



WHAT IS FARESTON® TOREMIFENE?

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




- Round, white, coated tablet, dosed at **60 mg** with "TO 60" on one side



- Do not store above 25°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?		Swallow the tablets 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, including **grapefruit** and **St. John's Wort**, 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 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 FARESTON® TOREMIFENE?

Like all medicines, toremifene 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.
 Rashes, itching	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. In case of itching , apply cold compresses and moisturiser to the affected areas (do not use alcohol-based lotions). Keep your nails short (use a nail file rather than clippers).
 Nausea, vomiting, loss of appetite	Divide your meals into several small meals and eat slowly. Avoid fatty, fried or spicy foods, and foods that smell strongly. Drink sufficient quantities, particularly between meals (cold fizzy drinks can help reduce nausea). Avoid having an empty stomach (can worsen nausea). Wait 30 minutes after a meal before lying down. In case of vomiting, use your prescribed antiemetics.
 Hot flashes, sweating	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.
 Hot, red, painful arm or calf, associated with shortness of breath	Drink sufficient quantities, particularly in hot weather. Do activities that promote blood flow (walking, swimming). For long journeys (bus, plane, car), wear compression stocking or socks and walk for a few minutes at regular intervals. You may be prescribed antithrombotic drugs.
	<i>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</i>
	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:

Contact your doctor rapidly in case of:

- Swelling or pain in your calves
- Unexplained shortness of breath or sudden chest pain
- Vaginal bleeding or changes to vaginal discharge
- Any persistent or worsening side effect



Note: