




What is XTANDI®

Medicine Name	Description
Enzalutamide, hormone therapy	<p>40 mg pill: round, yellow</p> <p>40 mg capsule: oval</p> 

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. 40 mg capsules or pills, once a day, every day.

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

At a set time, with or without meals. Do not take damaged or spoiled capsules.

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 blood counts and potassium level), as well as clinical condition monitoring (arterial pressure, ECG).

Interactions with other medications and/or food

The occurrence of interactions between XTANDI® 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 XTANDI® it is necessary to avoid using Saint John's wort, grapefruit juice, 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>General disorders: fatigue, hair loss</p> <p>Vascular disorders: hot flashes, high blood pressure</p> <p>Musculoskeletal system problems: fractures</p> <p>Abnormal lab results: low multinuclear neutrophil count (neutropenia)</p> <p>Nervous system disorders: memory problems and attention problems, restless leg syndrome</p> <p>Cardiac problems</p> <p>Skin problems: dryness, itching</p> <p>Breast tenderness and swelling</p>
Some patients require special attention	<p>Patients taking vitamin K antagonists</p> <p>Patients with a history of cardiovascular disease</p> <p>Patients with epilepsy</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 cardiac problems</p> <ul style="list-style-type: none"> > Shortness of breath, high palpitations, chest pain or tightness <p>> Symptoms suggestive of cerebral edema</p> <ul style="list-style-type: none"> > Headaches, confusion, convulsions > Vision problems <p>Allergy symptoms</p> <ul style="list-style-type: none"> > Itching with rash > Swelling of the face, lips, tongue and/or throat causing difficulty swallowing or breathing
HOW TO PREVENT SIDE EFFECTS?	
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.
Fatigue	Opt for activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports... Alternate periods of activity and rest.
Skin care	Opt for mild soap and moisturizer, pat skin dry. Avoid using any skin irritating products. <i>For sun protection use</i> broad spectrum sunscreen and avoid sun exposure.
Hot flashes	Engage in adjusted types of physical activity. Avoid heat sources.
Driving a car	Avoid driving if memory or attention is impaired.
HOW TO ADAPT YOUR DIET?	
Hot flashes	Avoid eating spicy foods with alcohol or caffeine. Drink plenty of cold drinks.

