

Letrozole (Femara)

About This Medicine

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

Possible Side Effects

- Hot flashes or sudden skin flushing may happen. You may also feel warm or red.
- Joint, muscle and bone pain
- Headache
- Weakness
- Swelling of the hands, feet, or any other part of the body
- Feeling dizzy
- Increase in your cholesterol level
- Increased sweating

Note: Each of the side effects above was reported in greater than 20% of patients treated with letrozole. 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.

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

- This medicine may impair your ability to drive or use machinery. Use caution and talk to your doctor and/or nurse about any precautions you may need to take.

How to Take Your Medicine

- Swallow the medicine whole with or without food.
- **Missed doses:** 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

- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.
- Get regular exercise, with your doctor's approval. If you feel too tired to exercise vigorously, try taking a short walk.
- If you are dizzy, get up slowly after sitting or lying.

Food and Medicine Interactions

- There are no known interactions of letrozole with food.
- This medicine may interact with other medicines. Tell your doctor and pharmacist about all the prescription and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) that you are taking at this time. 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:

- Headache that does not go away
- Feeling dizzy or lightheaded
- Pain that does not go away or is not relieved by prescribed medicines.
- Weight gain of 5 pounds in one week (fluid retention)
- Extreme weakness that interferes with normal activities



- Swelling of the hands, feet, or any other part of the body
- 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 at least 3 weeks 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 at least 3 weeks 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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