Bicalutamide

- **Bicalutamide** (bye-ka-LOO-ta-mide) is a drug that is used to treat prostate cancer. It blocks the effect of testosterone which is a male sex hormone. It is a tablet that you take by mouth.
- It is important to **take** bicalutamide exactly as directed by your doctor. Make sure you understand the directions.
- Bicalutamide may be taken **with food or on an empty stomach** with a glass of water or juice.
- If you **miss** a dose of bicalutamide, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- **Store** bicalutamide tablets out of the reach of children, at room temperature, away from heat, light and moisture.
- Some drugs, herbal products and supplements may **interact** with your treatment. Tell your doctor or pharmacist if you are taking any of these or before you start taking any new drugs
- Bicalutamide may **lower sperm count** after you have taken it for a long time. If you plan to have children, discuss this with your doctor before taking bicalutamide.
- **Tell** doctors, dentists or other healthcare providers that you are being treated with this medication before you receive any other treatment from them.

Side effects that may occur and tips for management

SIDE EFFECTS	MANAGEMENT
Nausea and vomiting may occur with bicalutamide. This should go away as treatment continues. Most people have little or no nausea.	To help nausea: • Drink plenty of liquids. • Eat and drink often in small amounts.
Hot flashes (sudden sweating and feelings of warmth) can sometimes occur when you first start taking bicalutamide. This usually improves as your body adjusts to bicalutamide. Hot flashes are more common when bicalutamide is taken with another drug that lowers testosterone levels.	If hot flashes are troublesome: • Take your bicalutamide at bedtime. • If night sweats interfere with sleep, try taking your bicalutamide in the morning. • Some people find it helpful by avoiding alcohol, spicy food, caffeine intake (coffee, tea, cola, chocolate). • Follow a regular exercise program. • Try staying in a cool environment • Wear layers so that if you do experience a hot flash, the outer layers may be removed. • Ask your doctor for more advice if your hot flashes continue to bother you.
Impotence (loss of sexual ability) may occur.	• This will return to normal when you stop taking bicalutamide.
Breast swelling or soreness may occur, especially when bicalutamide is used alone. Breast swelling or soreness is rare when bicalutamide is taken with another drug that lowers testosterone levels.	• This will return to normal when you stop taking bicalutamide.
Constipation or diarrhea may occur.	To help **constipation**: • Exercise if you can. • Drink plenty of fluids (8 cups a day). To help diarrhea: • Drink plenty of liquids. • Eat and drink often in small amounts. • Avoid high fibre foods. **Note: If lactose** in milk usually gives you diarrhea, the lactose in the tablet may be causing your diarrhea. Inform your doctor.
Sugar control may be affected in diabetics.	• Check your blood sugar regularly if you are diabetic.
Tiredness and lack of energy may occur.	• Do not drive a car or operate machinery if you are feeling tired.
Hair loss is rare with bevacizumab. If you lose hair, it will grow back once you stop treatment with bevacizumab. Color and texture may change.	• Use a gentle shampoo and soft brush. • Apply mineral oil to your scalp to reduce itching.

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of **liver problems** such as yellow eyes or skin, white or clay-colored stools.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs, numbness or tingling in feet or hands, or blood in your urine.
- Signs of **lung problems** such as difficulty in breathing.

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Hot flashes.
- Decreased sexual desire or ability.
- Excessive breast swelling or soreness, uncontrolled nausea, vomiting, constipation or diarrhea.
- For diabetics: uncontrolled blood sugar levels.
- Pain not controlled with paracetamol (Panadol ®).
- Sudden weight gain, swelling of hands, feet or lower legs.
- Skin rash.
- Dizziness, drowsiness, difficulty sleeping, numbness or tingling of hands or feet.

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR

This is a summary of useful information to help you understand and take your medicine safely .

We are available to answer your questions For urgent inquiries contact :

- **Urgent care unit at the National Center of Cancer Care and Research (NCCCR) TEL : 44397179 (available 24 hours, all week days).**

For further information or question contact :

- **Your doctor** (from 7 am – 3 pm) .
- **Clinical Pharmacy section,** TEL: 44397239 (Sun-Thurs from 7 am – 3 pm) .
- **Outpatient Pharmacy**, TEL: 44397531, 44397825 (Sun-Thurs from 7 am – 3 pm) .

Pharmacy Department

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