

# ORAL CHEMOTHERAPY EDUCATION



National Community Oncology  
Dispensing Association, Inc.  
PASSION FOR PATIENTS



## EXEMESTANE

### Name of your medication

Generic name — exemestane (EK-seh-MEH-stayn)  
Brand name — Aromasin® (uh-ROH-muh-sin)

### Common uses

Exemestane is used in the treatment of certain types of hormone-dependent breast cancer in postmenopausal women. Exemestane may also be used for other treatments.

### Dose and schedule

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Taking exemestane as instructed is important to allow your treatment to be as effective as possible, so here are some key points to remember.

- Your dose may vary, but the usual dose of exemestane is 25 milligrams (25 mg) to be taken by mouth at a scheduled time once a day.
- Exemestane should be taken after a meal at the same time each day.
- Exemestane should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow exemestane, talk to your care provider or pharmacist for possible options.
- If you miss a dose of exemestane, **do not** take an extra dose or two doses at one time. Simply take your next dose at the regularly scheduled time. Be sure to write down if you miss a dose and let your care provider know about any missed doses.

### Drug and food interactions

- Exemestane has many drug interactions. Inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products.
- Exemestane should not be taken with estrogen-containing products. Contact your healthcare team with questions.
- Talk with your care provider or pharmacist before taking new medications or supplements, or receiving any vaccines.

### Storage and handling

Handle exemestane with care. Just like when chemotherapy is given into the vein, this drug can be toxic, and exposure of the drug to others should be limited.

- Store exemestane at room temperature (68°F–77°F) in a dry location away from light.
- Keep exemestane out of reach of children and pets.
- Leave exemestane in the provided packaging until it is ready to be taken.
- Whenever possible, give exemestane to yourself and follow the steps below. If a family member, friend, or caregiver needs to give exemestane to you, they also need to follow these steps:
  1. Wash hands with soap and water.
  2. Put on gloves to avoid touching the medication. (Gloves are not necessary if you give the drug to yourself.)
  3. Gently transfer the exemestane from its package to a small medicine or other disposable cup.

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4. Administer the medicine immediately by mouth with water.
  5. Remove gloves and do not use them for anything else.
  6. Throw gloves and medicine cup in household trash.
  7. Wash hands with soap and water.
- If a daily pill box or pill reminder will be used, contact your care team before using:
    - The person filling the box or reminder should wear gloves (gloves are not necessary if you are filling the box or reminder).
    - When empty, the box or reminder should be washed with soap and water before refilling. Be sure to wash hands with soap and water after the task is complete, whether or not gloves are worn.
  - If you have any unused exemestane, **do not** throw it in the trash and **do not** flush it down the sink or toilet. Talk to your care provider or pharmacist about proper disposal of exemestane.
  - If you are traveling, put your exemestane's packaging in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

### Side Effects of Exemestane

Below are common side effects that have been known to happen in about one third or more of patients taking exemestane are listed on the left side of this table. You **MAY NOT** experience these side effects. Options to help manage any side effects that do occur are included on the right side of this table. These should be discussed with your care provider. If you experience any side effect you cannot manage or that is not listed here, contact your care provider.

Possible Side Effect	Management
<b>Hot flashes (sudden sweating and feelings of warmth)</b>	<p>If hot flashes are bothersome:</p> <ul style="list-style-type: none"><li>• Mild, regular exercise may help after consulting with your care provider.</li><li>• Try staying in a cool environment.</li><li>• Wear layers so that if you experience a hot flash, the outer layers may be removed.</li><li>• Avoid or limit caffeine, spicy food, alcohol, and stress, which may cause hot flashes to worsen.</li></ul> <p>Inform your care provider if this side effect is bothersome as there may be medications that can help with hot flashes.</p>
<b>Muscle or joint pain</b>	<ul style="list-style-type: none"><li>• Keep a diary of your pain, including a description of when and where the pain is occurring, what it feels like, and how long it lasts.</li><li>• Stay as active as possible, but know that it is okay to rest as needed, too.</li><li>• Tell your care provider if pain or a spasm interferes with your activity.</li></ul> <p>If the pain bothers you, ask your provider what you may use to help with this discomfort. Take pain medication only that has been prescribed or recommended by your care provider.</p>

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### Serious side effects of exemestane

- Exemestane may increase your risk for osteoporosis which is a medical problem where your bones are more fragile and more likely to break. Your care team may prescribe a medication to help prevent broken bones.
- Be sure to ask your doctor about vitamin D and/or calcium supplementation before starting.
- Exemestane can cause changes in your blood work. Ask your care team how this will be monitored.

If you experience ANY uncontrolled side effect, call your physician or healthcare center immediately:

**(INSTITUTIONAL CONTACT INFO)**

### Handling body fluids and waste

Because exemestane remains in your body for several days after it is taken, some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take exemestane, it is important to follow the instructions below every day for as long as your treatment lasts. This is to keep yourself, loved ones, and the environment as safe as possible.

- Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- Toilet and septic systems
  - You may use the same toilet, septic tank, and/or sewer that you usually use. If you have a low-flow toilet, close the lid and flush twice to ensure all waste has been discarded.
  - If the toilet or toilet seat becomes soiled with urine, stool, or vomit, clean the surfaces before other people use the toilet.
  - Wash hands with soap and water after using the toilet.
- If you need a bedpan, be sure your caregiver knows to wear gloves to assist with cleanup and to wash the bedpan with soap and water every day.
- If you do not have good control of bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb body waste.
- Wash any skin that has been exposed to body waste or exemestane with soap and water.
- Linens or clothing that are soiled with body fluids or body waste should be washed separately from other linens and clothing. If you do not have a washer, place the soiled linens in a plastic bag until they can be washed.
- Wash hands with soap and water after touching linens or clothing that may be soiled with body fluids.

### Pregnancy, sexual activity, and contraception

- Women should not become pregnant and men should not get a partner pregnant while taking exemestane. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of 1 month after the last dose of exemestane.
- Effective contraception could include 1 or more of the following: oral contraceptive, barrier methods, etc.
- Do not breastfeed while taking exemestane and for 1 month after the last dose of exemestane.
- Inform your care provider if you become pregnant.
- It is safe to hug and kiss. Special precautions may be needed for sexual activity while on oral chemotherapy, and you are encouraged to ask your care provider.

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### Obtaining medication

- Talk with your care provider about the process for obtaining your exemestane.

\_\_\_\_\_ (PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

### Additional resources

**Product website:** [www.pfizer.com/products/product-detail/aromasin](http://www.pfizer.com/products/product-detail/aromasin)

**Product prescribing information:** <https://labeling.pfizer.com/ShowLabeling.aspx?format=PDF&id=523>

**Product resources:** [https://www.pfizerxpathways.com/site-search?search\\_api\\_fulltext=AROMASIN%C2%AE%20\(exemestane\)%20tablets&id=2241](https://www.pfizerxpathways.com/site-search?search_api_fulltext=AROMASIN%C2%AE%20(exemestane)%20tablets&id=2241)

*Updated – September 29, 2023*

### Additional instructions

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**Important notice:** The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources. This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the medications whatsoever, and any and all decisions, with respect to such medications, are at the sole risk of the individual consuming the medication. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

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