

Exemestane (Aromasin)

About This Drug

Exemestane is used to treat cancer. It is given orally (by mouth).

Possible Side Effects

- Hot flashes or sudden skin flushing may happen. You may also feel warm or red.
- Tiredness
- Trouble sleeping
- Pain in the joints
- Headache
- Increased sweating

Note: Each of the side effects above was reported in 10% or greater of patients treated with exemestane. Not all possible side effects are included above.

Warnings and Precautions

- Decrease in your bone mass, which may put you at risk of bone fractures. Your doctor may monitor your bone mineral density.

How to Take Your Medication

- Swallow the medicine whole after a meal.
- **Missed dose:** If you vomit or miss a dose, contact your doctor for further instructions. Do not take 2 doses at the same time or extra doses.
- **Handling:** Wash your hands after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- This drug may be present in the saliva, tears, sweat, urine, stool, vomit, semen, and vaginal secretions. Talk to your doctor and/or your nurse about the necessary precautions to take during this time.
- **Storage:** Store this medicine in the original container at room temperature.
- **Disposal of unused medicine:** Do not flush any expired and/or unused medicine down the toilet or drain unless you are specifically instructed to do so on the medication label. Some facilities have

take-back programs and/or other options. If you do not have a take-back program in your area, then please discuss with your nurse or your doctor how to dispose of unused medicine.

Treating Side Effects

- Drink plenty of fluids (a minimum of eight glasses per day is recommended).
- Manage tiredness by pacing your activities for the day. Be sure to include periods of rest between energy-draining activities.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.
- If you are having trouble sleeping, talk to your nurse or doctor on tips to help you sleep better.

Food and Drug Interactions

- There are no known interactions of exemestane with food, however this medication should be taken after a meal.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs and others) you are taking before starting this medicine as there are known drug interactions with exemestane. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.
- Avoid the use of St. John's Wort while taking exemestane as this may lower the levels of exemestane in your body, which can make it less effective.
- Avoid the use of estrogen containing products while taking exemestane.

When to Call the Doctor

Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Tiredness that interferes with your daily activities
- Trouble falling or staying asleep
- Pain that does not go away, or is not relieved by prescribed medicines
- A headache that does not go away
- If you think you may be pregnant

Reproduction Warnings

- **Pregnancy warning:** This drug may have harmful effects on the unborn baby. Women of childbearing potential should use effective methods of birth control during your cancer treatment and for 1 month after treatment. Let your doctor know right away if you think you may be pregnant.
- **Breastfeeding warning:** Women should not breastfeed during treatment and for 1 month after treatment because this drug could enter the breast milk and cause harm to a breastfeeding baby.



- **Fertility warning:** In women and men, this drug may affect your ability to have children in the future. Talk with your doctor or nurse if you plan to have children. Ask for information on egg and sperm banking.

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