

Elacestrant (Orserdu)

About This Medicine

ELACESTRANT (EL a KES trant) treats breast cancer. It works by blocking the hormone estrogen in breast tissue, which prevents breast cancer cells from spreading or growing. It is given orally (by mouth).

This medicine may be used for other purposes; ask your care team if you have questions.

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 people 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 care 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 care 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.
- **Overdosage:** If you think you have taken too much of this medicine contact a poison control center or emergency room at once.
- **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.
- This medicine may be present in the urine, stool and 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 care team after your treatment. If you take a pill each day, follow these precautions every day.
- **Storage:** Store this medicine in the original container at room temperature. Keep out of the reach of children and pets.
- **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 care team 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 care team'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 care team 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 care team before you use enemas, laxatives, or suppositories.



- Ask your care team 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 care team's approval, may increase your appetite.
- Keeping your pain under control is important to your well-being. Please tell your care team if you are experiencing pain.

Food and Medicine Interactions

- This medicine may interact with grapefruit and grapefruit juice. Talk to your care team as this could make side effects worse.
- Check with your care team 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 care team 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 Your Care Team

Call your care team 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 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

Reproduction Warnings



- **Pregnancy warning:** This medicine can cause serious birth defects. If you can become pregnant, use birth control while taking this medicine and for 1 week after the last dose. If you can get your partner pregnant, use birth control while taking this medicine and for 1 week after the last dose. Tell your care team right away if you think you might be pregnant or think your partner might be pregnant.
- **Breastfeeding warning:** Do not breastfeed while taking this medicine and for 1 week after the last dose.
- **Fertility warning:** This medicine may affect your ability to have children in the future. If you plan to have children, talk with your care team

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