



WHAT IS ARIMIDEX® ANASTROZOLE ?

- Antihormonal drug used in the treatment of some breast cancers in post-menopausal women
- Prescribed and renewed by your doctor specialized in cancerology or by your attending doctor.
- Available in city pharmacies on presentation of your prescription.



Round, white, layered capsules, **dosed at 1 mg** bearing « Adx 1 » on one side and « A » on the other.



- Store at a temperature not over 30°C, out of sight and reach of children.
- Do not get the capsules out of the box to put them in a pill-box.
- Wash your hands carefully before and after each handling of the capsules.
- Do not throw away the opened boxes, please bring them back to your pharmacist.


HOW TO TAKE THIS MEDICINE?



To be filled with a health care professional**

Informed by

.....
Following prescription dated
...../...../.....

Dose per day mg	= capsule
When ?h.....	ONE take a day at a fixed hour <u>during or away from meals</u>	
Why ?		Swallow the capsule whole with a glass of water, every day at the same moment of the day, with or without food. Do not crunch nor crush it.	

You can help yourself with **your tracking book and a calendar** to spot the takes. Never stop or change the rhythm of administration of your treatment without your doctor's advice.

** This file is not a prescription , please refer to your latest prescription..

WHAT TO DO IN CASE OF MISSING OR VOMITING ?



- **In case of missing**, do not take the missed dose and do not double the following take. Resume your treatment at the usual hour with the usual dose at the next take. Please note it in your tracking book*.
- **In case of vomiting**, do not take a new dose. Just take the next dose as planned the following day. Please note it in your tracking book*.

INTERACTIONS WITH OTHER MEDICINES AND/OR FOOD

Check with your **doctor or pharmacist** that the medicines (with or without prescription) and/or other substances (food and plants, among which **grapefruit and St John's Wort**, probiotics, essential oils, food supplements...) that you are taking are compatible with your treatment. Some interactions may have an influence on the efficiency of your treatment or on the outcome of side effects.

It is not advised to smoke during this treatment.










This treatment must only be used for women whose menopause is clearly confirmed.

*Tracking book available on the sites www.omeditbretagne.fr or www.omedit-paysdelaloire.fr

WHAT SIDE EFFECTS MAY OCCUR WITH ARIMIDEX® ANASTROZOLE ?

Like all medicines, anastrozole may cause side effects, although you may not experience any.

Side effects	Prevention
 Hot flush, sweat	Avoid triggering food such as caffeine, alcohol and chocolate, hot and spicy food. Wear light clothes. Drink regularly.
 Nauseas and vomitings	Eat slowly and make several small light meals. Avoid greasy, fried and spicy food. Rather drink between meals.
 Diarrheas	Do not forget to hydrate well : at least 2 litres of water a day. Favor food that is poor in fibers (<i>starchy food, carrots, bananas...</i>). Avoid food that may speed up your intestinal transit (<i>coffee, frozen drinks, dairy, alcohol, raw fruit and vegetables, cereals, fat food, spices...</i>). Watch your weight regularly.
 Fatigue, headaches, dizziness	Respect moments of rest during the day while remaining active, even moderately. Be prudent if you have to drive. In case of important pains, contact your doctor in order to set up a symptomatic treatment.
 Skin eruption	Use a mild, perfume-free soap and a hydrating agent (<i>cream or milk</i>). Avoid hot water. Dab your skin dry. Avoid exposure to the sun and protect yourself (<i>protecting clothes, hat, sun screen >50</i>)
 Pains at the joints	Hydrate frequently. Take moments of rest and take slight exercise (<i>ee.g. walking</i>). Avoid repeated movements and strenuous physical effort. In case of important pains, contact your doctor in order to set up a symptomatic treatment.
 Hair loss	This alopecia is reversible as soon as the treatment stops. Use a large-tooth comb or a soft hairbrush. Use a mild shampoo, rinse your hair in tepid water and let it dry in the open air or at a low temperature. Avoid blow-drying, hair settings, perms, dyeing...

Only some of the most frequent side effects are mentioned above. For further information, refer to your packaging or ask your doctor or pharmacist for advice.



You can also ask your questions to your center for side effects monitoring, or notify any side effect on the following site : signalement-sante.gouv.fr



In all cases, do not forget to make the biological tests prescribed by your doctor.

WHAT TO DO IN CASE OF SIDE EFFECTS?

- Take the medication prescribed for side effects in accordance with the doses.
- Respect measures of prevention.

Useful contacts:

Promptly contact your doctor in case of :

- Vaginal or uterine bleedings
- Fast and unexpected weight increase
- Any persisting or worsening side effect.



Remarks :
