

## Tamoxifen

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### About This Medicine

TAMOXIFEN (ta MOX i fen) prevents and treats breast cancer. 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.
- Nausea
- Swelling of the hands, feet, or any other part of the body
- Vaginal discharge and/or bleeding
- Changes in mood
- Menstrual bleeding may become irregular or stop while you are getting this medicine. Do not assume that you cannot become pregnant if you do not have a menstrual period.

**Note:** 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, 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.
- Effects on the eye including clouding of the lens in your eye. This medicine may make cataracts worse or may raise the chance of new cataracts.
- This medicine may raise your risk of getting a second cancer, such as endometrial cancer, liver cancer, and uterine sarcoma.
- Non-cancerous changes to the lining of the uterus
- Increased level of calcium in your blood
- Changes in your liver function, which can cause liver failure and be life-threatening

- Severe bone marrow suppression. This is a decrease in the number of white blood cells, red blood cells, and platelets. This may raise your risk of infection, make you tired and weak, and raise your risk of bleeding.

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

## How to Take Your Medicine

- **For tablets and oral solution:** Take as prescribed by your care team.
- **Missed dose:** If you miss a dose, contact your care team for instructions. Do not take 2 doses at the same time and do not double up on the next dose.
- **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: For tablets only:** Store this medicine in the original container at room temperature. Protect from light. Keep out of the reach of children and pets.
- **For oral solution only:** Store this medicine in the original container at room temperature. Do not freeze or refrigerate. Protect from light. Throw away any unused medicine after 3 months of first opening the bottle. 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.
- 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 care team 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.
- To decrease the risk of infection, wash your hands regularly.
- Avoid close contact with people who have a cold, the flu, or other infections.
- Take your temperature as your care team tells you, and whenever you feel like you may have a fever.
- To decrease the risk of bleeding, use a soft toothbrush. Check with your care team before using dental floss.



- Be very careful when using knives or tools.
- Use an electric shaver instead of a razor.

## Food and Medicine Interactions

- There are no known interactions of tamoxifen 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 tamoxifen. 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 tamoxifen with blood thinning medicine such as warfarin. Ask your care team what precautions you should take.
- This medicine may interact with St. John's Wort and may lower the levels of the medicine in your body, which can make it less effective.

## When to Call Your Care Team

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

- Fever of 100.4° F (38° C) or higher
- Chills
- Tiredness that interferes with your daily activities
- Feeling dizzy or lightheaded
- Blurred vision or other changes in eyesight
- Easy bleeding or bruising
- 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.**
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Pain or pressure in lower abdomen
- Weight gain of 5 pounds in one week (fluid retention)
- Swelling of the hands, feet, or any other part of the body
- Your leg is swollen, red, warm and/or painful
- Feel irritable, nervous, or restless



- Feeling abnormally well
- Lose interest in your daily activities that you used to enjoy and feel this way every day, and/or you feel hopelessness.
- 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
- Signs of high calcium: increased thirst, increased urine, pain in your abdomen, nausea and/or vomiting (throwing up), muscle pain, twitching, or weakness.
- Changes in monthly vaginal bleeding or abnormal bleeding, and/or discharge

## Reproduction Warnings

- **Pregnancy warning:** This medicine can cause serious birth defects. If you can become pregnant, use non-hormonal birth control while taking this medicine and for 2 months after the last dose. Let your care team right away if you think you might be pregnant.
- Menstrual bleeding may become irregular or stop while you are getting this medicine. Do not assume that you cannot become pregnant if you do not have a menstrual period.
- **Breastfeeding warning:** Do not breastfeed while taking this medicine and for 3 months after the last dose. Please refer to the prescribing information of the specific formulation you are taking for more specific information.
- **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.

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