



## What is Flutamide

Medicine Name	Description
Flutamide, hormone therapy	250 mg pill <b>There are generic drugs of different forms</b>

## 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. . pills 3 times 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 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

3 times a day, at a set time, with a meal									
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?

Laboratory tests are necessary while taking your medication (blood test to monitor liver function and potassium level), as well as clinical condition monitoring (ECG, dark-colored urine, bluish nails or lips).

## 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 Flutamide 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 Flutamide, it is necessary to avoid using products that might increase liver toxicity (black cohosh, boldo, cinnamon, teasel, kreosotum, snakeroot, germander, hofe, jin bu huan, kava, pudding grass, Florida palm, parsley, butcher's broom, knotweed, horsetail, scullcap, tea, tusanqi, coltsfoot, red yeast rice) or promote cardiotoxicity (boldo, fucus, Asian ginseng, Seville orange, passion flower, 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.**

MOST COMMON ONES	
Treatment only with Flutamide	<b>Breast problems:</b> milk secretion from the nipple, breast tenderness and swelling <b>Abnormal liver function tests</b> <b>Sleep disorders</b> <b>Others:</b> fatigue, increased appetite



When treated with Flutamide in combination with a gonadotropin-releasing hormone (GnRH) agonist	<b>Digestive problems:</b> diarrhea, nausea, vomiting, increased appetite <b>Abnormal liver function tests</b> <b>Hot flashes, decreased libido</b>
Some patients require special attention	Patients with diabetes (risk of hyperglycemia)
<b>WHEN TO ALERT THE MEDICAL TEAM?</b>	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<b>Digestive problems</b> > 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 <b>Libido problems</b> <b>Abnormal liver function tests</b> > Jaundice <b>Signs of cyanosis</b> > Bluish nails and/or lips <b>Symptoms suggestive of cardiac problems</b> > Unexplained weight gain > Limb swelling
<b>HOW TO PREVENT SIDE EFFECTS?</b>	
Weight	<b>Regularly check your weight</b> in case of digestive problems or swelling.
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.
Hot flashes	<b>Engage</b> in adjusted types of physical activity. <b>Avoid</b> heat sources.
<b>HOW TO ADAPT YOUR DIET?</b>	
Diarrhea	<b>Opt for</b> a low fiber diet. It is preferable to <b>consume</b> starchy products, carrots, and bananas. <b>Avoid</b> using raw fruit and vegetables, dairy products, coffee, or alcohol. <b>Drink</b> more water.
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.

