although you are on prescribed opioid medicine you may still experience sudden flares of sharp stabbing, aching or radiating pain this is breakthrough cancer pain (BTcP).

### Illustration of Persistent Pain and Breakthrough Cancer Pain<sup>1</sup>



#### Characteristics of BTcP

- BTcP varies from patient to patient.
- It can be moderate to severe
- Maybe predictable or unpredictable- the breakthrough pain may be triggered by an activity
- It may interfere with mood, sleep and other daily activities.

#### What is Cynril®?

Cynril® is a pain-relieving lozenge indicated for BTcP in adults who are already receiving other pain treatment for their persistent cancer pain. Cynril® belongs to a class of drugs called opioids and is a prescription only medicine. It contains the active ingredient fentanyl citrate.

#### How does Cynril® work?

The Cynril® lozenge will need to be placed in between the inner cheek and the gum, this is where the lozenge will dissolve. The active ingredient Fentanyl will be absorbed from the lining of the mouth to the blood circulation and subsequently, throughout the body. Fentanyl citrate will travel to the brain and the spinal cord which is collectively known as the central nervous system. This is where it will work to relieve the BTcP.

#### How does Cynril® differ from the medicine you take for persistent pain?

The opioid medicine you already take works all throughout the day, Cynril® however, is a treatment for BTcP only the sharp intense flares of pain. You must continue to take your opioid treatment for persistent pain while using Cynril®.

## Please read the patient information leaflet that comes with Cynril®

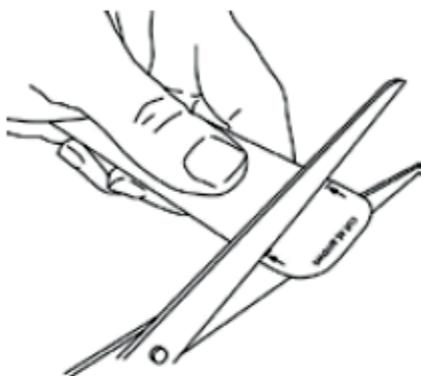
Before you start taking Cynril® and every time you get a new prescription (as it may contain new information) please **read the patient information leaflet that is found with the Cynril® treatment**. Share the information with members of your household. If you have concerns regarding Cynril® or any other treatment you are receiving please consult your doctor.

### How do I take Cynril®?

- You should not eat or drink anything while using Cynril®
- You may drink water **before** using Cynril®
- Do not open blister package until you are ready to use Cynril®

### Opening the package;

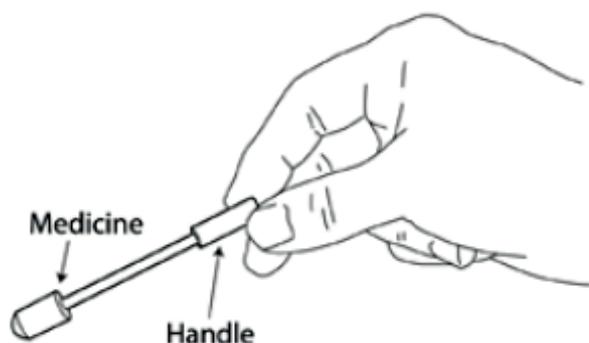
- Each Cynril® unit is packaged in its own blister package
- Hold the blister package with the printed side away from you
- **Do not push** the lozenge through the blister pack.
- Hold the short tab end of the blister package
- Put the scissors close to the end of the Cynril® unit and cut the long tab end completely off as shown.



- Separate the printed backing from the blister package and pull the printed backing completely off from the blister package.

Remove the Cynril® unit from the blister package and put the lozenge in your mouth straight away.

- Place the lozenge between your cheeks and gum
- Using the handle, keeping moving Cynril® around your mouth especially along your cheeks.
- Twirl the handle often.



- To get the most effective relief, finish the Cynril® completely in 15 minutes. If you finish too quickly, you will swallow more of the medicine and get less relief from your breakthrough pain.
- Do not bite or chew the lozenge. This would mean lower levels of fentanyl in your blood and less pain relief than when used as directed.
- If for some reason you are not finishing the whole lozenge each time you have breakthrough pain, talk to your doctor.
- If the breakthrough pain episode is not relieved 15 minutes after finishing the Cynril® unit (30 minutes after the start of the unit), you may **take ONE** additional dose **only**, of the same strength for that episode.
- Do not use more than **FOUR** Cynril® units in a day.
- Rinse your mouth with water or brush your teeth a few minutes after using Cynril® to maintain oral hygiene.

**Important:**

**Use as directed by your doctor;**

- Understand the correct way to use Cynril® by reading instructions on patient information leaflet and this patient guide-consult your doctor or pharmacist if you want more information.
- To protect the lozenges form, open blister packages only when you are ready to take Cynril®. Do not store them in pill boxes.

### **Purpose of a treatment diary**

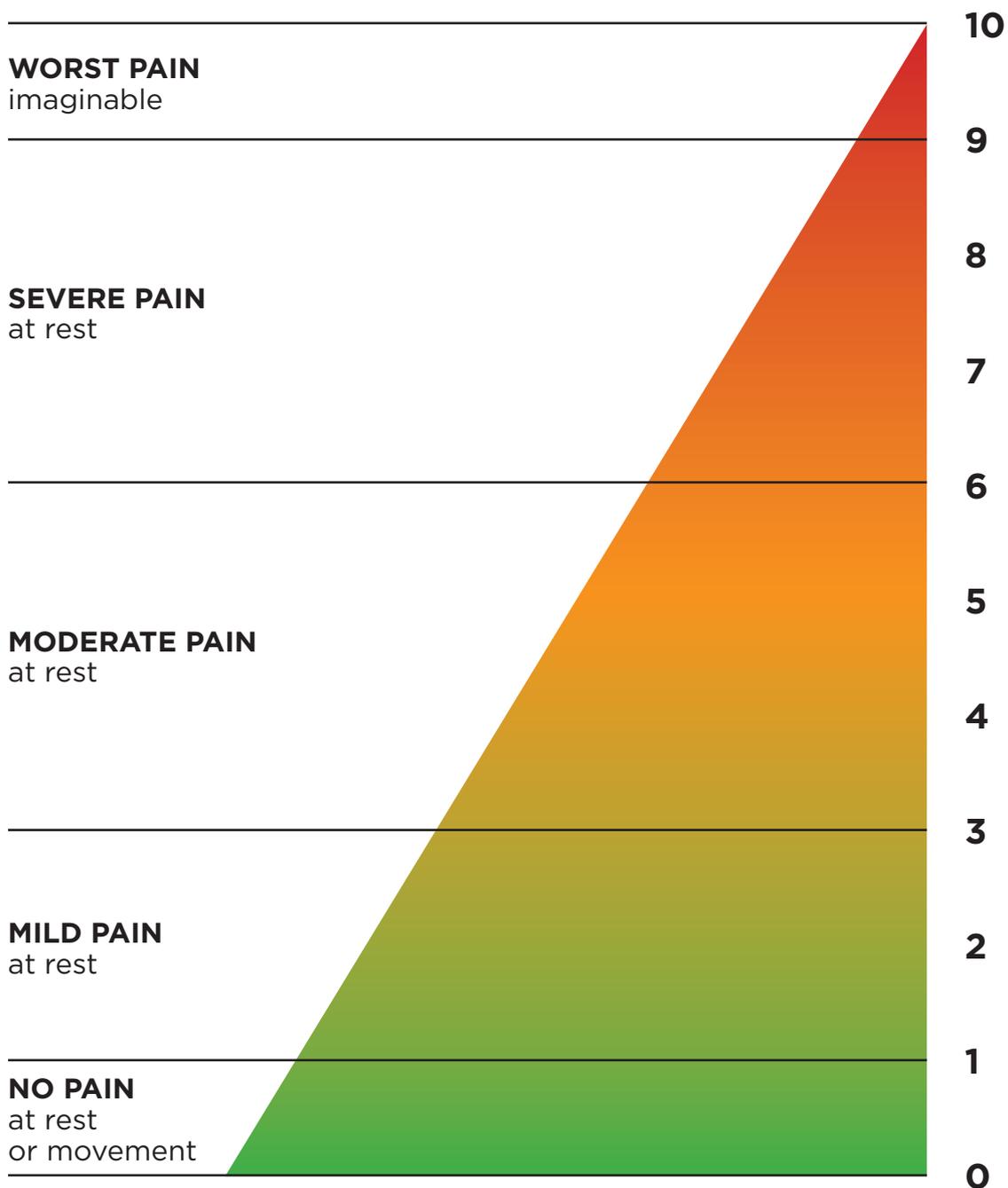
The treatment diary has been prepared to help you monitor your experience with the use of Cynril® and BTcP. It will give your doctor insight into your progress and ensure you are receiving correct level of treatment.

### **Record your pain score**

By recording your pain score it allows your doctor to observe how you respond to the treatment, assess any side effects and evaluate the performance of Cynril, in order to determine the best dose for you.

**Please see the next page on how to record your pain score.**

# How severe is your pain?



Grade and record (0-10) the BTcP you experience on a regular basis in order to assess your pain score over time.

**Your details**

Name:

Date of Birth:

Address:

Telephone Number:

Hospital Name:

Hospital Number:

**Contacts**

Doctor:

Daytime phone number:

Out of hours office phone number:

Emergency medical care phone number:

**Other healthcare team members**

Name:

Phone:

Name:

Phone:

Name:

Phone:

**Treatment Diary** - please fill the diary when you are experiencing BTcP

Date and time:

Pain Score (0-10):

How long did the pain last?

Where are you feeling the pain and how does it feel? (for example aching, shooting, throbbing, sharp stabbing).

What were you doing when the pain started?

Name and the amount of medicines taken:

If you experience any unwanted effects, contact your healthcare professional. Do not stop taking your medicine.

Other notes:

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### **Reporting Side Effects**

If you experience any side effects, please consult your doctor, pharmacist or nurse. This include any side effects that are not listed in the patient information leaflet. You can also report side effects directly through the yellow card scheme at **[www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)**.

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

### **Further Information**

For more information regarding your prescription and/or Cynril® treatment, please contact your doctor.

For additional copies of the treatment diary or patient guide for Cynril®, please visit the Fontus health website at **[www.fontushealth.com](http://www.fontushealth.com)**. Copies can be downloaded or alternatively please contact Fontus health Ltd medical information on:

Telephone number: **0121 661 4615**

Email: **[medinfo.uk@fontushealth.com](mailto:medinfo.uk@fontushealth.com)**