How this drug is given: By mouth

Purpose: This drug is used to prevent breast cancer and prevent osteoporosis

How to take the drug

- Take with or without food.
- If you miss a dose, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not double your dose.
- Take each dose at the same time every day.
- Wash hands after taking the medication. Avoid handling crushed or broken tablets.

Storage

- Store this medicine at room temperature, away from heat and moisture. Keep this medicine in its original container, out of the reach of children and pets.

Things that may occur during treatment

1. Hot flashes and/or sweats are common. As your body adjusts to the drug, these may not bother you as much. Caffeine, spicy food, alcohol and stress may cause these to get worse. Mild exercise may help.

2. Your body may not be able to get rid of extra fluid. This is called edema. You may notice some swelling in your arms or legs.

3. You may get a headache. Please talk to your doctor or nurse about what you can take for this.

4. Leg cramping may occur. Stretching before bed and drinking plenty of fluids may help.

5. You are at an increased risk of blood clots. If you have pain, swelling or and/or warmth in one leg, or if you develop sudden shortness of breath let your doctor or nurse know right away.
6. Fertility and Related Precautions:
   - It is very important to use birth control if you are having sex, because this drug could be harmful to an unborn baby.
   - Women should not breast-feed while receiving this drug.
   - If you are concerned about any of this, please talk with your doctor or nurse.

The above information includes some, but not necessarily all, of the possible side effects of this medication. The side effects in this teaching sheet may not be the same ones you experience. Your side effects may be different, depending on how often you receive treatment (your schedule) and how much you receive each time (your dosage). Side effects may also vary if you take other medications. Please talk with your doctor or nurse if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your health care team.

If you experience any significant change in your health during or after treatment, contact a member of your health care team right away.

Managing your oral chemotherapy schedule at home can be challenging. To help you with this, consider using tools to help you keep track of your schedule and any side effects you may have. You can find these tools online at www.dana-farber.org/OralChemoDiary.

THIS SPACE RESERVED FOR WRITTEN COMMENTS OR NOTES FOR THE PATIENT AND FAMILY: