

## Pharmacy

### DRUG INFORMATION

# Bicalutamide Tablet



### What is Bicalutamide?

- Bicalutamide is used to treat prostate cancer.

### How is Bicalutamide Administered / Taken?

- Bicalutamide should be taken once a day, preferably at the same time daily with or without food.
- The tablet should be swallowed whole. Do not chew or crush the tablet. Inform your doctor or pharmacist if you have difficulty swallowing.
- 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 more than 12 hours of the missed dose, skip the missed dose and go back to your usual dosing time.

### Can Bicalutamide be Taken with Other Medications?

- Please inform your doctor or pharmacist if you are taking other medications, including Traditional Chinese Medicines, Jamu medicines or supplements.

### What are the Important Side Effects of Bicalutamide?

- Medications prescribed by your doctor should be beneficial for your condition even though they may result in some inevitable side effects.

Side Effect	Management
Hot flushes (sudden sweating and feeling of warmth)	<ul style="list-style-type: none"> <li>• If you are experiencing hot flushes, wearing light clothing, staying in a cool environment, and putting cool cloths on your head may reduce symptoms.</li> <li>• Inform your doctor if these symptoms affect you significantly.</li> </ul>
Nausea or vomiting	<ul style="list-style-type: none"> <li>• Take small, frequent meals.</li> <li>• Avoid smells that precipitate nausea.</li> <li>• Take medicines for nausea or vomiting prescribed by your doctor.</li> </ul>

Side Effect	Management
	<ul style="list-style-type: none"> <li>Avoid tight-fitting clothes around the waist.</li> </ul>
Diarrhoea	<ul style="list-style-type: none"> <li>Inform your doctor if this is severe and/or does not improve with medicine use.</li> <li>Drink at least two litres (8 cups) of fluids every day when you are having diarrhoea.</li> <li>Avoid milk, dairy products, high fibre food or spicy food whilst you are having diarrhoea.</li> </ul>
Fatigue or tiredness	<ul style="list-style-type: none"> <li>Do not drive or operate machinery if you are feeling tired. Inform your doctor if fatigue is persistent or worsens.</li> </ul>
Loss or reduced sexual desire, breast swelling or soreness	<ul style="list-style-type: none"> <li>These are temporary and may go away after you have stopped treatment with Bicalutamide.</li> <li>Inform your doctor if these symptoms bother you.</li> </ul>
Blood in urine	<ul style="list-style-type: none"> <li>You may have blood in your urine while taking Bicalutamide. This is quite common.</li> <li>Please tell you doctor or nurse if you notice this.</li> </ul>
Heart problems	<ul style="list-style-type: none"> <li>Please proceed to the A&amp;E department immediately if you experience shortness of breath, chest pain or sudden swelling of legs.</li> </ul>

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.

### Are There any Special Precautions That I Need to Take?

- Your partner must not become pregnant during your treatment with Bicalutamide and must use an effective method of contraception. You should take appropriate contraceptive measures during and up to six months after stopping treatment. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- Bicalutamide may have an anti-fertility effect, which is could be irreversible. You should discuss with your doctor regarding fertility preservation prior to starting treatment.

### What Else Can I Do to Help My Condition?

- Exercise  
Light exercise is recommended as it helps to improve mobility, balance and even emotional well-being. Avoid strenuous exercise, and rest when you are feeling tired.
- Stay positive  
Understand your condition and take an active role in managing it. Do not be afraid to talk about it with your doctor/ pharmacist/ family members. Repressed feelings can be harmful to your immediate well-being and long-term health.
- Adequate hydration  
Maintain adequate hydration with two to three litres (8 to 12 cups) of fluids per day unless informed by your doctor to restrict fluids. This will decrease your chances of getting constipation and also prevent dehydration.
- Medical and dental treatment  
If you need to go into hospital for any reason other than cancer, always inform the doctors and nurses that you are receiving anti-cancer treatment.  
Talk to your cancer doctor if you think you need dental treatment. Always inform your dentist that you are receiving anti-cancer treatment.

## How Do I Store Bicalutamide?

- Store your medication in a cool, dry place away from heat, moisture and direct sunlight.

**If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.**

**Please keep all medications out of reach of children.**

**You can also find useful information with regards to your medication on this website:**

<https://www.macmillan.org.uk/information-and-support>



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