

## Toremifene (Fareston)

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### About This Drug

Toremifene 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.
- Increased sweating
- Nausea
- Vaginal discharge

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

### Warnings and Precautions

- Abnormal heartbeat and/or EKG
- Changes in your liver function
- Tumor flare phenomenon. During the first few weeks, typical signs and symptoms of your cancer may worsen. You also may have an increase in muscle or bone pain and increased calcium in your blood.
- This drug may raise your risk of getting a second cancer such as uterine cancer.
- Decrease in the number of white blood cells and platelets. This may raise your risk of infection and raise your risk of bleeding.

**Note:** Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team.

### How to Take Your Medication

- Swallow the medicine whole with or without food daily.
- **Missed dose:** If you vomit or miss a dose, take your next dose at the regular time. Do not take 2 doses at the same time, instead, continue with your regular dosing schedule and contact your doctor.

- **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. Protect from heat and light.
- **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).
- To help with nausea, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- To decrease the risk of infection, wash your hands regularly.
- Avoid close contact with people who have a cold, the flu, or other infections.
- Take your temperature as your doctor or nurse tells you, and whenever you feel like you may have a fever.
- To help decrease the risk of bleeding, use a soft toothbrush. Check with your nurse before using dental floss.
- Be very careful when using knives or tools.
- Use an electric shaver instead of a razor.

## Food and Drug Interactions

- Avoid grapefruit or grapefruit juice while taking this medicine. Grapefruit and grapefruit juice may raise the levels of toremifene in your body. This could make side effects worse.
- 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 toremifene. 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 toremifene as this may lower the levels of the drug in your body, which can make it less effective.

## When to Call the Doctor

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

- Fever of 100.4° F (38° C) or higher



- Chills
- Easy bleeding or bruising
- Feeling that your heart is beating in a fast or not normal way (palpitations)
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Vaginal bleeding and/or discharge
- Pelvic pain or pressure
- Signs of possible liver problems: dark urine, pale bowel movements, bad stomach pain, feeling very tired and weak, unusual itching, or yellowing of the eyes or skin
- Signs of increased calcium: increased thirst and/or urination and pain in your abdomen
- If you think you may be pregnant

## Reproduction Warnings

- **Pregnancy warning:** This drug can have harmful effects on the unborn baby. Women of childbearing potential should use effective methods of birth control during your cancer treatment. Premenopausal women should use nonhormonal contraception during treatment. Let your doctor know right away if you think you may be pregnant
- **Breastfeeding warning:** It is not known if this drug passes into breast milk. For this reason, women should talk to their doctor about the risks and benefits of breastfeeding during treatment with this drug because this drug may enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** Human fertility studies have not been done with this drug. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm or egg banking.

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