

## PHARMACY

### Drug Information

# Fulvestrant Injection



### What is Fulvestrant?

- Fulvestrant is used to treat breast cancer.

### How is Fulvestrant Administered?

- Fulvestrant is given into the muscle (intramuscularly) with one injection into each of your buttock cheeks.
- It is given on Day 1, Day 15 and Day 29 then subsequently once a month.

### Can Fulvestrant be Administered with Other Medications?

- Please inform your doctor or pharmacist if you are taking other medications, including Traditional Chinese Medicines, Jamu medicines or supplements.
- Fulvestrant works by blocking the effects of estrogen in your body, thus it is recommended that you avoid using estrogen replacement therapy or birth control pills.

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

- Allergic reaction  
Fulvestrant may rarely cause an allergic reaction while it's being given. Signs of a reaction can include a rash, flushing or shortness of breath, swelling of your face or lips, feeling dizzy, having abdominal, back or chest pain or feeling unwell.
- 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 these symptoms.</li><li>• Inform your doctor if these symptoms affect you significantly.</li></ul>

Side Effect	Management
Headaches	<ul style="list-style-type: none"> <li>Mild pain can be relieved by taking Paracetamol (Panadol ®). Inform your doctor if pain is not controlled by Paracetamol (Panadol ®).</li> <li>Inform your doctor if headache persists or if it is associated with vomiting, confusion or visual changes.</li> </ul>
Swelling, bruising, tenderness and redness of the skin at injection site	<ul style="list-style-type: none"> <li>Apply cool compress on the area or soak in cool water for 15-20 minutes several times a day.</li> <li>Inform your doctor if the symptoms do not subside.</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>
Diarrhoea	<ul style="list-style-type: none"> <li>Your doctor may prescribe medicines to control diarrhoea. Inform your doctor if it is severe and/or does not improve with medicine use.</li> <li>Make sure you drink at least two litres (8 cups) of fluids every day when you are having diarrhoea.</li> <li>Avoid milk or dairy products and/or high fibre food whilst you are having diarrhoea.</li> </ul>
Muscle aches and joint pain	<ul style="list-style-type: none"> <li>Mild pain can be relieved by taking Paracetamol (Panadol ®). Inform your doctor if pain is not controlled by Paracetamol (Panadol ®).</li> <li>Taking regular warm baths may also help.</li> </ul>

Side Effect	Management
Nausea or vomiting	<ul style="list-style-type: none"> <li>Small frequent meals or sucking hard, sugar-free candy may help.</li> <li>Please remember to take the medicines for nausea or vomiting as instructed by your doctor if any.</li> </ul>
Menstrual bleeding	<ul style="list-style-type: none"> <li>May rarely occur within the first six weeks of starting Fulvestrant.</li> <li>Please inform your doctor immediately if the bleeding occurs.</li> </ul>
Changes in the way the liver works	<ul style="list-style-type: none"> <li>Please proceed to the A&amp;E department immediately if you experience any yellowing of eye white and skin or tea-coloured urine, pale stools or severe abdominal pain.</li> </ul>
Signs of a blood clot in veins	<ul style="list-style-type: none"> <li>Please proceed to the A&amp;E department immediately if you experience tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath.</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?**

- You must not become pregnant during treatment with Fulvestrant and must use an effective method of contraception. You should take appropriate contraceptive measures during and up to 12 months after stopping of treatment. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- Fulvestrant may have an anti-fertility effect, which could be irreversible. You should discuss with your doctor regarding fertility preservation prior to starting treatment.

- You should not breast-feed during 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. Do 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 being constipated 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.

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

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

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

