



## What is FEMARA®

Medicine Name	Description
Letrozole	<p>2.5 mg pill: yellow, round</p> <p>There are generic drugs of different forms</p> 

## How should you take your medicine?

Your doctor has determined your medicine dosage.



In your case, the dosage is as follows: 2.5 mg per day, i.e. 1 pill a day, once a day, every day.

Swallow whole with a glass of water, do not crush, cut, chew, or dilute the pills.

At a set time, with or without meals.

If you forgot to take a dose or in case of vomiting, do not take an additional dose but wait for the time to take the next dose.

## Dosage – therapy regimen

Once a day, at a set time, with or without meals									
With no gaps	 D1	 D2	 D3	 D4	 D5	 D6	 D7	...	 D28

## How to get the medicine supply?

This medicine is available in local pharmacies.

Getting this medicine might take time. Be careful and order the medicine in advance. Store this product in its original packaging, away from sources of heat and moisture.

## What else do you need to know?

### Precautions and monitoring

Laboratory tests are necessary while taking your medication (blood test to monitor cholesterol level and liver function), as well as clinical condition monitoring (measuring bone density using bone densitometry).

### Interactions with other medications and/or food

The occurrence of interactions between FEMARA® and your other treatments may have harmful consequences (reduced drug efficacy and tolerance). It is important to tell your pharmacist and doctor about all medications and/or other substances (foods, plants, probiotics, essential oils, nutritional supplements, etc.) that you are taking.

*Example:* While taking letrozole, avoid St. John's wort consumption or excessive consumption of soy or isoflavone supplements (a concentrated source of phytoestrogens). Soy contained in food is OK.

## What are possible side effects?

**Only the most common side effects are listed below. There might be some other side effects. For additional information, refer to your medicine leaflet or seek advice from your doctor or pharmacist.**

SIDE EFFECTS	
Most common ones	<p><b>Hot flashes, excessive sweating</b></p> <p><b>Digestive problems:</b> nausea</p> <p><b>In joints:</b> pain, stiffness, or inflammation</p> <p><b>Others:</b> fatigue, hypercholesteremia, bone loss (osteoporosis)</p>
WHEN TO ALERT THE MEDICAL TEAM?	



Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<b>Pain that prevents you from doing your normal activities</b> > Joint pain <b>Digestive problems</b> > A significant and/or rapid weight loss > Severe abdominal pain > Inability to drink for 24 hours and/or eat for about 48 hours <b>Symptoms suggestive of osteoporosis</b> > Fractures
<b>HOW TO PREVENT SIDE EFFECTS?</b>	
Hot flashes	<b>Engage</b> in adjusted physical activities. <b>Avoid</b> heat sources.
Joint pain	<b>Engage</b> in adjusted physical activities.
Fatigue	<b>Opt for</b> activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports... <b>Alternate</b> periods of activity and rest...
Vaginal dryness	<i>For personal hygiene, use</i> a mild, unscented soap with an appropriate pH value (pH between 5 and 7). Due to the risk of disturbing the vaginal flora, <b>avoid</b> having more than 2 personal hygiene episodes per day. <b>Avoid</b> wearing overly tight clothing or synthetic underwear that irritates.
<b>HOW TO ADAPT YOUR DIET?</b>	
Hot flashes	<b>Avoid</b> eating spicy foods with alcohol or caffeine. <b>Drink</b> plenty of cold drinks.
Osteoporosis	<b>Opt for</b> foods rich in calcium: milk, yogurt...
Nausea	<b>Opt for</b> split nutrition consisting of several light meals, liquid and cold dishes. <b>Limit</b> consumption of fatty, fried, and spicy foods.

