

Exemestane

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for breast cancer.
- It may also be used for other reasons.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Exemestane (EK-seh-MEH-stayn): Aromasin (uh-ROH-muh-sin)	Slows down or stops the growth of cancer cells by lowering levels of a certain hormone in the body.	Tablet taken by mouth.

Treatment Administration and Schedule

Your exemestane dosing instructions:

- Exemestane comes in 1 tablet strength: 25 mg.
- Your dose might differ, but exemestane is typically taken as 1 tablet by mouth once daily.
- Take exemestane 1 time a day, around the same time each day.
- Take exemestane with or without food.
- Swallow exemestane tablets whole. Do not crush, cut, or dissolve the tablets.
- If you miss a dose, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose. Take your next regularly scheduled dose. Do not take 2 doses at the same time.
- If you vomit after taking exemestane, do not take another dose at that time. Wait and take your next dose at your scheduled time.
- If you take too much exemestane, call your care team or go to the nearest hospital emergency room.

Storage and Handling of Exemestane

- Store exemestane at room temperature between 68°F and 77°F (20°C and 25°C).
- People who are or may be pregnant should wear gloves when handling exemestane.
- Keep exemestane and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused exemestane.

Appointments

Appointments may include regular check-ups with your care team, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
Supportive care to help prevent or treat side effects	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
Hot Flashes	<p>Description: Hot flashes are sudden feelings of warmth that spread over your body, often leading to sweating and a rapid heartbeat. Hot flashes may last from a few seconds to several minutes and can be uncomfortable or disrupt daily activities.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep a journal to track frequency, duration, and triggers of hot flashes. • Dress in layers with lightweight clothing to adjust to temperature changes. • Stay cool by using fans, air conditioning, or cool cloths. • Avoid triggers such as hot drinks, spicy foods, caffeine, and alcohol. • Avoid triggers such as hot drinks, spicy foods, caffeine, and alcohol. • Practice relaxation techniques like deep breathing, yoga, or meditation to reduce stress. • Maintain healthy habits with a balanced diet and regular exercise. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Severe hot flashes
Joint Aches, Pain, Stiffness, or Swelling (Arthritis)	<p>Description: Joint pain happens where two bones come together and can feel sharp, dull, throbbing, or burning. It often causes stiffness, swelling, and difficulty moving.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep a pain diary: note pain levels, locations, and activities that make it better or worse. • Do gentle exercise (walking, stretching, yoga) to maintain mobility and strength. Check with your care team before starting a new activity. • Use a warm compress for stiff muscles or a cold pack to reduce swelling and numb pain—use what helps the area. • Your care team may recommend or prescribe medicines, including over-the-counter pain relievers. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Pain you cannot control with usual measures • Swelling, redness, or warmth in a joint • New weakness • Trouble walking or moving

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Heart Problems	<p>Exemestane can increase your risk of certain heart problems, such as heart attack and angina.</p> <ul style="list-style-type: none"> • Chest pain or discomfort • Pain or discomfort in the jaw, neck, or back • Pain or discomfort in the arms or shoulders • Shortness of breath • Feeling very tired, lightheaded, or faint • Nausea or vomiting
Liver Problems	<ul style="list-style-type: none"> • Yellowing of your skin or the whites of your eyes • Severe nausea or vomiting, pain on the right side of your stomach area (abdomen) • Dark urine (tea colored) • Bleeding or bruising more easily than normal
Bone Thinning or Weakness (Osteoporosis)	<p>Exemestane lowers estrogen in your body, which may cause your bones to become thinner and weaker. This may increase your risk of fractures, especially of your spine, hip, and wrist. Your care team may order a bone mineral density test before you start and during treatment with exemestane to check you for bone changes.</p> <p>Your care team may recommend taking calcium and vitamin D to improve your bone health.</p> <ul style="list-style-type: none"> • Bone pain • Joint pain • Sudden back pain • Low energy fractures (did not occur due to major force) • Stooping and height loss
Skin Reactions	<ul style="list-style-type: none"> • Skin lesions • Skin ulcers • Skin blisters
Allergic Reactions	<p>Get medical help right away if you get:</p> <ul style="list-style-type: none"> • Swelling of your face, lips, tongue, or throat • Trouble swallowing or breathing

Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help. If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

Intimacy, Fertility, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment can affect your **ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment.
- Treatment may **harm an unborn baby**.
 - If you are able to become pregnant:
 - Take a pregnancy test within 7 days before starting treatment.
 - Use an effective method of birth control during treatment and for 1 month after your last dose.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner is able to become pregnant, use an effective method of birth control—such as condoms—during treatment.
- **Do NOT breastfeed** during treatment and for 1 month after your last dose.

Additional Information

- **Tell your care team about all the medicines you take.**
This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- **St John's Wort may decrease the amount of exemestane in your blood.** If you take St. John's Wort, your care team may increase your exemestane dose and monitor you closely.
- **You should not take exemestane if you take medicines that contain estrogen.**
Exemestane may not work if taken with any of these medicines:
 - hormone replacement therapy
 - birth control pills
 - estrogen creams
 - vaginal rings
 - vaginal suppositories
- **This Patient Education Sheet may not describe all possible side effects.**
Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

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Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, 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.

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