




TAMOXIFENE - NOLVADEX®

What is NOLVADEX

Medicine Name	Description
Tamoxifene	10mg and 20mg pills 

How should you take your medicine?

Your doctor has determined your medicine dosage.












In your case, the dosage is as follows:..... mg/day, i.e. pill(s) of.....mg, once or twice per day, every day.

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

Take at the same time, with or without meals.

If you forgot to take a dose, it can be taken within 12 hours; however, in case of vomiting, do not take an additional dose but wait for the time to take the next dose.

Dosage – Therapy regimen

Once or twice a day, at the same time, with or without meals	  
Continuously	 J1  J2  J3  J4  J5  J6  J7 ...  J28

How to get the medicine supply?

This medicine is available from 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 blood counts and liver and pancreas function), as well as clinical condition monitoring (monitoring of patients at risk of thromboembolic complications, a complete gynecological examination before starting treatment and then annually, and regular ophthalmological monitoring.)

Using contraceptives

This drug may harm an unborn baby. During the entire treatment and one month after its cessation, you and your partner need to use effective contraception methods (condoms combined with another method).

Interactions with other medications and/or food

The occurrence of interactions between NOLVADEX® 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: Avoid excessive consumption of supplements (concentrated sources) containing soy or isoflavones while taking tamoxifen. Soy as part of the regular diet is allowed.

What are possible side effects?

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	
The most common ones	<p>Abnormal lab results: low multinuclear neutrophil count (neutropenia) and platelet count (thrombocytopenia), low hemoglobin level (anemia), increase in triglycerides (hypertriglyceridemia), abnormal liver function tests</p> <p>Vascular problems: hot flashes, phlebitis, shortness of breath, chest pain</p> <p>Gynecological problems: bleedings, vaginal discharge, rash</p> <p>Digestive problems: nausea, vomiting, diarrhea, constipation, taste perception problem</p> <p>Skin problems: rash, some hair loss</p> <p>Neurological problems: sensory disturbances (numbness, tingling, creeps), sensation of burning or electric shock, pain caused by cold, heat, and temperature changes</p> <p>Vision problems: cataracte, problems with the retina</p> <p>Other: fatigue, headaches, dizziness, cramps, muscle pain</p>
When to alert the medical team?	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<p>Pain that prevents you from doing your normal activities</p> <p>Gynecological problems: Bleedings, abnormal discharges</p> <p>Digestive problems: Very frequent diarrhea, bowel movement over 4 times a day Bowel movements fewer than 3 times a week</p> <p>Skin problems: Significant blisters or severe peeling of the skin</p> <p>Symptoms suggestive of cardiotoxicity: Shortness of breath, high palpitations, or chest pain or tightness Red, warm to the touch, and painful calf</p> <p>Symptoms suggestive of neurological disorder: Motor skills and coordination impairment Abnormal sensations, such as tingling, creeps Memory loss, difficulty concentrating, difficulty speaking Dizziness</p> <p>Vision problems</p>
How to prevent side effects?	
Hot flashes	<p>Engage in adjusted types of physical activity.</p> <p>Avoid heat sources.</p>
Muscle pain	<p>Engage in adjusted physical activity.</p>
Fatigue	<p>Opt for activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...</p> <p>Alternate periods of activity and rest.</p>
Skin care	<p><i>For washing</i> opt for mild soap and moisturizer, pat skin dry.</p> <p>Avoid using any skin irritating products.</p> <p><i>For sun protection</i> use broad spectrum sunscreen and avoid sun exposure.</p>
Hair loss	<p>Use a small amount of mild shampoo (for babies). Opt for a soft brush. Avoid washing your hair too often. Avoid heat sources (hairdryer, heated curlers, hot smoothing iron), dyes, highlights, or perm.</p>
How to adapt your diet?	

Hot flashes	Avoid eating spicy foods with alcohol or caffeine. Drink plenty of cold drinks.
Nausea	Opt for split nutrition consisting of several light meals, liquid and cold dishes. Limit consumption of fatty, fried, and spicy foods.
Diarrhea	Opt for a low fiber diet. It is preferable to consume starchy products, carrots, and bananas. Avoid using raw fruit and vegetables, dairy products, coffee, or alcohol. Drink plenty of water.
Constipation	Opt for a high fiber diet. Drink plenty of water.
Taste perception disorders	Opt for several small meals of warm and cold food per day. Avoid using metal kitchen utensils.