



Chemotherapy: Goserelin Acetate (Zoladex®)

Pronounced: " *GO-suh-REH-lin ASS-uh-TATE*"

How drug is given: Subcutaneously (under the skin)

Purpose: To lower the level of some hormones to help stop the growth of cancer cells.

Things that may occur during or within hours of treatment

- Burning, itching, redness, or swelling at the injection site may occur. These reactions are usually mild and go away. Applying a cold pack to the area may help.

Things that may occur a few days to weeks later

- You may have increased bone pain and some trouble urinating, which should get better in 1-2 weeks. If you have weakness, numbness, and/or tingling in your legs, or you are unable to urinate, tell your cancer care team.
- Hot flashes and/or sweats are common. As your body adjusts to the drug, these may not bother you as much. Caffeine, spicy foods, alcohol, and stress may cause these to get worse. Mild exercise may help.
- 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.
- Swelling and increased tenderness of the breasts and/or a decrease in sex drive may occur in men and women.
- This drug may cause a change in your blood sugar levels. Normal levels usually return after treatment is stopped.
- You may develop acne while taking this medication.
- Skin changes, such as dryness, itching, or a rash on your body, may occur. Ask your cancer care team what lotions or creams you may use.
- You may notice a change in your mood or feel depressed. You may feel teary, have trouble sleeping, or find it hard to concentrate. Please talk with your doctor or nurse if you experience any of these symptoms.
- You may get a headache. Talk to your cancer care team about what you can take for this.

Things that may occur after treatment ends (even months to years later)

- Long term use may cause bone loss.
- Some people's risk of heart problems may become higher, including heart attack, heart failure, or stroke. You should tell your cancer care team if you have a cough, trouble breathing, chest pain, and/or swelling in the feet or ankles.

Sexual health and fertility

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

It is not safe to take this medicine during pregnancy. It could harm an unborn baby.

Women

- To keep from getting pregnant, use a barrier form of effective birth control and keep using it for at least 3 months after you stop treatment.
- Barrier methods of birth control prevent the sperm from reaching the egg. Discuss with your cancer team which type of barrier method is best for you. Some barrier methods are cervical caps, female/male condoms, and diaphragms with spermicides. Some are available over-the-counter; others must be prescribed.
- Women may have vaginal dryness, which may cause discomfort during sex. Vaginal lubricants, such as KY jelly®, Astro Glide®, or Replens®, may be helpful. Speak with your cancer care team for helpful options if these lubricants do not work.

Men

- Men may notice a decrease in testicle size and/or erectile dysfunction.

The information in this document includes some, but not necessarily all, of the possible side effects of this medication. The side effects listed here 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.