

## Raloxifene (Evista)

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### About This Medicine

RALOXIFENE (ral OX i feen) prevents and treats osteoporosis after menopause. It works by making your bones stronger and less likely to break (fracture). It may also be used to lower the risk of breast cancer in people with osteoporosis or who are at high risk of breast cancer after menopause. 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

- Hot flashes or sudden skin flushing may happen. You may also feel warm or red.
- Increased sweating
- Flu-like symptoms: fever, headache, muscle and joint aches, and fatigue
- Pain in the joints
- Leg cramps
- Swelling in your legs, ankles, and/or feet

**Note:** Each of the side effects above was reported in greater than 2% of people treated with raloxifene. 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

- 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.
- Risk of stroke which can be life-threatening. 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.**

- Increase in your triglyceride levels if you have a history of high triglyceride levels.

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

## Important Information

- You may need to hold raloxifene for at least 72 hours prior to and during long periods of restricted movements such as bed rest, post-surgery recovery, or long-distance travel, due to the risk of blood clots. Talk to your care team for precautions you may need to take.
- You should not smoke while taking this medicine. Smoking may increase your risk of blood clots or stroke.
- Calcium and vitamin D supplementation are sometimes recommended. Talk to your care team for dietary instructions.

## How to Take Your Medicine

- Swallow the medicine whole with or without food.
- **Missed dose:** If you miss or vomit a dose, contact your care team for further instructions. Do not take 2 doses at the same time or extra doses.
- **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

- Drink enough fluids to keep your urine pale yellow.
- 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

- There are no known interactions of raloxifene with food.



- 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 raloxifene. 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.
- There are known interactions of raloxifene with blood thinning medicine such as warfarin. Ask your care team what precautions you should take.
- Avoid the use of estrogen-containing products while taking raloxifene.

## When to Call Your Care Team

Call your care team if you have any of these symptoms and/or any new or unusual symptoms:

- Wheezing and/or trouble breathing
- 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. 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, 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.**
- Flu-like symptoms: fever, headache, muscle and joint aches, and fatigue
- Pain that does not go away, or is not relieved by prescribed medicines
- Weight gain of 5 pounds in one week (fluid retention)
- Swelling in your legs, ankles, and/or feet
- Your leg is swollen, red, warm and/or painful
- Breast changes
- Changes in monthly vaginal bleeding or abnormal bleeding

## Reproduction Warnings

- **Pregnancy warning:** Talk with your care team if you are pregnant or planning to become pregnant while taking this medicine. Tell your care team right away if you think you might be pregnant.
- **Breastfeeding warning:** Talk with your care team about breastfeeding during treatment. You may need to stop breastfeeding.
- **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.

Revised January 2026

