

Medical Oncology

Drug Information Sheet

Anastrozole (arimidex): a hormone therapy drug to treat your cancer.

How will you take this drug? You will take this medicine by mouth.

What should I avoid while receiving *Anastrozole (arimidex)*?

- **While on *Anastrozole (arimidex)*, do not take products that contain estrogen (hormone replacement therapy, birth control pills, estrogen creams, vaginal rings and vaginal suppositories). Talk to your doctor about effective birth control to prevent pregnancy.**

Dose and Schedule:

- You will take this medicine by mouth.
- *Anastrozole (arimidex)* should be taken at the same time every day (morning or evening)
- *Anastrozole (arimidex)* may be taken with or without food.
- Swallow the tablets whole with water. Do not crush, open, break, chew or dissolve.
- Keep taking this drug as you have been told by your doctor or other health care provider, even if you feel well.

- If you have any unused *Anastrozole (arimidex)*, do not throw this in the trash or down the sink or toilet. Talk to your care provider or pharmacist about proper disposal of *Anastrozole (arimidex)*.
- *Anastrozole (arimidex)* has many drug interactions. Tell your doctor about all the medicines you are taking including prescription and over-the-counter medicines, vitamins and herbal products you are taking.

If you miss a dose of *Anastrozole (arimidex)*:

- Do NOT take the missed dose. Simply take the next dose at the regularly scheduled time.
- Do NOT take two doses at one time.
- Write down if you miss a dose and let your care provider know about any missed doses.

Storage and Handling:

- Depending on your insurance, *Anastrozole (arimidex)* may come from your regular pharmacy or from a special pharmacy through the mail. We will help you through the process.
- The drug must be kept in a secure place out of reach of children and pets, so no one else can take this drug. Never share *Anastrozole (arimidex)* with anyone else.
- Store *Anastrozole (arimidex)* at room temperature in a dry place and away from light. Do not store in a bathroom.

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Storage and Handling continued:

- Whenever possible, give *Anastrozole (arimidex)* to yourself and follow the steps below. If a family member, friend or caregiver gives *Anastrozole (arimidex)* to you, they also need to follow these steps.
 - Put on gloves to avoid touching the medicine (gloves are not needed if you give *Anastrozole (arimidex)* to yourself).
 - Do not let women who are pregnant or who may get pregnant touch the tablets without wearing gloves.
 - Carefully remove *Anastrozole (arimidex)* from its package and put in a small disposable cup.
 - Do not lay the medicine on the counter.
 - Take the medicine immediately by mouth with water.
 - Remove gloves and do not use them for anything else.
 - Throw gloves and disposable cup in household trash.
 - Wash hands with soap and water.

You **MAY OR MAY NOT** experience the side effects listed below

<u>Possible Side Effects:</u>	<u>What to do:</u>
Bone, muscle, joint pain	Use pain prescription as directed. Notify your doctor if the pain is uncontrolled.
Hot flashes	<ul style="list-style-type: none"> • Due to the higher levels of estrogen in your body, you may have hot flashes, increased sweating or discomfort. • May be worse at night. • Try staying in a cool environment • Wear layers that can be removed if you experience a hot flash • Avoid or limit caffeine, spicy food, alcohol and stress which may make hot flashes worse • Place cool cloths on forehead • Call your doctor if this affects your daily life.
<i>Anastrozole (arimidex)</i> will be in urine and stool for 48 hours.	<ul style="list-style-type: none"> • Caregivers will need to handle soiled linens and clothing wearing gloves or using a bag as a barrier. • Keep your soiled items separate from others' dirty laundry and wash right away. • Women who are pregnant should not handle your soiled clothing or linens. • Wash any skin that body waste has touched with soap and water. • You may use the same toilet that you normally use. • If the toilet or toilet seat becomes dirty with urine, stool or vomit, clean the surfaces before other people use the toilet • Wash hands with soap and water after using the toilet. • It is safe to hug and kiss.

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Possible Side Effects:	What to do:
Weak bones Osteoporosis	<ul style="list-style-type: none"> Your bone density will be checked. Your doctor may prescribe calcium and vitamin D.
Avoid pregnancy	<ul style="list-style-type: none"> This drug may cause harm to the unborn baby if you take it while you are pregnant. If you are pregnant or you get pregnant while taking this drug, call your doctor right away. Use birth control that you can trust to prevent pregnancy while taking this drug and for 1 month after stopping this drug. If you or your sex partner gets pregnant, while taking this drug or within 1 month after stopping this drug, call your doctor right away. May cause fertility problems.

Less common side effects that may happen	What to do:
Heart problems (rare)	Call your doctor right away if you have the following: <ul style="list-style-type: none"> fast heartbeat or a heartbeat that does not feel normal any shortness of breath or chest discomfort increased or unexplained cough swelling in feet or leg sudden weight gain of more than 3 pounds in a day.
Increased blood cholesterol levels	Your doctor will check your cholesterol level.
Serious allergic reactions	<ul style="list-style-type: none"> Call 911 and go to the Emergency Department right away if you have any symptoms: <ul style="list-style-type: none"> trouble breathing chest tightness swelling of your face, lips, or tongue Call you doctor if you develop: <ul style="list-style-type: none"> a rash itching hives
Carpal Tunnel Syndrome	Call your doctor if you have tickling, tingling, or numbness in your hands.
These are not all of the side effects that may occur. If you have questions about side effects, call your doctor.	