

PHARMACY

Drug Information

Abiraterone Tablets



What is Abiraterone?

- Abiraterone is used to treat prostate cancer.

How is Abiraterone Administered/Taken?

- Abiraterone is usually taken orally once daily, on an empty stomach, at least one hour before or two hours after food.
- The tablet should be swallowed whole. Do not chew or crush the tablet. Inform your doctor or pharmacist if you have difficulty swallowing.
- Oral Prednisolone tablet is usually given with Abiraterone to reduce the risk of high blood pressure, low potassium levels and fluid build-up.
- If you miss a dose of Abiraterone, 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 Abiraterone 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 Abiraterone?

- 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 symptoms. Inform your doctor if these symptoms affect you significantly.
Diarrhoea	<ul style="list-style-type: none"> Inform your doctor if this is severe and/or does not improve with medicine use. Drink at least two litres (8 cups) of fluids every day when you are having diarrhoea.

Side Effect	Management
	<ul style="list-style-type: none"> Avoid milk, dairy products, high fibre food or spicy food while you are having diarrhoea.
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.
Increased in blood pressure	<ul style="list-style-type: none"> Blood pressure will be monitored regularly when you come to the clinic. If you have a blood pressure monitoring machine at home, you can measure your blood pressure every day and record it in a book. Please remember to take your prescribed medicines for high blood pressure.
Stomach irritation	<ul style="list-style-type: none"> Prednisolone may cause gastric irritation. Taking Prednisolone after meals may reduce this side effect.
Raised blood sugar levels	<ul style="list-style-type: none"> Prednisolone may cause raised blood sugar levels. Blood sugar levels often return to baseline upon stopping Prednisolone.
Weight gain	<ul style="list-style-type: none"> Prednisolone may increase your appetite and hence causing weight gain. Keep a healthy and balanced diet.
Insomnia	<ul style="list-style-type: none"> Prednisolone may cause insomnia. Inform your doctor if you experience difficulty sleeping.
Increase in cholesterol or triglycerides levels	<ul style="list-style-type: none"> You may have your cholesterol levels checked before starting Abiraterone, and periodically after starting.

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.
Swelling of ankles and legs as a result of fluid build-up	<ul style="list-style-type: none"> Taking oral Prednisolone tablet may help to prevent this. Elevating legs on foot stool, cushion or pillow may help to reduce the swelling.
Bone loss and fractures	<ul style="list-style-type: none"> Bone loss may occur over time. Maintain sufficient calcium and vitamin D intake. Your doctor will monitor your bone density and start therapy when required.
Heart problems	<ul style="list-style-type: none"> Please proceed to the A&E department immediately if you experience shortness of breath, chest pain or sudden swelling of legs.

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 Abiraterone and must use an effective method of contraception. You should take appropriate contraceptive measures during and up to three weeks after stopping treatment. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- Abiraterone may have an anti-fertility effect, which 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 Abiraterone?

- 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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