Estramustine (Emcyt®)  
(“es-tra-MUS-teen”)

How this drug is given: By mouth

Purpose: To stop the growth of cancer cells in prostate cancer

How to take this drug

1. Take this medication on an empty stomach (at least 1 hour before food or 2 hours after food).

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

3. Estramustine can interfere with many drugs, which may change how this works in your body. Talk with your doctor before starting any new drugs, including over-the-counter drugs, natural products, herbal supplements, and vitamins.

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.

Storage

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

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

3. If you have unused oral chemotherapy pills (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 a few days to weeks later

1. Mild to moderate nausea may occur. Drugs to help with this may be given to you.

2. Swelling or tenderness of the breast may occur.

3. 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.
4. Fertility:
   - It is very important to use birth control if you are having sex, because this drug could harm an unborn baby.
   - Men can become sterile and may want to think about sperm banking prior to chemotherapy.
   - For women, your period (menstrual cycle) may not be regular for a while or may stop completely and you may not be able to get pregnant.

If you are concerned about any of this, please talk with your cancer care team.

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 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.
Oral chemotherapy medicines are given by mouth in the form of capsules, tablets, or liquid. These safety tips will help you understand what to do when you are taking oral chemotherapy.

Please note: If you are on a clinical trial, you may be given special instructions.

How to take this drug

- Swallow each tablet or capsule whole. Do not break, crush, or chew.

- Prepare your drug away from food and food prep areas.

- 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 the dose.

- If you are on a clinical trial, you will be given special instructions if you miss a dose.

- If you are unable to swallow the pill, speak with your nurse or pharmacist about other ways to take your medication.

- If you vomit or throw up your medication, call your physician for further instructions.

- Wash your hands after taking the medication. Avoid handling crushed or broken pills (tablets or capsules).

Storage

- Most oral chemotherapy medicine is stored at room temperature, away from excess heat and moisture. You will be told if the medication you are taking needs special storage or handling.

- Keep this medicine in its original container, in a safe place, away from other family medications. All medications need to be kept out of the reach of children and pets.
Disposal

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

Safe handling of body waste in the home after chemotherapy

- Chemotherapy stays in the body for hours or even days, and is found in vomit, urine, stool, and sweat (body wastes). Special care must be taken to prevent the patient’s body waste from coming into accidental contact with the patient or caregiver.

Body wastes

Patient and caregiver:

- You can use the toilet (septic tank or city sewage) as usual. There is no research to support double flushing to prevent accidental contact (although this may be suggested for certain medications). Ask your doctor or nurse what they suggest for your medication.

- Wash your hands well with soap and water after using the toilet. If urine, vomit, or stool gets on your body, wash with soap and water. Always wear gloves when cleaning equipment or disposing waste from a urinal or commode.

- Pregnant caregivers should not handle patient body waste.

Laundry

- Always wear disposable gloves when handling sheets or clothes that have been soiled with body waste.

- Soiled items should be kept and washed separately from the other laundry.

Questions and answers

Is it safe for my family to use the same toilet as I do?

- Yes, as long as all body waste is cleaned from the toilet.

What should I do if I do not have control of my bladder or bowels?

- To absorb urine or stool, use a disposable, plastic-backed pad, diaper, or sheet. Change it immediately when soiled. Then wash skin with soap and water.

- If you have an ostomy, you or your caregiver may want to wear gloves when emptying or changing appliances.

If you have other questions, please talk with your doctor or nurse.
The materials included on this page are for informational purposes only. The content is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.