




What is ZYTIGA®

Medicine Name	Description
Abiraterone acetate, new generation hormone therapy	250 mg pill: white, oval 500 mg pill: violet, oval 

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. pills/day, to be taken 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 a time interval between taking the medicine and eating at your option (1 hour before meal or 2 hours after meal).
 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

Outside of meals(1 hour before meal or 2 hours after meal)									
With no gaps D1 - 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 liver function, potassium level, triglyceride and glucose level), as well as clinical condition monitoring (arterial pressure, ECG, measuring bone density using bone densitometry).

Using contraceptives

This drug may harm an unborn baby. During the entire treatment, 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 ZYTIGA® 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 ZYTIGA®, it is necessary to avoid using Saint John's wort, boldo, fucus, Asian ginseng, Seville orange, passionflower, and dandelion.

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>Cardiac problems: high blood pressure</p> <p>Liver problems</p> <p>General disorders: water retention, swellings</p> <p>Infections: urinary tract</p> <p>Abnormal blood counts: low potassium level or high triglyceride level</p> <p>Digestive problems: diarrhea</p>
Some patients require special attention	<p>Hyperglycemia in <i>patients with diabetes</i></p> <p>Patients with a history of cardiovascular disease</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>Hypertension symptoms</p> <ul style="list-style-type: none"> > Headaches, buzzing in the ears, and/or dizziness Blood pressure increase <p>Symptoms suggestive of infection</p> <ul style="list-style-type: none"> > Temperature > 38.5 °C > Cough, throat pain, pain on urination, diarrhea with fever <p>Symptoms suggestive of cardiac problems</p> <ul style="list-style-type: none"> > Shortness of breath, high palpitations, chest pain or tightness > Swelling of legs <p>Others</p> <ul style="list-style-type: none"> Very rapid and unexpected weight gain (swelling) > Very frequent diarrhea, bowel movement over 4 times a day > Urine color (blood in urine) > Inexplicable pain in muscles
HOW TO PREVENT SIDE EFFECTS?	
Infection	Avoid visiting high risk areas (crowds, contact with sick people, ...). A flu and pneumococcal infection vaccine might be recommended for you: it will protect you.
Blood pressure control	Elevated blood pressure needs to be corrected. Taking arterial pressure regularly is recommended. Pharmacists can help you take your blood pressure. You can also ask to do it by yourself using an automatic blood pressure monitor.
Skin care	Opt for mild soap and moisturizer, pat skin dry. Avoid using any skin irritating products. <i>For sun protection</i> use broad spectrum sunscreen and avoid sun exposure.
Swelling	Avoid wearing tight clothing, socks, and shoes. Put your feet in an elevated position. Regularly check your weight.
HOW TO ADAPT YOUR DIET?	
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 more water.
Swellings	Opt for a low salt diet.

