



WHAT IS FARESTON® TORÉMIFÈNE?

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



Round, white tablets, dosed at **60 mg** and bearing « TO 60 » on one side .




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

HOW TO TAKE THIS MEDICINE?


To be filled with the
help of healthcare
professional**

Informed by

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

Dose per day mg	= tablet(s)
When ?h.....	1 take a day at fixed hour <u>During or away from meals</u>	
How ?		Swallow the tablets whole, with a glass of water, every day at the same moment of the day. Do not crunch, nor crush or dissolve the tablets.	

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 ; 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 hour, 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 hour, without doubling it. Please note it in your tracking book*.

INTERACTIONS WITH OTHER 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...) that you are using are compatible with your treatment. Some interactions may have an influence on the efficiency of your treatment or the outcome of side effects.



- This medicine is reserved for post-menopausal women.

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

WHAT SIDE EFFECTS MAY OCCUR WITH FARESTON® TORÉMIFÈNE ?

Like all medicines, Torémifène may bring about side effects, although you may not experience any.

Side effects

Prevention



Nauseas, vomitings

Eat slowly and make several small light meals. Avoid greasy, fried and spicy food. Rather drink between meals.



Rash, itchings

Use a mild, perfume-free soap and a hydrating agent (*cream or milk*). Avoid hot water. Dab your skin dry. Avoid exposure to the sun. Protect yourself (*protecting clothes, hat, sun cream >50*). Inform your doctor in case of skin trouble.



Fatigue, dizziness

Favour healthy food and remember to hydrate well. Respect moments of rest during the day, while remaining active even moderately. Be prudent if you have to drive.



Hot flush, sweating

Avoid triggering food such as caffeine, alcohol and chocolate, hot and spicy food, stress. Wear light clothes. Drink regularly.



Swelling of the face and limbs

Avoid tight clothes. Keep having low-salted food. In case of swelling of the legs, raise your feet when sitting and wear support stocking. Watch your weight regularly..



Hair loss

This alopecia is reversible as soon as the treatment stops. Use a wide-toothed comb and a soft hairbrush. Use a mild shampoo and rinse your hair in tepid water. Let them dry in the open air or at low temperature. Avoid blow-drying, hair setting, perm waves and 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, 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 :

- Swelling or pains in your calves
- Unexplained shortness of breath or sudden pain in the chest
- Vaginal bleedings or changes in the vaginal discharge
- Any persisting or worsening side effect.



Useful contacts:

Remarks :
