

Nilutamide

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
Nilutamide (ny-LOO-tuh-mide): Nilandron (nih-LAN-drun)	Slows down or stops the growth of cancer cells by blocking certain hormones in the body.	Tablet(s) taken by mouth.

Treatment Administration and Schedule

Your nilutamide dosing instructions:

- Nilutamide comes in 1 tablet strength: 150 mg.
- Your dose may differ, but nilutamide is typically taken as two tablets (300 mg total dose) by mouth once daily for 30 days, followed by 1 tablet once daily thereafter.
- Take nilutamide 1 time a day, at the same time each day.
- Nilutamide can be taken with or without food.
- Swallow nilutamide tablets whole. Do not cut, crush, or chew the tablets.
- If you miss a dose of nilutamide, take it as soon as you remember that day. If you miss your daily dose, take it at your regular time the next day. Do not take more than your prescribed dose of nilutamide each day.
- If you take too much nilutamide, call your care team right away.

Storage and Handling of Nilutamide

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

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
Hot Flashes	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. Recommendations: - 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. Talk to your care team if you have: - Severe hot flashes

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Lung Problems (Boxed Warning)	- Cough - Shortness of breath - Chest pain - Fever	
Heart Disease	Blockage of the arteries in the heart (ischemic heart disease) can happen during treatment with nilutamide. Your care team will monitor you for signs and symptoms of heart problems during your treatment with nilutamide. Call your care team or go to the nearest emergency room right away if you develop: - Chest pain or discomfort at rest or with activity - Shortness of breath	
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia)	- Fatigue - Weakness - Pale or dull skin - Shortness of breath - Dizziness or lightheadedness - Cold hands and feet - Irregular heartbeat - Headaches - Chest pain	
Liver Problems	- 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	
Vision Problems	Nilutamide can cause trouble seeing in the dark, blurred or unusual vision, and changes in color vision. - New or worsening trouble seeing in dim light or at night - Blurred vision, double vision, or trouble focusing - Changes in how you see colors - Sudden vision loss, eye pain, or flashing lights in your vision	
High Blood Sugar (Hyperglycemia)	- Frequent urination - Drowsiness - Increased thirst - Loss of appetite - Blurred vision - Fruity smell on your breath - Confusion - Nausea, vomiting, or stomach pain - It becomes harder to control your blood sugar	
Falls and Bone Fractures	Nilutamide treatment may increase your risk of falls and bone fractures.	

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 to 6 months after your last dose of nilutamide.

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 nilutamide 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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