

Elacestrant (Orserdu)

About This Medicine

Elacestrant is used to treat cancer. It is given orally (by mouth).

Possible Side Effects

- Decrease in red blood cells. This may make you feel more tired.
- Nausea and vomiting (throwing up)
- Diarrhea (loose bowel movements)
- Constipation (not able to move bowels)
- Pain in your abdomen
- Indigestion
- Tiredness
- Changes in your liver function
- Increase in your cholesterol level
- Increase in your triglyceride levels
- Decreased level of sodium in your blood
- Decreased appetite (decreased hunger)
- Muscle and bone pain
- Headache
- Changes in your kidney function
- Hot flashes or sudden skin flushing may happen. You may also feel warm or red.

Note: Each of the side effects above was reported in 10% or greater of patients treated with elacestrant. All possible side effects are not included. Your side effects may be different depending on your cancer diagnosis, condition, or if you are receiving other medicines in combination. Please discuss any concerns or questions with your medical team.

Warnings and Precautions

- Severe increase in your cholesterol and triglyceride levels

Note: The side effect above is very rare. If you have concerns and/or questions, please discuss this with your medical team.

How to Take Your Medicine

- Swallow the medicine whole with food, at approximately the same time each day. Do not chew, crush, or split it. Taking this medicine with food may help with nausea and vomiting.
- Do not take any tablets that are broken, cracked or look damaged.
- **Missed dose:** If you miss a dose by less than 6 hours, take the missed dose right away and go back to your normal schedule. If you miss a dose by more than 6 hours, then skip the missed dose and go back to your normal schedule. Do not replace a vomited dose.
- **Handling:** Wash your hands with soap and water, before and after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- Cytotoxic medicines leave the body through urine and stool, but they can also be present in other body fluids such as blood, vomit, semen, and vaginal fluids. Take precautions to prevent others from coming in contact with your medicine or your body fluids. Follow safety precautions during your treatment and for as long as directed by your health care provider after your treatment. If you take a cytotoxic pill each day, follow these precautions every day.
- **Storage:** Store this medicine in the original container at room temperature.
- **Disposal of unused medicine:** Do not flush any expired and/or unused medicine down the toilet or drain unless you are specifically instructed to do so on the medicine label. Some facilities have take-back programs and/or other options. If you do not have a take-back program in your area, then please discuss with your nurse or your doctor how to dispose of unused medicine.

Treating Side Effects

- Manage tiredness by pacing your activities for the day.
- Be sure to include periods of rest between energy-draining activities.
- Get regular exercise, with your doctor's approval. If you feel too tired to exercise vigorously, try taking a short walk.
- Drink enough fluids to keep your urine pale yellow.
- If you throw up or have diarrhea, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).
- To help with nausea and vomiting, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- If you have diarrhea, eat low-fiber foods that are high in protein and calories and avoid foods that can irritate your digestive tracts or lead to cramping.
- If you are not able to move your bowels, check with your doctor or nurse before you use enemas, laxatives, or suppositories.
- Ask your doctor or nurse about medicines that are available to help stop or lessen diarrhea and/or constipation.
- To help with decreased appetite, eat small, frequent meals. Eat foods high in calories and protein, such as meat, poultry, fish, dry beans, tofu, eggs, nuts, milk, yogurt, cheese, ice cream, pudding, and nutritional supplements.



- Consider using sauces and spices to increase taste. Daily exercise, with your doctor's approval, may increase your appetite.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.

Food and Medicine Interactions

- This medicine may interact with grapefruit and grapefruit juice. Talk to your doctor as this could make side effects worse.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) you are taking before starting this medicine as there are known medicine interactions with elacestrant. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.
- This medicine may interact with St. John's Wort and may lower the levels of the medicine in your body, which can make it less effective.

When to Call the Doctor

Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Headache that does not go away
- Tiredness and/or extreme weakness that interferes with your daily activities
- Feeling dizzy or lightheaded
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- No bowel movement in 3 days or when you feel uncomfortable
- Pain in your abdomen that does not go away
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- Signs of severe low sodium levels: confusion, agitation, feeling that your heart is beating fast, passing out, seizure and/or coma
- Signs of possible liver problems: dark urine, pale bowel movements, pain in your abdomen, feeling very tired and weak, unusual itching, or yellowing of the eyes or skin
- Pain that does not go away, or is not relieved by prescribed medicines
- Decreased or very dark urine
- If you think you may be pregnant or may have impregnated your partner

Reproduction Warnings

- **Pregnancy warning:** This medicine can have harmful effects on the unborn baby. Women of childbearing potential should use effective methods of birth control during your cancer treatment and for 1 week after stopping treatment. Men with female partners of childbearing potential



should use effective methods of birth control during your cancer treatment and for 1 week after stopping treatment. Let your doctor know right away if you think you may be pregnant or may have impregnated your partner.

- **Breastfeeding warning:** Women should not breastfeed during treatment and for 1 week after stopping treatment because this medicine could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** In men and women both, this medicine may affect your ability to have children in the future. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm or egg banking.

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