

Exemestane (Aromasin)

About This Medicine

EXEMESTANE (ex e MES tane) treats breast cancer in post-menopausal women. It works by decreasing the amount of estrogen hormone your body makes, which slows or stops breast cancer cells from spreading or growing. It is given orally (by mouth).

This medicine may be used for other purposes; ask your health care provider or pharmacist if you have questions.

Possible Side Effects

- Nausea
- Hot flashes or sudden skin flushing may happen. You may also feel warm or red.
- Tiredness
- Trouble sleeping
- Pain in the joints
- Headache
- Increased sweating

Note: Each of the side effects above was reported in 10% or greater of people treated with exemestane. 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

- Decrease in your bone mass, which may put you at risk of bone fractures. Your care team may monitor your bone mineral density. Your care team may do blood tests to check your vitamin D level before starting treatment.

How to Take Your Medicine

- Swallow the medicine whole after a meal.
- **Missed dose:** If you vomit or miss 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.
- If you throw up or have diarrhea, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).
- 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.
- 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 exemestane with food, however this medicine should be taken after a meal.
- 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 exemestane. 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.
- Avoid the use of St. John's Wort while taking exemestane as this may lower the levels of exemestane in your body, which can make it less effective.
- Avoid the use of estrogen containing products while taking exemestane.

When to Call Your Care Team

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



- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Tiredness that interferes with your daily activities
- Trouble falling or staying asleep
- Pain that does not go away, or is not relieved by prescribed medicines
- Headache that does not go away

Reproduction Warnings

- **Pregnancy warning:** This medicine can cause serious birth defects. If you can become pregnant, use birth control while taking this medicine and for 1 month after the last dose. Tell your care team right away if you think you might be pregnant.
- **Breastfeeding warning:** Do not breastfeed while taking this medicine and for 1 month after the last dose.
- **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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