

## Toremifene (Fareston)

---

### About This Drug

Toremifene 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.
- Increased sweating
- Nausea
- Vaginal discharge

**Note:** Each of the side effects above was reported in 10% or greater of patients treated with toremifene. 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 drugs in combination. Please discuss any concerns or questions with your medical team.

### Warnings and Precautions

- Abnormal electrocardiogram (EKG/ECG)
- Changes in your liver function
- Tumor flare phenomenon. During the first few weeks, typical signs and symptoms of your cancer may worsen. You also may have an increase in muscle or bone pain and increased level of calcium in your blood.
- This drug may raise your risk of getting a second cancer, such as uterine cancer.
- Decrease in the number of white blood cells and platelets. This may raise your risk of infection 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 medical team.

### How to Take Your Medication

- Swallow the medicine whole with or without food.
- **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 after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- This drug may be present in the saliva, tears, sweat, urine, stool, vomit, semen, and vaginal secretions. Talk to your doctor and/or your nurse about the necessary precautions to take during this time.
- **Storage:** Store this medicine in the original container at room temperature. Protect from heat and light.
- **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 medication 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 plenty of fluids (a minimum of eight glasses per day is recommended).
- 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.
- 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 doctor or nurse tells you, and whenever you feel like you may have a fever.
- To help decrease the risk of bleeding, use a soft toothbrush. Check with your nurse before using dental floss.
- Be very careful when using knives or tools.
- Use an electric shaver instead of a razor.

## Food and Drug Interactions

- Avoid grapefruit or grapefruit juice while taking this medicine as it may raise the levels of toremifene in your body which could make side effects worse.
- 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 drug interactions with toremifene. 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 toremifene as this may lower the levels of the drug in your body, which can make it less effective.

## When to Call the Doctor

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

- Fever of 100.4° F (38° C) or higher



- Chills
- Easy bleeding or bruising
- Feeling dizzy or lightheaded
- Feeling that your heart is beating in a fast or not normal way (palpitations)
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Vaginal bleeding and/or discharge
- Pelvic pain or pressure
- 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
- Muscle and bone pain
- Signs of high calcium: increased thirst, increased urine, pain in your abdomen, nausea and/or vomiting (throwing up), muscle pain, twitching, or weakness.
- If you think you may be pregnant

## Reproduction Warnings

- **Pregnancy warning:** This drug can have harmful effects on the unborn baby. Toremifene is indicated only in postmenopausal women. Women of childbearing potential should use effective methods of birth control during your cancer treatment. Premenopausal women should use nonhormonal contraception during treatment. Let your doctor know right away if you think you may be pregnant
- **Breastfeeding warning:** It is not known if this drug passes into breast milk. Toremifene is indicated only in postmenopausal women. Women should talk to their doctor about the risks and benefits of breastfeeding during treatment with this drug because this drug may enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** Fertility studies have not been done with this drug. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm or egg banking.

Revised July 2023

