

## Raloxifene (Evista)

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### About This Medicine

Raloxifene is used to treat and prevent osteoporosis and to decrease the risk of invasive breast cancer in women at high risk. It is given orally (by mouth).

### 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 patients 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 medical 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.
- 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 medical 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 doctor and/or nurse for precautions you may need to take.
- Calcium and vitamin D supplementation are sometimes recommended. Talk to your doctor and/or nurse 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 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.
- **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.
- 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 raloxifene 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 raloxifene. 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.
- There are known interactions of raloxifene with blood thinning medicine such as warfarin. Ask your doctor what precautions you should take.
- Avoid the use of estrogen-containing products while taking raloxifene.

## When to Call the Doctor

Call your doctor or nurse 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
- If you think you may be pregnant

## Reproduction Warnings

- **Pregnancy warning:** This medicine may have harmful effects on the unborn baby. Raloxifene is not indicated for use in women of childbearing potential. Let your doctor know right away if you think you may be pregnant.
- **Breastfeeding warning:** It is not known if this medicine passes into breast milk. Raloxifene is not indicated for use in breastfeeding 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 or egg banking.

Revised November 2023

