

## Estradiol

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### About This Medicine

ESTRADIOL (es tra DYE ole) reduces the number and severity of hot flashes due to menopause. It may also help relieve the symptoms of menopause, such as vaginal irritation, dryness, or pain during sex. It can be used to prevent osteoporosis after menopause. It is also used to reduce the symptoms of late-stage breast or prostate cancer. It works by increasing levels of the hormone estrogen in the body. This medication is an estrogen hormone. 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

- Abdominal cramps, bloating (distention)
- Nausea and vomiting (throwing up)
- Changes in your liver function
- Blood sugar levels may change
- Swelling in your legs, ankles and/or feet
- Breast tenderness or pain
- Enlargement of uterine fibroids
- Menstrual bleeding may become irregular
- Vaginal yeast infection
- Headache
- Darkening of the skin, or changes to the color of your skin
- Hair loss. Hair loss is often temporary, although with certain medicine, hair loss can sometimes be permanent. Hair loss may happen suddenly or gradually. If you lose hair, you may lose it from your head, face, armpits, pubic area, chest, and/or legs. You may also notice your hair getting thin.
- High blood pressure

**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



- This medicine may raise your risk of getting a second cancer, such as uterine, breast and/or ovarian cancer.
- 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.
- Inflammation (swelling) of the gallbladder. Possible signs are nausea/vomiting, fever, tenderness in the right side of the abdomen.
- Risk of dementia
- Blurred vision or other changes in eyesight
- Increase level of calcium in the blood
- Increase in your triglyceride levels
- Changes in your thyroid function

**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

- Take as prescribed by your care team.
- **Missed dose:** If you miss or vomit a dose, contact your care team for 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.
- 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.
- **Overdosage:** If you think you have taken too much of this medicine contact a poison control center or emergency room at once.
- **Storage:** Store this medicine in the original container at room temperature. Protect from light. 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

- Keeping your pain under control is important to your well-being. Please tell your care team if you are experiencing pain.
- Drink enough fluids to keep your urine pale yellow.
- If you throw up, 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.
- To help with bloating, avoid gas-producing foods, such as brussels sprouts, cabbage, cauliflower, carrots, prunes, and apricots.
- If you have diabetes, keep good control of your blood sugar level. Tell your care team if your glucose levels are higher or lower than normal.
- To help with hair loss, wash with a mild shampoo and avoid washing your hair every day. Avoid coloring your hair.
- Avoid rubbing your scalp, pat your hair or scalp dry.
- Limit your use of hair spray, electric curlers, blow dryers, and curling irons.
- If you are interested in getting a wig, talk to your care team and they can help you get in touch with programs in your local area.

## Food and Medicine Interactions

- There are no known interactions of estradiol 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 estradiol. 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.

## 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
- A headache that does not go away
- Blurred vision or other changes in eyesight
- Wheezing and/or trouble breathing
- 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.**
- 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 or it can be constant. 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.**
- Pain in your abdomen that does not go away or pain in the right side of your abdomen
- Excessive gas or pain in your abdomen that does not go away
- Uncomfortable bloating in your abdomen that does not go away
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines



- Throwing up more than 3 times a day
- Abnormal blood sugar
- Unusual thirst, passing urine often, headache, sweating, shakiness, irritability, rapid and deep breathing
- Your leg is swollen, red, warm and/or painful
- Unexplained weight gain or weight gain of 5 pounds in one week (fluid retention)
- Swelling in your legs, ankles, and/or feet
- Signs of allergic reaction: swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, call 911 for emergency care.**
- 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
- Irregular menstrual bleeding, or abnormal vaginal bleeding (post menopause)
- Breast lumps or tenderness
- Breast pain and/or nipple discharge
- 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, muscle pain, twitching, or weakness.
- Signs of low thyroid function: tiredness, unexplained weight gain, hair loss, dry skin, constipation, increased sensitivity to cold

## Reproduction Warnings

- **Pregnancy warning:** This medicine may cause serious birth defects. If you can become pregnant, use birth control while taking this medicine. If you are pregnant, you should not use this medicine. Tell your care team right away if you think you might be pregnant.
- **Breastfeeding warning:** Do not breastfeed while taking this medicine.
- **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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