



WHAT IS NOLVADEX[®] TAMOXIFENE ?

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



- Round, white tablet, dosed **at 10 mg or 20 mg.**
- *There exist generics in different shapes and colours.*



- Store it at a temperature not over 25°C, out of sight and reach of children.




- Do not get the tablets out of their box to put them into a pill-box.



- Wash your hands carefully before and after each handling of the tablets.

- Do not throw away the opened packagings, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE?

When ?h..... andh.....	= 1 at 2 take(s) per day, at fixed hour, during or away from meal(s)
Howt ?		Swallow the tablets whole, with water, every day at the same moment of the day. Do not chew, nor cut or crush or dissolve the tablets.

You can help yourself with the **tracking book** and a **calendar** to spot the takes.
Never stop or change the rhythm of takes 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. The next dose will be taken at the usual time, without doubling it. Please note it in your tracking book*.
- **In case of vomiting**, do not take a new dose. The next dose will be taken at the usual time, without doubling it. Please not it in your tracking book*.

INTERACTIONS WITH OTHERS MEDICINES AND/OR FOOD



Check with your **doctor and your pharmacist** that the medicines (with or without prescription) and/or other substances (food, plants, among which **grapefruit** and **St John's Wort**,, probiotics, essential oils, food supplements...) and by-products that you are using are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and condition its efficiency and the occurrence of side effects.










- You and your partner must use efficient contraceptive methods (condoms and another method not resorting to an oestrogenic by-product) during the whole treatment, **and up to 9 months after the last take.**
- Stop breast feeding during the treatment.

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

WHAT SIDE EFFECTS MAY OCCUR WITH NOLVADEX® TAMOXIFENE ?

Like all medicines, tamoxifene may infer side effects, but you may not experience any.

Side effects	Prevention
 Skin eruption	Use a gel or a hypoallergenic soap-free bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Avoid exposure to the sun, especially between 12 and 4 pm. Wear protecting clothes, even under a parasol (UVA reflection). Use a sun screen > 50, to be applied 30 minutes before exposure and renewed every 2 hours.
 Hot flashes	Cool off with a mister; hydrate yourself regularly. Favor cotton clothing; don't cover up too much. Avoid triggers (cigarettes, alcohol, hot and spicy foods, stress).
 Digestive effects : constipation, diarrheas, abdominal pain, nauseas, vomiting, loss of appetite	Watch over your weight and remember to hydrate well (1,5/2l. water/day). In case of constipation , favor food that is high in fibers (bran, cereals, wholemeal bread, green vegetables, fruit and dried fruit) and take regular physical exercise. In case of diarrhea , favor food that is low in fibers (starchy food, carrots, bananas...). Avoid food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). In case of nauseas/vomiting , make several small light meals during the day and eat slowly. Avoid greasy, fried and spicy food, as well as those whose smell may trigger nauseas. Avoid staying on an empty stomach as this increases nauseas. Rather drink between meals. Use the antiemetic medications prescribed for you if appropriate.
 Pains in joints or muscles	Remember to hydrate well before, during and after effort. Take regular and adapted physical exercise (walking and swimming); Remember to warm up before. Use a cane to relieve joint strain. Avoid repetitive movements and strenuous physical effort.
 Hair loss	This alopecia is reversible after discontinuation of treatment. Use a large comb or a soft natural bristles hairbrush. Choose 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 setting, perms and dyeing which weaken your hair.
 Fatigue, head aches	Drink in sufficient quantity (1,5/2l water/day) and have a healthy feeding at regular hours. Limit having psychostimulants (coffee, tobacco, alcohol). Respect moments of rest during the day, while remaining active, even moderately. Go to bed at a regular hour; avoid late bedding and staying in. Be prudent if you have to drive.
 Swelling of face and limbs	Keep having low-salted food. Avoid tight clothes. In case of swelling of the legs, rise your feet when sitting. Wear support stockings and put them on when rising on rested legs. Watch over your weight regularly. In case of such swelling, contact your doctor.

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

You can also ask your question ask your question to [center for side effects monitoring](#) or notify any side effect on the following site : [signalement-sante-gouv-fr](#)



In all cases, remember to make the biological tests prescribed by your doctor.

WHAT TO DO IN CASE OF SIDE EFFECT(S) ?

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

Promptly contact your doctor in case of :

- Vaginal or uterine bleedings
- Skin reactions
- Swelling and/or pains in a limb.
- Unexplained shortbreath or sudden pain in the chest.
- Any persisting or worsening side effect.



Useful contacts :

Remarks :