

Flutamide

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for prostate 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
Flutamide (FLOO-tuh-mide): Eulexin (yoo-LEK-sin)	Slows down or stops the growth of cancer cells by blocking certain hormones in the body.	Capsule(s) taken by mouth.

Treatment Administration and Schedule

Your flutamide dosing instructions:

- Flutamide comes in 1 capsule strength: 125 mg.
- Your dose may differ, but flutamide is typically taken by mouth as 2 capsules (250 mg total dose) 3 times daily (every 8 hours).
- Take flutamide 3 times a day, around the same times each day.
- Flutamide can be taken with or without food.
- Swallow flutamide capsules whole. Do not chew, dissolve, or open the capsules.
- If you miss a dose of flutamide, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose and take your next dose at the normal time. Do not double your dose or take 2 doses at the same time to make up for a missed dose.
- If you take too much flutamide, call your care team right away.

Storage and Handling of Flutamide

- Store flutamide at room temperature between 68°F and 77°F (20°C and 25°C) in a dry location away from light.
- Flutamide can cause harm to an unborn baby and loss of pregnancy (miscarriage). People who are or may be pregnant should wear gloves when handling flutamide.
- Keep flutamide and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused flutamide.

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 prevent and treat side effects	

Common Side Effects

Side Effect	Important Information
<p>Liver Problems (Boxed Warning)</p>	<p>Description: Treatment can cause liver injury. Your care team may check your liver with blood tests before and during treatment.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Yellowing of your skin or the white part of your eyes (jaundice) • Severe nausea or vomiting • Pain on the right side of your stomach area (abdomen) • Dark, tea-colored urine • Bleeding or bruising more easily than normal
<p>Hot Flashes</p>	<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. • 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
<p>Decreased Sex Drive</p>	<p>Description: Decreased sex drive, or lowered libido, refers to a reduced interest in sexual activity. It can also cause problems with getting or keeping an erection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Have open discussions about sexual health with your partner(s) to manage expectations. • Exercise regularly. • Eat a balanced diet. • Get 7 to 8 hours of sleep each night. • Consider sexual counseling and discuss potential medication adjustments to address libido and intimacy with your care team. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Anxiety or depression • Sexual problems

<p>Milk-Like Nipple Discharge (Galactorrhea)</p>	<p>Description: Flutamide can sometimes cause a milk-like fluid to leak from one or both nipples. This is called galactorrhea and is related to hormone changes from the medicine.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Note which breast is affected, how much fluid comes out, and what it looks like. Avoid squeezing or repeatedly checking the nipple, as this can increase discharge. Wear breast pads if needed to protect clothing. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> New nipple discharge that is bloody, clear and watery, or comes from only one breast A lump, swelling, or hardness in the breast Breast pain, redness, or warmth Nipple changes, such as turning inward or changes in skin appearance (dimpling, thickening)
<p>Diarrhea</p>	<p>Description: Diarrhea is loose, watery stools or more frequent bowel movements than usual. It can cause dehydration and weakness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Keep track of how often you go to the bathroom each day. Drink 8 to 10 glasses of water or other fluids daily, unless your care team tells you otherwise. Eat small meals of mild, low-fiber foods (such as bananas, applesauce, potatoes, chicken, rice, and toast). If you have diarrhea, avoid high-fiber foods (such as raw vegetables, fruits, and whole grains), gas-producing foods (such as broccoli and beans), dairy (such as milk and yogurt), and spicy, fried, or greasy foods. Your care team may recommend an antidiarrheal medicine such as loperamide (Imodium). <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> 4 or more bowel movements than normal in 24 hours Dizziness or lightheadedness while having diarrhea Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) Bloody diarrhea

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Heart Disease	<p>Blockage of the arteries in the heart (ischemic heart disease) can happen during treatment with flutamide. Your care team will monitor you for signs and symptoms of heart problems during your treatment with flutamide.</p> <p>Call your care team or go to the nearest emergency room right away if you develop:</p> <ul style="list-style-type: none"> Chest pain or discomfort at rest or with activity Shortness of breath
Aniline-Related Blood and Liver Problems	<p>Flutamide breaks down into a substance related to aniline, which, in rare cases, can cause serious blood and liver problems. People with certain blood conditions (like G6PD deficiency or hemoglobin M disease) and people who smoke may be at higher risk.</p> <ul style="list-style-type: none"> Gray, blue, or very pale lips, fingers, or skin Sudden shortness of breath, fast heartbeat, or feeling like you might pass out Unusual tiredness, weakness, or dark (tea-colored) urine Yellowing of the skin or eyes (jaundice), dark urine, or very pale stools Stomach-area (abdominal) pain (especially on the right side), nausea, or vomiting that does not go away
Enlarged Breast and Breast Pain (Gynecomastia)	<ul style="list-style-type: none"> Swelling or noticeable enlargement of your chest Tenderness or sensitivity in the chest area Discomfort or pain in the chest area

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, and Pregnancy

- 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 your partner is able to become pregnant, use an effective method of birth control—such as condoms—during treatment and for 3 months after your last dose of flutamide.

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.
- **If you are receiving gonadotropin-releasing hormone (GnRH) therapy, you should continue with this treatment** during your treatment with flutamide unless you have had a surgery to lower the amount of testosterone in your body.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your care team 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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