

# ANASTROL®

Anastrozole

## Consumer Medicine Information

### What is in this leaflet

This leaflet answers some of the common questions people ask about Anastrozol. It does not contain all the information that is known about Anastrozol.

It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor will have weighed the risks of you taking Anastrozol against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet with the medicine.**

You may need to read it again.

### What ANASTROL is used for

Anastrozol is used to treat breast cancer in women who no longer have their menstrual periods either naturally, due to their age or after surgery, radiotherapy or chemotherapy.

Anastrozol is a non-steroidal aromatase inhibitor, which reduces the amount of oestrogen (female sex hormone) made by the body. In some types of breast cancer, oestrogen can help the cancer cells grow. By blocking oestrogen, Anastrozol may slow or stop the growth of cancer.

**Ask your doctor if you have any questions about why Anastrozol has been prescribed for you.**

Your doctor may have prescribed it for another reason.

This medicine is only available with a doctor's prescription.

Anastrozol is not addictive.

### Before you take it

#### *When you must not take it*

**Do not take Anastrozol if you are pregnant or intend to become pregnant.**

It may affect your developing baby if you take it during pregnancy.

**Do not breastfeed while taking Anastrozol.**

Your baby can take in Anastrozol from breast milk if you are breastfeeding.

**Do not take Anastrozol if you have an allergy to:**

- anastrozole
- any of the ingredients listed at the end of this leaflet
- other anti-oestrogen medicines.

Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty in breathing; swelling of the face, lips, tongue or any other parts of the body; rash, itching or hives on the skin.

**Do not take it if you are still having menstrual periods.**

This medicine should only be taken by women who are no longer having menstrual periods.

**Do not take Anastrozol if you are a man.**

Men are not normally treated with it.

**Do not give Anastrozol to a child.**

It is not recommended for use in children.

**Do not take Anastrozol after the expiry date printed on the pack.**

**Do not take Anastrozol if the packaging is torn or shows signs of tampering.**

If it has expired or is damaged, return it to your pharmacist for disposal.

**Do not use it to treat any other complaints unless your doctor tells you to.**

**Do not give this medicine to anyone else.**

*Before you start to take it*

**Tell your doctor if you are allergic to any other medicines or any foods, dyes or preservatives.**

**Tell your doctor if you have or have had any of the following medical conditions:**

- liver problems
- kidney problems
- osteoporosis, a family history of osteoporosis or risk factors for developing osteoporosis (such as smoking, a diet low in calcium, poor mobility, a slight build or treatment with steroid medicines).

Medicines such as Anastrozol may decrease bone mineral density (BMD) in women who have been through menopause, with a possible increased risk of fractures. Your doctor should discuss with you your treatment options for managing this possible increased risk of fractures.

**If you have not told your doctor about any of the above, tell him/her before you start taking Anastrozol.**

#### *Taking other medicines*

**Tell your doctor or pharmacist if you are taking any other medicines including any that you get without a prescription from your pharmacy, supermarket or health food shop.**

Some medicines should not be taken with Anastrozol. These include:

- tamoxifen, a medicine used to treat breast cancer
- any medicine that contains oestrogen such as medicines used in hormone replacement therapy (HRT) or oral contraceptives
- any health food products that contain natural oestrogens used for post-menopausal symptoms
- medicines from a class called "luteinising hormone releasing hormone (LHRH) agonists" e.g. goserelin or leuprorelin.

**Talk to your doctor or pharmacist if you have any concerns or questions about taking Anastrozol.**

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking this medicine.

### How to take it

**Follow all directions given to you by your doctor or pharmacist carefully.**

They may differ from the information contained in this leaflet.

Your doctor will tell you how many tablets you will need to take each day. This depends on your condition and whether or not you are taking any other medicines.

**If you do not understand the instructions on the box, ask your doctor or pharmacist for help.**

#### *How much to take*

The usual dose is one tablet every day.

#### *When to take it*

**Take Anastrozol at about the same time each day.**

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

#### *How to take it*

Swallow the tablet whole with a glass of water.

It does not matter if you take Anastrozol before, with or after food.

#### *How long to take it*

**Continue taking it for as long as your doctor or pharmacist tells you.**

Anastrozol helps to control your condition, but does not cure it. Therefore you must take this medicine every day.

**Do not miss any doses and do not stop taking the medicine even if you feel better.**

#### *If you forget to take it*

If you miss a dose, take it as soon as you remember, as long as it is 12 hours before the next dose is due. If it is less than 12 hours to the next dose, do not take the dose you have missed.

**Do not double the dose to make up for the dose that you missed.**

**If you are not sure what to do, ask your doctor or pharmacist.**

**If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.**

#### *If you take too much (overdose)*

**Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26) for advice, or go to Accident and Emergency at the nearest hospital if you think that you or anyone else may have taken too much Anastrozol. Do this even if there are no signs of discomfort or poisoning.**

You may need urgent medical attention.

### While you are taking it

#### *Things you must do*

**Be sure to keep all your appointments with your doctor so your progress can be checked.**

**Tell any other doctors, dentists and pharmacists who are treating you that you are taking Anastrozol.**

**If you are about to be started on any new medicine, tell your doctor, dentist or pharmacist that you are taking Anastrozol.**

**If you go into hospital, tell the medical staff that you are taking Anastrozol.**

#### *Things you must not do*

**Do not give Anastrozol to anyone else even if they have the same condition as you.**

**Do not take it to treat any other complaints unless your doctor tells you to.**

**Do not stop taking this medicine unless you have discussed it with your doctor.**

#### *Things to be careful of*

**Be careful driving or operating machinery until you know how Anastrozol affects you.**

Some patients may occasionally feel weak or sleepy.

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## Side effects

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**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Anastro.**

This medicine helps most postmenopausal women who have breast cancer, but it may have unwanted side effects in a few people.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. Side effects may happen at the start of treatment or they may happen after you have been taking your medicine for some time. You may need medical treatment if you get some of the side effects.

**If you get any side effects do not stop taking Anastro without first talking to your doctor or pharmacist.**

**Ask your doctor or pharmacist to answer any questions you may have.**

**Tell your doctor if you notice any of the following and they worry you:**

- hot flushes
- feeling weak or a lack of energy
- feeling sleepy
- joint pain or stiffness
- arthritis
- aching muscles, muscle tenderness or weakness, not caused by exercise
- bone pain
- high calcium levels in the blood
- swelling of the blood vessels
- vaginal dryness
- vaginal bleeding
- thinning of hair (hair loss)
- mild skin rash
- feeling sick (nausea)
- diarrhoea
- headache
- loss of appetite (anorexia)
- vomiting
- carpal tunnel syndrome (tingling, pain, coldness, weakness in parts of hand).

These are the more common side effects of Anastro. Mostly these are mild to moderate in nature.

Uncommon side effects can include trigger finger which is a condition in which one of your fingers or your thumb catches in a bent position.

Tell your doctor immediately or go to Accident and Emergency at your nearest hospital if you notice any of the following symptoms:

- sudden signs of allergy such as shortness of breath, wheezing or difficulty in breathing; swelling of the face, lips, tongue or any other parts of the body; rash, itching or hives on the skin
- severe skin reactions with lesions, ulcers or blisters
- liver pain or swelling and/or a general feeling of unwell with or without jaundice (yellowing of the skin and eyes).

These are serious side effects. You may need urgent medical attention or hospitalisation.

Serious side effects are uncommon.

Anastro may be associated with changes in your blood, urine or liver. Your doctor may want to perform tests from time to time to check on your progress and detect any unwanted side effects.

**Tell your doctor if you notice anything else that is making you feel unwell.**

Other side effects not listed above may occur in some people.

**Do not be alarmed by this list of possible side effects.**

You may not experience any of them.

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## After taking it

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### Storage

**Keep your tablets in the blister pack until it is time to take them.**

If you take Anastro out of the blister pack it will not keep well.

**Keep it in a cool dry place where the temperature stays below 30°C.**

**Do not store it or any other medicine in the bathroom or near a sink.**

**Keep it where young children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

**Do not leave it on a window-sill or in the car on hot days.**

Heat and dampness can destroy some medicines.

### Disposal

**If your doctor tells you to stop taking it or you find that the expiry date has passed, ask your pharmacist what to do with any tablets you have left over.**

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## Product description

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### What it looks like

Anastro is a round, white to off-white film-coated tablet with "93" debossed on one side and "A10" on the other.

It is available in a blister pack containing 30, 60, 90 or 100 tablets.

### Ingredients

Each Anastro tablet contains 1 mg of anastrozole as the active ingredient.

It also contains the following inactive ingredients:

- lactose
- povidone
- sodium starch glycollate
- magnesium stearate
- hypromellose
- macrogol 400
- macrogol 6000
- titanium dioxide.

### Sponsor

**Aspen Pharmacare Australia Pty Ltd**

34-36 Chandos Street  
St Leonards NSW 2065

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