

PHARMACY

Drug Information

Tamoxifen Tablet



What is Tamoxifen?

- Tamoxifen is used for the treatment of breast cancer.

How is Tamoxifen Administered / Taken?

- Tamoxifen is usually taken orally once a day with or without food at approximately the same time each day.
- 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 Tamoxifen, 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 times.

Can Tamoxifen be Administered / 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 Tamoxifen?

- 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"> • 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. • Inform your doctor if these symptoms affect you significantly.
Nausea or vomiting	<ul style="list-style-type: none"> • Take small, frequent meals. • Avoid smells that precipitate nausea. • Take medicines for nausea or vomiting prescribed by your doctor.

Side Effect	Management
	<ul style="list-style-type: none"> • Avoid tight-fitting clothes around the waist.
Hair thinning	<ul style="list-style-type: none"> • You may experience hair thinning. However, your hair will grow back once you have stopped treatment with Tamoxifen. Colour and texture may change.
Muscle aches and joint pain	<ul style="list-style-type: none"> • Mild pain can be relieved by taking Paracetamol (Panadol ®). • Inform your doctor if pain is not controlled by Paracetamol (Panadol ®). • Taking regular warm baths may also help.
Fatigue or Tiredness	<ul style="list-style-type: none"> • Do not drive or operate machinery if you are feeling tired. Inform your doctor if fatigue is persistent or worsens.
Fluid retention	<ul style="list-style-type: none"> • You may experience swelling of hands, feet, or lower legs if your body retains extra fluids. • Elevating your legs on a foot stool or with a cushion or pillow may help to reduce the swelling.
Changes in eyesight	<ul style="list-style-type: none"> • Please inform your doctor if you experience eye pain, swelling, redness, blurred vision, and/or sensitivity to light or other changes.
Depression	<ul style="list-style-type: none"> • Depression may rarely occur. Inform your doctor if you experience changes in mood.
Signs of blood clot	<ul style="list-style-type: none"> • Please proceed to the A&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.

Side Effect	Management
Changes in the way the liver works	<ul style="list-style-type: none"> • Please proceed to the A & E department immediately if you experience any yellowing of eye white and skin or tea-coloured urine, pale stools or severe abdominal pain.
Endometrial cancer	<ul style="list-style-type: none"> • This may rarely occur with prolonged treatment with Tamoxifen. • If you experience any unexpected bleeding from the vagina, persistent abdominal pain and/or pressure or discomfort in the pelvis, inform your doctor immediately.

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 Tamoxifen and must use an effective method of contraception during and up to 2 months after stopping treatment.
- Oral contraceptives may not work while you are taking Tamoxifen. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- 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. 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 getting constipation and also prevent dehydration.
- Medical and dental treatment
Always inform your doctor or dentist that you are taking Tamoxifen.

How do I Store Tamoxifen?

- 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>

