



WHAT IS CASODEX[®] BICALUTAMIDE?

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




- Round white coated tablet, dosed at **50 mg**
- *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 blister packs or boxes, 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?	 <p>Swallow the tablets whole, with water, at the same time every day. Do not chew, cut, crush or dissolve them.</p>

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.











- You and your partner must use effective methods of contraception (condoms and another method) throughout treatment **and for 130 days after the last dose**.


Male fertility can be affected during treatment with bicalutamide.
Your doctor can tell you more about the possibility of sperm banking before starting treatment.


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

WHAT SIDE EFFECTS CAN OCCUR WITH CASODEX® BICALUTAMIDE?

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

Side effects	Prevention
 Palpitations	Reduce stimulants (tea, coffee, alcohol, tobacco). Get enough sleep on a regular schedule. Practice relaxation techniques (sophrology, yoga, tai chi). Measure your heart rate (heart rate monitor, smartwatch or manually); keep a record. Contact your doctor if you experience malaise, dizziness, difficulty breathing or chest pain.
 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, itching, dry skin	Use soap-free gel or a dermatological bar. Avoid hot water. Pat dry. Use moisturiser (cream or milk). Wear loose, light cotton clothing. Use detergent suitable for sensitive skin (no laundry softener). Drink 1.5 to 2 L water per day. 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: constipation, abdominal pain, nausea, vomiting, loss of appetite	Monitor your weight and remember to hydrate (1.5 to 2 L water per day). In case of constipation , eat foods rich in fibre (bran, grains, wholemeal bread, green vegetables, fruit and nuts) and exercise regularly. 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.
 Low red blood cells	Contact your doctor in case of paleness, shortness of breath on exertion or when resting, persistent tiredness, palpitations, dizziness or headaches.
 Hot flashes	Cool down with a mister; remember to hydrate. Wear cotton clothing; do not cover up too much. Avoid triggers (cigarettes, alcohol, hot or spicy food, stress).
 Tiredness, dizziness	Eat a balanced diet. Avoid using psychostimulants (e.g. coffee, tobacco, alcohol). Take care when driving. Rest during the day, while maintaining up to moderate levels of activity. Go to bed at a regular time and get sufficient sleep at night.
 Swelling of the face or limbs	Eat a diet low in salt. Avoid tight clothing. If your legs swell, raise your feet when sitting. Wear compression stockings; put them on when getting up in the morning. Weigh yourself regularly. Consult your doctor if this type of swelling occurs.

 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.

Contact your doctor rapidly in case of:

- Difficulty breathing, cough, fever
- Chest pain
- Itching, abdominal pain or dark urine
- Bloody urine
- Any persistent or worsening side effect



Useful contacts:

Note: