

## 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 2 to 3 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  
Always inform your dentist / doctor that you are on Megestrol.

## How do I Store Megestrol?

- 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>

## PHARMACY

### Drug Information

## Megestrol Tablet



### What is Megestrol?

- Megestrol is a medication used in the treatment of breast cancer, endometrial cancer or prostate cancer.
- It can also be used to improve appetite in patients with advanced cancer.

### How is Megestrol Administered / Taken?

- Megestrol should be swallowed whole at about the same time each day with a full glass of water. It can be taken with or without food. Do not chew or crush the tablet.
- For once a day dosing, if you miss a dose of Megestrol, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours of the missed dose, skip the missed dose and go back to your usual dosing times.
- For multiple times a day dosing, skip the missed dose and go back to your usual dosing times. Do not double dose.

### Can Megestrol be Administered / Taken With Other Medications?

- Please inform your doctor or pharmacist if you are taking other medications, including supplements, traditional or herbal remedies.

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

- 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>

Side Effect	Management
-------------	------------

Increase appetite, weight gain	<ul style="list-style-type: none"> <li>• These will subside when treatment is completed.</li> </ul>
Fluid retention	<ul style="list-style-type: none"> <li>• You may experience swelling of hands, feet, or lower legs if your body retains extra fluids. Try to elevate your legs when sitting and avoid tight clothing.</li> </ul>
Signs of a blood clot	<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>
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>
Vaginal bleeding	<ul style="list-style-type: none"> <li>• Inform your doctor immediately if bleeding is persistent and heavy.</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?

- It is important to inform your doctor if you intend to conceive or breastfeed while taking this medication.
- You must not become pregnant during treatment with Megestrol and must use an effective method of contraception. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- You should not breast-feed during treatment.