



WHAT IS FEMARA[®] LETROZOLE ?


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

- Round , dark yellow, layered tablet, dosed at 2,5 mg and bearing « FV » on one side and « CG » on the other
- *There exist generics in different shapes and colours*



- Store at a temperature not over 30°C, out of reach and dight 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 each handling of the tablets
- Do not throw away the oipened boxes, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE?

When ?h.....	= 1 take a day at fixed hour during or away from a meal
How ?		Swallow the tablet whole, with water, every day at the same moment of the day. Do not chew, nor cut, crush or dissolve the tablet.

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 DO IN CASE OF MISSING OR VOMITING?



- **In case of missing**, take the missed dose except if the usual time for the next dose comes in less than 3 hours (risk of overdose) ; if so, 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. Resume your treatment at the usual time, without doubling it . Pleasde note it in your tra cking 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...) and other-by-products that you are taking are compatible with your treatment. The molecules they contain, their measuring and consuming frequency may have an influence on your treatment and affect its efficiency.

This treatment must be used only for women whose endocrinous menopausal status is certified.


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

WHAT SIDE EFFECTS MAY OCCUR WITH FEMARA® LETROZOLE ?

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

Side effects	Prevention
 Skin dryness	Limit the frequency of showers or baths to 1 a day (maximum of 15minutes at 32°C). Use a perfume-free soap (gel or hypoallergenic soap). Dab your skin dry. Apply a hydrating agent (cream or milk). Favor light and roomy cotton clothes. Use a washing powder suited for sensitive skins (without softener). Drink 2 litres of water a day.
 Digestive trouble : constipation or diarrhea, abdominal pains, nausea, vomiting, loss of appetite	Remember to hydrate well (2litres of water a day) ; rather drink between meals. Watch over your weight. In case of constipation , favor food that is rich in fibers (<i>bran, cereals, wholemeal bread, green vegetables, fruit and dried fruit</i>) and take regular exercise. In case of diarrhea , favor food that is poor in fibers (<i>starchy food, carrots, bananas</i>). Avoid food that may speed up your intestinal transit (<i>dairy, raw fruit and vegetables, cereals, fat food, spices</i>). Have salted food. In case of nausea/vomiting , make several small light meals and eat slowly. Avoid greasy, fried and spicy food, as well as food whose smell may trigger nausea. Avoid staying on an empty stomach, for this intensifies nausea. In case of vomiting, use the antiemetic medicines prescribed.
 Pains in joints	Take regular and adapted physical exercise (walking, swimming). Use a stick to help you relieve the joints. Avoid repetitive gestures and strenuous physical effort..
 Pains in muscles	Remember to hydrate well before and after effort. Take regular and adapted physical exercise ; don't forget to warm up before.
 Increase of the cholesterol rate	Limit the consumption of fat, saturated food (<i>cheese, fresh cream, butter, fat meat, delicatessen</i>). Favor lean fish, cereals, starchy food, dairy, fruit and vegetables, as well as steamed cooking, boiled, cooked in water or grilled . Take regular and adapted physical exercise.
 Fatigue	Favor healthy feeding. Limit the use of psychostimulants such as coffee, tobacco and alcohol. Be prudent if you have to drive. Respect moments of rest during the day. Go to bed at regular time and see that you have a sufficient night's sleep .
 Headaches	Remember to hydrate well. Eat at regular time, do not skip a meal . Avoid tobacco and alcohol (they trigger headaches). Learn to manage your stress (relaxation, regular sport). Avoid late bed times and lie ins, and see that you have a sufficient night's sleep.
 Swelling of face and limbs.	Keep having low-salted food. Avoid tight clothes. In case of swelling of legs, raise your feet when sitting . Wear support socks/stockings, and put them on when rising, on rested legs. Watch over your weight regularly. In case of such swelling, see your doctor.

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, do not forget to make the biological test prescribed by your doctor.

WHAT TO DO IN CASE OF SIDE(S) 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 bleedings
- Fast and unexpected increase of weight
- Warm, red and painful arm or calf, associated with shortness of breath
- Any persisting or worsening side effect.



Useful contacts:

Remarks :
