

Medical Oncology

Drug Information Sheet

Exemestane (Aromasin): A hormone therapy drug to treat your cancer.

What should I avoid while receiving *Exemestane (Aromasin)*?

- Do not take St. John's Wort with this drug.
- While on *Exemestane (Aromasin)*, 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.
 - *Exemestane (Aromasin)* should be taken at the same time every day (morning or evening)
 - *Exemestane (Aromasin)* should be taken after you have eaten.
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- Keep taking this drug as you have been told by your doctor or other health care provider, even if you feel well.
 - Swallow the tablets whole with water. Do not crush, open, break, chew or dissolve the medicine in water.
 - If you have any unused *Exemestane (Aromasin)*, do not throw it in the trash and do not flush it down the sink or toilet. Talk to your doctor or pharmacist about proper disposal of *Exemestane (Aromasin)*.
 - *Exemestane (Aromasin)* has many drug interactions. Tell anyone caring for you the prescription medicines, over-the-counter medicines, vitamins, and herbal products you are taking.
 - Your doctor may change your dose, pause or stop treatment with *Exemestane (Aromasin)* if you have side effects.
 - **DO NOT START A NEW CYCLE WITHOUT TALKING TO YOUR DOCTOR FIRST.**

If you miss a dose of *Exemestane (Aromasin)*:

- If you miss a dose, skip the missed dose and go back to your normal time the next day. **Do not** take two doses at one time.
- Write down if you miss a dose and let your doctor know about any missed doses.

Medical Oncology

Drug Information Sheet

Storage and Handling:	
<ul style="list-style-type: none"> • Depending on your insurance, <i>Exemestane (Aromasin)</i> 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 <i>Exemestane (Aromasin)</i> with anyone else. • Store <i>Exemestane (Aromasin)</i> at room temperature in a dry place and away from light. Do not store in a bathroom. • Keep in original bottle: DO NOT place tablets in a pill box. 	
<ul style="list-style-type: none"> • Whenever possible, give <i>Exemestane (Aromasin)</i> to yourself and follow the steps below. If a family member, friend or caregiver gives <i>Exemestane (Aromasin)</i> to you, they also need to follow these steps. <ul style="list-style-type: none"> ○ Wash hands with soap and water ○ Put on gloves to avoid touching the medicine (gloves are not needed if you give <i>Exemestane (Aromasin)</i> to yourself). ○ Do not let women who are pregnant or who may get pregnant touch the tablets without wearing gloves. ○ Carefully remove <i>Exemestane (Aromasin)</i> from its package to 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. ○ Do not touch or handle crushed or broken tablets. 	

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

Possible Side Effects:	What to do:
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.

Medical Oncology

Drug Information Sheet

Possible Side Effects:	What to do:
Bone, muscle, joint pain	Use pain prescription as directed. Notify your doctor if the pain is uncontrolled.
<i>Exemestane (Aromasin)</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.
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

Less common 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.

Medical Oncology

Drug Information Sheet

Less common side effects	What to do:
Increased risk for infection due to decreased blood counts	<ul style="list-style-type: none"> • Avoid contact with people who have infections, colds or flu. • Wash your hands often. • Report chills or a fever of 100.4° or higher to your doctor right away, day or night. • Report any signs or symptoms of infection, such as cough, burning with urination, skin redness or sores. • Call your doctor before taking any medicine for a fever or chills.
Liver problems	<ul style="list-style-type: none"> • Lab results will be checked. • Call your doctor if you have: <ul style="list-style-type: none"> ○ dark urine (tea colored) ○ severe right sided stomach pain ○ light colored stools ○ bruising or if you start to bleed easily ○ yellowing of skin or eyes ○ severe nausea or throwing up ○ unexplained weight gain ○ your belly feels big or bloated
Low Calcium levels Low Vitamin D levels	<ul style="list-style-type: none"> • Your lab work will be checked. • Your doctor may have you take Calcium (500 mg) and Vitamin D (400 IU) daily by mouth • Your doctor may have you see the dietitian. • Call your doctor if you have signs of low calcium: <ul style="list-style-type: none"> ○ spasms ○ twitches or cramps of your muscles ○ numbness or tingling in your fingers, toes or around your mouth
These are not all of the side effects that may occur. If you have questions about side effects, call your doctor.	