



What is ESTRACYT®

Medicine Name	Description
Estramustine	140 mg gelatin capsule: white

How should you take your medicine?

Your doctor has determined your medicine dosage.













In your case, the dosage is as follows:..... mg per day, i.e. 140 mg gelatin capsules twice a day, every day.

Swallow whole with a glass of water, without opening or diluting the capsules.

At a set time, with a time interval between taking the medicine and eating (1 hour before a meal or 2 hours after a 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

Twice a day, at a set time, outside of meals									
	< 1h — 2h >	< 1h — 2h >	< 1h — 2h >						
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, liver function, and calcium level), as well as clinical condition monitoring (arterial pressure, heart study).

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 ESTRACYT® 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 ginkgo biloba, butcher's broom, licorice, yohimbe, and food supplements rich in calcium or magnesium.

Some (live) vaccines are contraindicated while taking ESTRACYT®.

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>Digestive problems: nausea, vomiting, diarrhea</p> <p>Abnormal lab results: low hemoglobin level (anemia), low white blood count (leucopenia), low thrombocyte count (thrombocytopenia), and abnormal liver function tests</p> <p>Cardiac problems, phlebitis</p> <p>General disorders: water retention, swellings, headaches, breast tenderness and swelling</p>



Some patients require special attention	Hyperglycemia in patients with diabetes Patients with a history of phlebitis
WHEN TO ALERT THE MEDICAL TEAM?	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<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 <p>Digestive problems</p> <ul style="list-style-type: none"> > Significant and/or rapid weight loss > Very frequent diarrhea, bowel movement over 4 times a day > Severe abdominal pain > Inability to drink for 24 hours and/or eat for about 48 hours <p>Symptoms suggestive of cardiac problems</p> <p>Shortness of breath, high palpitations, chest pain or tightness</p> <p>Symptoms suggestive of phlebitis</p> <p>Red, warm to the touch, and painful calf</p> <p>Libido problems</p>
HOW TO PREVENT SIDE EFFECTS?	
Weight	Regularly check your weight in case of digestive problems or swellings.
Swellings	Avoid wearing tight clothing, socks, and shoes. Put your feet in an elevated position.
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.
HOW TO ADAPT YOUR DIET?	
Nausea	Opt for split nutrition consisting of several light meals, liquid and cold dishes. Limit consumption of fatty, fried, and spicy foods.
Calcium	Avoid calcium (calcium-rich foods, milk and other dairy products). The interval between taking ESTRACYT and calcium or magnesium should be at least 2 hours.
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.
Water retention	Opt for a low salt diet.

