



Raloxifene (Evista®)

("ral-OX-ih-feen")

How this drug is given: By mouth

Purpose: To prevent breast cancer and 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 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 oral chemotherapy tablets, 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 gets used to the drug, these may not bother you as much. Caffeine, spicy food, alcohol, and stress may cause these to get worse.
2. Mild exercise may help.
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. You may get a headache. Please talk to your cancer care team about what you can take for this.
5. Leg cramping may occur. Stretching before bed and drinking plenty of fluids may help.

6. You are at increased risk of blood clots. Tell your cancer care team right away if you have any of these symptoms: pain, swelling, and/or warmth in one leg, or sudden shortness of breath.
7. Fertility and Related Precautions:
 - It is very important to use birth control if you are having sex, because this drug may be harmful to an unborn baby.
 - Women should not breastfeed while receiving this drug.

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

The information in this document 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 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.

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