How this drug is given: By mouth

**Purpose:** Slows prostate cancer growth by lowering testosterone levels

**How to take by mouth**

1. Take with or without food.

2. Swallow each tablet whole. Do not crush or chew. If you are unable to swallow the tablet, the pharmacist will give you specific instructions.

3. You should take the medication at the same time each day.

4. If you miss a dose, take 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 dose.

5. Wash hands after taking the medication. Avoid handling crushed or broken tablets.

**Storage and disposal**

- Store at room temperature, away from heat and moisture.

- Keep this medicine in its original container, out of reach of children and pets.

- If you have unused tablets, please return them to the pharmacy where the prescription was filled. Do not flush them down the toilet, dump in the sink, or throw away in the trash.

**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. Mild constipation may occur. Please increase your fluid intake and increase fiber in your diet by eating fresh fruits and vegetables. A daily stool softener, such as docusate (Colace®) and/or laxatives such as senna (Senakot®), may be helpful. If these do not help within 48 hours, tell your doctor or nurse. Do not use bulk forming laxatives such as Metamucil® without talking with your doctor or nurse.
3. During treatment, you may experience a backache. Tell your cancer care team if this pain becomes bothersome or interferes with any of your daily activities.

4. During treatment you may feel fatigued. Over time, fatigue could worsen and you may feel physically weak or exhausted. This can be unrelated to activity. You may need to rest or take naps more often. Mild to moderate exercise can help you maintain energy.

5. Swelling and increased tenderness of the breasts may occur.

6. Your liver may be affected by this medicine. On occasion, blood work will be taken to monitor your liver function.

7. You may have a decrease in sexual desire.

8. This medicine may cause some men to have difficulty maintaining an erection.

The above information includes some, but not necessarily all, of the possible side effects of this medication. The side effects listed 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 are taking other medications. Please speak with your cancer care team if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your cancer care team.

If you experience any significant change in your health during or after treatment, contact a member of your cancer 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.