

Possible Side Effects (*continued*):

Blood Clots

What to do:

Call your doctor if you have any of the following:

- Swelling in one arm or one leg with or without pain.
- Sudden chest pain, shortness of breath, or changes in your heartbeat.
- Sudden or severe headaches, problems with vision, speech, walking, numbness, or weakness in your arms and legs or on one side of your body.
- Smoking may increase your risk of blood clots so talk to your doctor about options for quitting smoking.

Vaginal Bleeding

What this means: If you are post-menopausal and have vaginal bleeding, this could be a symptom of a more serious condition.

What to do:

- Call your doctor if you have heavy or irregular vaginal bleeding or if you have pain or pressure in your pelvis.

Other Side Effects

- Call your doctor if you experience a rash, changes in vision, joint and muscle pain, swelling in your hands or feet, or yellowing of skin or eyes.

This is not a complete list of all possible side effects. Tell your doctor if you have these or any other side effects that you think are caused by this medicine. Your JamesCare team will give you further help to manage side effects.

PATIENT EDUCATION

Taking Your Treatment Home

What you need to know about your Anti-Cancer Medicine

Tamoxifen (Nolvadex) for Females

Here is important information on how to use, handle, and store your medicine, what side effects to look for and how to manage them. If you have questions about this medicine, call your doctor at the number below:

Staple business card here or write in doctor's contact information:

How to handle and store:

- It is safe to handle Tamoxifen as a whole tablet.
- Store in closed container in a dry place such as a cabinet away from light, heat, and moisture.
- **Do not** store in your bathroom or refrigerator.
- Keep this medicine away from children and do not share it with anyone.

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How to take:

- **Do not** take more tablets than prescribed.
- Take your medicine once a day (morning or night) at the same time everyday.
- Take with or without food.
- If taking liquid tamoxifen, measure with a marked measuring spoon, oral syringe, or medicine cup.
- If you miss a dose by more than 6 hours, wait until it is time for your next dose, and skip the missed dose. **Do not double up on doses.**
- Keep track of what days you take Tamoxifen by using a calendar or keeping a diary.

Disposal:

- Talk with your doctor or pharmacist about how to get rid of prescription medicines safely.

Precautions:

- Let your doctor know if you have a history of abnormal clotting in your veins or eye problems.
- Tell your doctor or pharmacist about any medicines you are taking, including prescription and over-the-counter medicines, vitamins and herbal products.
- Let your doctor or pharmacist know if you take blood thinners or aspirin.
- Avoid pregnancy while on this medicine.
- **Do not use birth control pills while taking Tamoxifen.** Let your doctor know if you received any implants or shots for birth control. Talk to your doctor if you are planning to have children in the future.

Possible Side Effects

You can find more information on side effects in the Patient Education booklet, *Treatment with Chemotherapy and Anti-Cancer Medicines*.

Hot Flashes

What this means: You may have times of sweating and flushing (“hot flash”), sometimes followed by a cold chill.

What to do:

- Drink at least 8 glasses of water or non-caffeinated fluid each day.
- Exercise daily.
- Wear all-natural fiber clothes in layers.
- Avoid triggers such as warm rooms, spicy foods, smoking or beverages with caffeine or alcohol.
- Talk to your doctor about treatment options if hot flashes interfere with your daily activities.

Menopause Symptoms/Vaginal Changes

What this means: In addition to hot flashes, you may have other symptoms of menopause including fatigue, mood changes, depression, discomfort with intercourse and loss of interest in sex. Vaginal changes may include increased discharge and skin irritation around the vagina.

What to do:

- Talk openly with your doctor if you have any of these changes.
- Tell your doctor if you notice any of the following:
 - Depressed mood or sadness.
 - Changes in fatigue, sleep or appetite.
 - Changes in or no desire to do things you once enjoyed.

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