



## WHAT IS AROMASINE® EXÉMESTANE ?

- Antihormonal drug used in the treatment of some breast cancers in post menopausal women.
- Prescribed and renewed by your doctor specialized in cancerology. Can be renewed by your family doctor.
- Available in city pharmacies on presentation of your prescription.

- Round, off white, layered tablet, dosed at **25 mg** bearing « 7663 » on one side.
- Generics in various forms and colours exist.



- Store it at a temperature not over 30°C, out of reach and sight of children.
- Do not get the tablets out of their 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 opened boxes, please bring them back to your pharmacist.


## HOW TO TAKE THIS MEDICINE?



To be filled with the help of healthcare\*\*

Informed on

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

<b>Dose per day</b>	..... mg	= ..... tablets
<b>When ?</b>	.....h.....	= <b>1 take a day, at fixed hour, after a meal</b>
<b>How ?</b>	 Swallow the tablet whole, with a glass of 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 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 treatment must only be used by women whose menopause is confirmed.**


\*Tracking book available on sites [www.omeditbretagne.fr](http://www.omeditbretagne.fr) or [www.omedit-paysdelaloire.fr](http://www.omedit-paysdelaloire.fr)


# WHAT SIDE EFFECTS MAY OCCUR WITH AROMASINE® EXÉMESTANE?

Like all medicines, Exémestane may have side effects, although you may not experience any.

Side effects	Prevention
 Nauseas, vomiting	Eat slowly and make several small light meals. Avoid greasy, fried and spicy food. Rather drink between meals.
 Constipation	Remember to hydrate well : at least 2 litres of water a day. Favor food that is rich in fibers ( green vegetables, fruit and dried fruit...) Take regular physical exercise.
 Diarrheas, abdominal pains	Remember to hydrate well : at least 2 litres of water a day. Favor food that is poor in fibers ( starchy food, carrots, bananas...). Avoid food that may speed up your intestinal transit (coffee, frozen drinks, dairy, alcohol, raw fruit and vegetables, cereals, fat food, spices...). Rather drink between meals . Watch your weight regularly.
 Skin eruption	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 and protect yourself if you have to (protecting clothes, hat, sun cream >50). Inform your doctor in case of skin trouble.
 Hair loss	This alopecia is reversible as soon as the treatment stops. Use a large comb and a soft hairbrush. Use a mild shampoo, rinse your hair in tepid water and let it dry in the open air or at a low temperature. Avoid weakening your hair with blow-drying, hair setting, perms and dyeing.
 Pains in joints and muscles	Remember to hydrate frequently. Take moments of rest and take light exercise (walking). Avoid repeating the same movements and strenuous effort. In case of important pains, contact your doctor to set up a symptomatic treatment.
 Swelling of limbs (oedemas)	Avoid tight clothes. Favor low-salted food. In case of swelling of the legs, raise your feet when sitting and wear support stockings. Watch your weight regularly.
 Fatigue, headache	Favor healthy food and remember to hydrate well. Respect moments of rest during the day while remaining active, even moderately. In case of important pains, contact your doctor to set up a symptomatic treatment. Be prudent if you have to drive.
 Hot flush	Avoid triggering elements such as caffeine, alcohol and chocolate, hot and spicy food and stress. Drink regularly.

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](http://signalement-sante.gouv.fr)

 In all cases, do not forget to make the biological tests prescribed by your doctor.

## WHAT TO DO IN CASE OF SIDE EFFECTS ?

- Take the medication prescribed for side effects in accordance with the doses.
- Respect measures of prevention.

**Useful contacts:**

**Promptly contact your doctor in case of :**

- Vaginal or uterine bleedings.
- Fast and unexpected weight increase
- Any persisting or worsening side effect



**Remarks :**

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