

Exemestane (Aromasin)

About This Medicine

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

Possible Side Effects

- Nausea
- Hot flashes or sudden skin flushing may happen. You may also feel warm or red.
- Tiredness
- Trouble sleeping
- Pain in the joints
- Headache
- Increased sweating

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

- Decrease in your bone mass, which may put you at risk of bone fractures. Your doctor may monitor your bone mineral density. Your doctor may do blood tests to check your vitamin D level before starting treatment.

How to Take Your Medicine

- Swallow the medicine whole after a meal.
- **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 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

- 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.
- Manage tiredness by pacing your activities for the day. Be sure to include periods of rest between energy-draining activities.
- 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

- There are no known interactions of exemestane with food, however this medicine should be taken after a meal.
- 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 exemestane. 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.
- Avoid the use of St. John's Wort while taking exemestane as this may lower the levels of exemestane in your body, which can make it less effective.
- Avoid the use of estrogen containing products while taking exemestane.

When to Call the Doctor

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

- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Tiredness that interferes with your daily activities
- Trouble falling or staying asleep
- Pain that does not go away, or is not relieved by prescribed medicines
- Headache that does not go away



- 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 cancer treatment and for 1 month after stopping treatment. Let your doctor know right away if you think you may be pregnant.
- **Breastfeeding warning:** Women should not breastfeed during treatment and for 1 month after stopping treatment because this medicine could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** In women and men, 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 egg and sperm banking.

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