

Estramustine (Emcyt)

About This Medicine

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

Possible Side Effects

- Nausea
- Indigestion
- Diarrhea (loose bowel movements)
- Swelling of the hands, feet, or any other part of the body
- Breast pain and swelling
- Changes in your liver function
- Trouble breathing

Note: Each of the side effects above was reported in 10% or greater of patients treated with toripalimab-tpzi. 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

- Risk of blood clots and events such as stroke and heart attack, which can be life-threatening. 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.
- If you already have congestive heart failure, this medicine may worsen your condition. You may be short of breath. Your arms, hands, legs, and feet may swell.
- Blood sugar levels may change.
- High blood pressure
- Impotence (erectile dysfunction)
- Electrolyte levels may change, especially calcium and phosphate
- Allergic reactions, including anaphylaxis, are rare but may happen in some patients. Signs of allergic reaction to this medicine may be 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, do not take another dose of this medicine. You should get urgent medical treatment.**

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

How to Take Your Medication

- Swallow the medicine with water, at least 1 hour before you eat or 2 hours after you eat.
- **Missed dose:** If you vomit or miss a dose, contact your doctor for further 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 in the refrigerator at 36° to 46° F (2° to 8°C).
- **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 medication label. Some facilities have unused medication 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

- Drink enough fluids to keep your urine pale yellow.
- To help with nausea, 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 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).
- 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. Ask your nurse or doctor about medicine that can lessen or stop diarrhea.
- 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.
- 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



- Avoid taking milk, milk products and calcium-rich foods or drugs (such as antacids with calcium) while taking estramustine as this may lower the levels of the drug in your body, which can make it less effective.
- 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 estramustine. 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:

- A headache that does not go away
- Blurry vision or other changes in eyesight
- 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.**
- Symptoms of a stroke such as sudden numbness or weakness of your face, arm, or leg, especially 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.**
- 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
- Wheezing and/or trouble breathing
- Your leg is swollen, red, warm, and/or painful
- Swelling of the hands, feet, or any other part of the body
- Feeling that your heart is beating fast or in a not normal way (palpitations)
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- Pain in your abdomen that does not go away
- Weight gain of 5 pounds in one week (fluid retention)
- Pain that does not go away or is not relieved by prescribed medicine
- Breast tenderness
- Abnormal blood sugar
- Signs of an 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.**
- If you think you may have impregnated your partner

Reproduction Warnings



- **Pregnancy warning:** This medicine may have harmful effects on the unborn baby. Estramustine is not indicated for use in women. Men with female partners of childbearing potential should use effective methods of birth control during your cancer treatment. Do not assume you cannot impregnate your partner if you have been impotent in the past as reports of men regaining potency while on treatment have been reported. Let your doctor know right away if you think you may have impregnated your partner.
- **Breastfeeding warning:** It is not known if this medicine passes into breast milk. Estramustine is not indicated for use in women.
- **Fertility warning:** Fertility studies have not been done with this medicine. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm banking.

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