

Estradiol

About This Medicine

Estradiol is used to treat or prevent symptoms of menopause, hormonal imbalances, and some types of cancer. It is given orally (by mouth).

Possible Side Effects

- Abdominal cramps, bloating (distention)
- Nausea and vomiting (throwing up)
- Changes in your liver function
- Increase in your triglyceride levels
- Changes in your thyroid function
- Blood sugar levels may change
- Swelling in your legs, ankles and/or feet
- Breast tenderness or pain
- Enlargement of uterine fibroids
- Menstrual bleeding may become irregular
- Vaginal yeast infection
- Headache
- Darkening of the skin, or changes to the color of your skin
- Rash, itching
- Hair loss. Hair loss is often temporary, although with certain medicine, hair loss can sometimes be permanent. Hair loss may happen suddenly or gradually. If you lose hair, you may lose it from your head, face, armpits, pubic area, chest, and/or legs. You may also notice your hair getting thin.
- High blood pressure

Note: 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

- This medicine may raise your risk of getting a second cancer, such as uterine, breast and/or ovarian cancer.



- Blood clots and events such as stroke and heart attack. A blood clot in your leg may cause your leg to swell, appear red and warm, and/or cause pain. A blood clot in your lungs may cause trouble breathing, pain when breathing, and/or chest pain.
- Inflammation (swelling) of the gallbladder. Possible signs are nausea/vomiting, fever, tenderness in the right side of the abdomen.
- Risk of dementia
- Blurred vision or other changes in eyesight
- Increase level of calcium in the blood

Note: Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team

Important Information

- Tell your doctor before taking this medicine if you have an allergy to FDandC Yellow No.5 (tartrazine) or aspirin. Estradiol tablets contain FDandC Yellow No.5 which may cause allergic-type reactions in certain people, especially people who also have an allergy to aspirin.

How to Take Your Medicine

- Take as prescribed by your doctor.
- **Missed dose:** If you miss or vomit a dose, contact your doctor for instructions. Do not take 2 doses at the same time or extra doses.
- **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. Protect from light.
- **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

- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.
- Drink enough fluids to keep your urine pale yellow.
- If you throw up, 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.
- To help with bloating, avoid gas-producing foods, such as brussels sprouts, cabbage, cauliflower, carrots, prunes, and apricots.
- If you get a rash do not put anything on it unless your doctor or nurse says you may. Keep the area around the rash clean and dry. Ask your doctor for medicine if your rash bothers you.
- Avoid sun exposure and apply sunscreen routinely when outdoors.
- To help with itching, moisturize your skin several times a day.
- If you have diabetes, keep good control of your blood sugar level. Tell your nurse or your doctor if your glucose levels are higher or lower than normal.
- To help with hair loss, wash with a mild shampoo and avoid washing your hair every day. Avoid coloring your hair.
- Avoid rubbing your scalp, pat your hair or scalp dry.
- Limit your use of hair spray, electric curlers, blow dryers, and curling irons.
- If you are interested in getting a wig, talk to your nurse and they can help you get in touch with programs in your local area.

Food and Medicine Interactions

- There are no known interactions of estradiol with food.
- 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 estradiol. 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.

When to Call the Doctor

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

- Fever of 100.4° F (38° C) or higher
- A headache that does not go away
- Blurred vision or other changes in eyesight
- Wheezing and/or trouble breathing
- Symptoms of a stroke such as sudden numbness or weakness of your face, arm, or leg, mostly on one side of your body; sudden confusion, trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden trouble walking, feeling dizzy, loss of balance or coordination; or sudden, bad headache with no known cause. **If you have any of these symptoms for 2 minutes, call 911.**
- Chest pain or symptoms of a heart attack. Most heart attacks involve pain in the center of the chest that lasts more than a few minutes. The pain may go away and come back or it can be constant. It can feel like pressure, squeezing, fullness, or pain. Sometimes pain is felt in one or both arms, the back, neck, jaw, or stomach. **If any of these symptoms last 2 minutes, call 911.**



- Pain in your abdomen that does not go away or pain in the right side of your abdomen
- Excessive gas or pain in your abdomen that does not go away
- Uncomfortable bloating in your abdomen that does not go away
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Abnormal blood sugar
- Unusual thirst, passing urine often, headache, sweating, shakiness, irritability, rapid and deep breathing
- Your leg is swollen, red, warm and/or painful
- Unexplained weight gain or weight gain of 5 pounds in one week (fluid retention)
- Swelling in your legs, ankles, and/or feet
- Signs of allergic reaction: swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, call 911 for emergency care.**
- 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
- Irregular menstrual bleeding, or abnormal vaginal bleeding (post menopause)
- Breast lumps or tenderness
- Breast pain and/or nipple discharge
- 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
- Signs of high calcium: Increased thirst, increased urine, pain in your abdomen, nausea and/or vomiting, muscle pain, twitching, or weakness.
- Signs of low thyroid function: tiredness, unexplained weight gain, hair loss, dry skin, constipation, increased sensitivity to cold
- New rash and or itching or a rash that is not relieved by prescribed medicines
- If you think you may be pregnant

Reproduction Warnings

- **Pregnancy warning:** This medicine may have harmful effects on the unborn baby. Women of childbearing potential should use effective methods of birth control during your treatment. Estradiol should not be used in pregnant women. Let your doctor know right away if you think you may be pregnant.
- **Breastfeeding warning:** Women should not breastfeed during treatment because this medicine could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** Fertility studies have not been done with this medicine. Talk with your doctor or nurse if you plan to have children.

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