

Elacestrant

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for breast cancer.
- It may also be used for other reasons.
- Your care team may perform a test for a specific type of abnormal gene (ESR1) to make sure elacestrant is right for you.

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 |
|---------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------|
| Elacestrant (EH-lah-SES-trant): Orserdu (or-SER-doo) | Slows down or stops the growth of cancer cells by blocking certain hormone receptors. | Tablet(s) taken by mouth. |

Treatment Administration and Schedule

Your elacestrant dosing instructions:

- Elacestrant comes in 2 tablet strengths: 86 mg and 345 mg.
- Your dose might differ, but elacestrant is typically taken as one 345 mg tablet once daily.
- Take elacestrant 1 time each day, around the same time each day.
- Take elacestrant with food. Taking elacestrant with food may help reduce nausea and vomiting.
- Swallow elacestrant tablets whole. Do not chew, crush or split the tablets before swallowing.
- Do not take any elacestrant tablets that are broken, cracked, or that look damaged.
- Do not change your dose or stop taking elacestrant unless your care team tells you to.
- Your care team may tell you to change your dose, temporarily stop, or completely stop taking elacestrant if you develop certain side effects.
- If you miss a dose of elacestrant or vomit after taking a dose of elacestrant, do not take another dose of elacestrant on that day. Skip the dose and take your next dose the following day at your regularly scheduled time.
- If you take too much elacestrant, call your care team or go to the nearest hospital emergency room right away.

Storage and Handling of Elacestrant

- Store elacestrant at room temperature 68°F and 77°F (20°C and 25°C).
- Keep elacestrant and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused elacestrant.

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 |
|----------------------------------------------|-------------------------------|
| To help prevent or treat nausea and vomiting | <hr/> <hr/> <hr/> |
| Other | <hr/> <hr/> <hr/> |

Common Side Effects

| Side Effect | Important Information |
|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia) | <p>Description: RBCs and Hgb carry oxygen to your body's tissues and remove carbon dioxide. Low RBC or Hgb (anemia) can make you feel weak, very tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Aim for 7 to 8 hours of sleep each night. • Do not drive, operate heavy machinery, or do other dangerous activities if you are very tired. • Balance activity and rest — stay as active as you can, but rest when needed. • Eat a balanced diet and follow any nutrition or supplement advice from your care team. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Shortness of breath • Dizziness or fainting • Fast or irregular heartbeats • Sudden or severe headache |

| | |
|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Nausea and Vomiting</p> | <p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. You may or may not vomit.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small sips of water, broth, or other clear liquids. If these stay down, try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal) and gradually return to solid foods. • Your care team may prescribe medicine for these symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Vomiting for more than 24 hours • Nonstop vomiting • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Blood or coffee-ground-like appearance in your vomit • Severe stomach pain that does not go away after vomiting |
| <p>Muscle, Bone, or Joint Pain</p> | <p>Description: Muscle pain is soreness, aching, cramps, stiffness, tenderness, or weakness in one or more muscles. Joint pain is pain, stiffness, swelling, or reduced movement where two bones meet. Bone pain is a deep, aching or sharp pain in or around a bone that may worsen with movement or pressure.</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 |
| <p>High Cholesterol and Triglycerides Levels in Your Blood (Hyperlipidemia)</p> | <p>Description: Treatment can raise cholesterol and triglyceride levels in your blood. While cholesterol is needed by the body, high levels can increase the risk of heart disease. Triglycerides are blood fats and very high levels may raise the long-term risk of inflammation of your pancreas (pancreatitis) or heart problems.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Adopt a diet low in saturated and trans fats, increase fiber intake, and engage in regular physical activity. • Maintain a healthy weight. • Get regular cholesterol tests and inform the care team of any significant changes. • Do not smoke and limit alcohol consumption. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Symptoms of heart attack or stroke, such as sudden numbness, weakness, or chest pain |

**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 may 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 before starting treatment.
 - Use an effective method of birth control during treatment and for 1 week after your last dose of elacestrant.
 - 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 and for 1 week after your last dose of elacestrant.
- **Do NOT breastfeed** during treatment and for 1 week after your last dose of elacestrant.

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.
- **You should not drink grapefruit juice or eat grapefruit during treatment with elacestrant.** Grapefruit may increase the amount of elacestrant in your blood.
- **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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