

Medication Information Sheet

niLUTAmide

 (ni-LOO-ta-mide)

This document provides general information about your medication. It does not replace the advice of your health care professional. Always discuss your therapy with your health care professional and refer to the package insert for more details.

Other Name: Anandron®

Appearance: tablet In various strengths

What is this medication for?

- For treating prostate cancer

What should I do before I have this medication?

- Tell your doctor and pharmacist if you have/had significant medical condition(s), especially if you have or had:
 - liver problems
 - lung problems
 - heart problems (including irregular heartbeat)
 - diabetes
 - bone thinning or loss
 - any allergies
- This drug contains a small amount of lactose. If you cannot tolerate lactose, talk to your doctor or pharmacist.
- Patients who have cancer are at a higher risk of developing blood clots. Some cancer drug treatments may increase this risk. Discuss this with your doctor.

How will this medication affect sex, pregnancy and breastfeeding?

- Nilutamide should not be used by women and may cause harm to the unborn baby if pregnancy occurs.
 - While this may not be directly applicable to you, if there is **ANY** chance that your partner may become pregnant, you and your partner together must: ► **Use 2 effective forms of birth control at the same time while taking this drug:** Keep using birth control until at least **6 months** (general recommendation) after the last dose. Discuss with your healthcare team.
- This medication may affect fertility (ability to get pregnant).

How is this medication given?

- This medication is usually taken once a day by mouth.
- Do not crush or chew the tablets.
- If a dose is missed, take it if it is remembered on the same day. Otherwise, skip this and take the next dose as scheduled. Do not double the dose to make up for the missed one.

What else do I need to know while on this medication?

- This medication can interact with other medications and can result in the treatment not working as well or cause severe side effects.
- Make sure your health care team knows about all your medications (prescription, over-the-counter, herbals and supplements). Check with your health care team before starting or stopping any of them.
- Drinking alcohol while taking nilutamide may cause hot flushes, excessive facial flushing or feeling unwell. Avoid alcohol. Speak with your health care team about drinking alcohol while on treatment.
- Smoking during your treatment may increase some side effects and make your medication less effective. Speak to your health care team about smoking while on treatment.

How should I safely store this medication?

- Keep this medication in the original packaging at room temperature in a dry place, away from heat and light. Keep out of sight and reach of children and pets.
- Do not throw out any unused medications at home. Bring them to your pharmacy to be thrown away safely.

What are the side effects of this medication?

You may not have all of the side effects below. You may have side effects that are not listed.

Side effects and what to do	When to contact doctor?
Less Common Side Effects (10 to 24 out of 100 people)	
Hot flashes, feeling or wave of warmth You may sweat more or have trouble sleeping because of this.	Contact your health care team if no improvement or if severe

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<p>To help prevent hot flashes :</p> <ul style="list-style-type: none"> • Avoid triggers such as spicy food, alcohol and caffeine (tea, coffee, and soft drinks), • Exercise regularly. Ask your health care team what exercises are appropriate for you before you start any new exercise. • Quitting smoking may also help. <p>If you have hot flashes :</p> <ul style="list-style-type: none"> • Keep cool; dress lightly or in layers that you can easily remove and drink plenty of liquids unless you have been told otherwise. • Hot flashes may improve over time. Talk to your health care team if this is bothersome for you. <p>Other symptoms of having low testosterone levels :</p> <ul style="list-style-type: none"> • Decreased sexual function or desire to have sex • Breast swelling or tenderness • Low energy • Mood changes, depression • Thinning of the bones and higher risk of fracture • High cholesterol and effects on your heart 	
<p>Eyes may take longer to adapt to sudden changes in lighting</p> <ul style="list-style-type: none"> • This is usually temporary, especially if you move from an area of bright light to dim light (for example, driving through a tunnel). • May be improved by wearing tinted glasses. • Be careful when driving or operating machinery, until your eyes adapt better to the dark. 	<p>Contact your health care team if no improvement or if severe</p>

Other rare, but serious side effects are possible.

If you experience ANY of the following, speak to your cancer health care provider or get emergency medical help right away :

- Irregular heart beat, chest pain, fainting spells or shortness of breath
- Sudden loss of vision, speech or the use of your arms or legs
- Increased cough, difficulty breathing, chest pain or coughing up blood
- Feel tired, bruise or bleed more easily and look pale due to low red blood cell levels (anemia)

For more links on how to manage your symptoms go to www.cancercareontario.ca/symptoms.

The information set out in the medication information sheets, regimen information sheets, and symptom management information (for patients) contained in the Drug Formulary (the "Formulary") is intended to be used by health professionals and patients for informational purposes only. The information is not intended to cover all possible uses, directions, precautions, drug interactions or side effects of a certain drug, nor should it be used to indicate that use of a particular drug is safe, appropriate or effective for a given condition.

A patient should always consult a healthcare provider if he/she has any questions regarding the information set out in the Formulary. The information in the Formulary is not intended to act as or replace medical advice and should not be relied upon in any such regard. All uses of the Formulary are subject to clinical judgment and actual prescribing patterns may not follow the information provided in the Formulary.