



WHAT IS ARIMIDEX[®] ANASTROZOLE?

- An antihormone therapy drug used to treat some breast cancers in postmenopausal women.
- Prescribed and renewed by your cancer specialist or registered physician.
- Available from community pharmacies on presentation of your prescription.




- Round, white, biconvex film-coated tablet dosed at **1 mg**, with "A" on one side and "Adx1" on the other
- *Generic medicines may have a different form or colour*



- Do not store above 30°C, and keep out of the sight and reach of children.
- Do not take the tablets out of the blister pack to put them in a pillbox.
- Wash your hands carefully before and after handling the tablets.
- Do not throw away opened packs, please return them to your pharmacist.

HOW TO TAKE THIS MEDICINE

When?:.....	= 1 dose per day at a set time With or without a meal
How?		Swallow the tablet whole, with water, at the same time every day. Do not chew, cut, crush or dissolve them.

You can use your **medical diary*** and a **calendar** to note doses.
Do not stop taking or change how you take your treatment without consulting your doctor.
This leaflet is not a prescription, please refer to your most recent prescription.

IF YOU FORGET TO TAKE YOUR MEDICINE OR VOMIT



- **If you forget to take your medicine**, do not take the missed dose. Take your next dose at the usual time, do not take a double dose. Keep a record in your medical diary*.
- **If you throw up**, do not take another dose. Take your next dose at the usual time, do not take a double dose. Keep a record in your medical diary*.

INTERACTION WITH OTHER MEDICINES AND OTHER INTERACTIONS



Check with your **doctor or pharmacist** that the medicines (prescribed or over-the-counter), other substances (foods, spices and plants, probiotics, essential oils, food supplements, etc.) and derivative products you use are **compatible with your treatment**. The molecules they contain, their dose and how often they are taken can interact with your treatment and affect its effectiveness and the occurrence of side effects.












- This medicine should only be used by postmenopausal women.

* Patient diary available (in French) at www.omedit-fiches-cancer.fr

WHAT SIDE EFFECTS CAN OCCUR WITH ARIMIDEX® ANASTROZOLE?

Like all medicines, anastrozole may cause side effects, although not everybody gets them.

Side effects	Prevention
 Hair loss	Hair loss reversible on stopping treatment. Use a wide tooth comb or brush with soft natural bristles. Use a gentle shampoo, rinse your hair with warm water and air dry (or at low temperatures). Avoid blow drying, rollers, perms and hair dye, which could damage your hair.
 Rash	Use soap-free gel or a dermatological bar. Avoid hot water. Pat dry. Use moisturiser (cream or milk). Avoid sun exposure, particularly between noon and 4pm. Wear protective clothing, even under a parasol (UVA reflection). Use SPF 50+ sun cream, applied 30 minutes before exposure and reapplied every 2 hours.
 Digestive effects: diarrhoea, nausea, vomiting	Monitor your weight and remember to hydrate (1.5 to 2 L water per day). In case of diarrhoea , eat foods low in fibre (carbohydrates, carrots, bananas etc.). Avoid foods that can stimulate digestion (dairy products, raw fruit/vegetables, grains, fatty foods, spices). In case of nausea/vomiting , divide your meals into several small meals and eat slowly. Avoid fatty, fried or spicy foods, and foods that smell strongly. Avoid having an empty stomach (can worsen nausea). Drink between, rather than with, meals. Use your prescribed antiemetics if applicable.
 Joint pain, muscle pain and osteoporosis	Exercise regularly (suitable activities include walking and swimming). Warm up before exercising. Remember to hydrate before, during and after exerting yourself. Avoid repetitive movements and strenuous physical effort. Use a walking stick to support your joints. Eat foods rich in calcium and vitamin D (dairy products, oily fish, eggs, etc.)..
 Mood disorders	Loss of motivation, sadness, anxiety and trouble sleeping may be symptoms of depression. Get sufficient sleep and set regular times for getting up and going to bed. Rest during the day, while maintaining up to moderate levels of activity. Your doctor may suggest psychotherapy, sometimes associated with medicine.
 Hot flashes	Cool down with a mister; remember to hydrate. Wear cotton clothing; do not cover up too much. Avoid triggers (cigarettes, alcohol, spicy food, stress).
 Elevated cholesterol levels	Limit saturated fatty acids (e.g. cheese, cream, butter, fatty meat, cold meats). Eat more white fish, grains, carbohydrates, dairy products, fruit and vegetables. Steam or boil food. Exercise regularly.
 Headache, tiredness	Drink sufficient quantities (1.5 to 2 L water per day) and eat healthily, at regular intervals. Avoid using psychostimulants (e.g. coffee, tobacco, alcohol). Rest during the day, while maintaining up to moderate levels of activity. Establish a sleep schedule; avoid going to bed and getting up late. Take care when driving.

 Only the most common side effects are listed here. For more information, read the Patient Leaflet included with your medicine or ask your doctor or pharmacist.
You can also ask your [Regional Pharmacovigilance Centre](#) and report any side effects online: [signalement-sante-gouv-fr](#)



Remember to go for the lab tests prescribed by your doctor.

WHAT TO DO IF YOU EXPERIENCE SIDE EFFECTS

- Take the medicine prescribed to counteract the side effects, as prescribed.
- Follow the preventive measures.

Useful contacts:

Note:

Contact your doctor rapidly in case of:

- Severe skin reaction with ulcers or blisters
- Rapid unexpected weight gain
- Any persistent or worsening side effect

