

Anastrozole Sandoz®

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using Anastrozole Sandoz?

Anastrozole Sandoz contains the active ingredient anastrozole. Anastrozole Sandoz is used to treat breast cancer in women who no longer have their menstrual periods either naturally, due to their age or after surgery, radiotherapy or chemotherapy.

For more information, see Section [1. Why am I using Anastrozole Sandoz?](#) in the full CMI.

2. What should I know before I use Anastrozole Sandoz?

Do not use if you have ever had an allergic reaction to Anastrozole Sandoz or any of the ingredients listed at the end of the CMI.

Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use Anastrozole Sandoz?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Anastrozole Sandoz and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use Anastrozole Sandoz?

- The usual dose is one tablet every day.
- Swallow Anastrozole Sandoz tablets whole, with a glass of water.

More instructions can be found in Section [4. How do I use Anastrozole Sandoz?](#) in the full CMI.

5. What should I know while using Anastrozole Sandoz?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using Anastrozole Sandoz.• Be sure to keep all your appointments with your doctor so your progress can be checked.
Things you should not do	<ul style="list-style-type: none">• Do not give Anastrozole Sandoz to anyone else, even if they have the same condition as you.• Do not take Anastrozole Sandoz to treat any other complaints unless your doctor tells you to.• Do not stop taking Anastrozole Sandoz unless you have discussed it with your doctor.
Driving or using machines	<ul style="list-style-type: none">• Be careful driving or operating machinery until you know how Anastrozole Sandoz affects you.
Looking after your medicine	<ul style="list-style-type: none">• Keep your tablets in the blister pack until it is time to take them.• Keep it in a cool, dry place where the temperature stays below 30°C.

For more information, see Section [5. What should I know while using Anastrozole Sandoz?](#) in the full CMI.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, some may be minor and temporary. However, some side effects may be serious. Tell your doctor immediately if you have sudden signs of allergy such as shortness of breath, wheezing or difficulty in breathing, swelling of the face, lips, tongue or any other parts of the body, rash, itching or hives on the skin, severe skin reactions with lesions, ulcers or blisters, liver pain or swelling and/or a general feeling of unwell with or without jaundice (yellowing of the skin and eyes).

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

Anastrozole Sandoz®

Active ingredient(s): *anastrozole*

Consumer Medicine Information (CMI)

This leaflet provides important information about using Anastrozole Sandoz. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Anastrozole Sandoz.**

Where to find information in this leaflet:

- [1. Why am I using Anastrozole Sandoz?](#)
- [2. What should I know before I use Anastrozole Sandoz?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Anastrozole Sandoz?](#)
- [5. What should I know while using Anastrozole Sandoz?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using Anastrozole Sandoz

Anastrozole Sandoz contains the active ingredient anastrozole. Anastrozole Sandoz is a non-steroidal aromatase inhibitor, which reduces the amount of estrogen (female sex hormone) made by the body. In some types of breast cancer, estrogen can help the cancer cells grow. By blocking estrogen, Anastrozole Sandoz may slow or stop the growth of cancer.

Anastrozole Sandoz is used to treat breast cancer in women who no longer have their menstrual periods either naturally, due to their age or after surgery, radiotherapy or chemotherapy.

Your doctor may have prescribed Anastrozole Sandoz for another reason.

Anastrozole Sandoz is not addictive.

2. What should I know before I use Anastrozole Sandoz?

Warnings

Do not use Anastrozole Sandoz if:

- you are allergic to anastrozole, other anti-estrogen medicines or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.
- you are still having menstrual periods**
- you are a man**

Anastrozole Sandoz should only be taken by women who are no longer having menstrual periods.

Men are not normally treated with Anastrozole Sandoz.

Check with your doctor if you:

- have any other medical conditions
- have liver problems
- have kidney problems
- take any medicines for any other condition
- have allergies to any medicines or any other substances, such as foods, preservatives or dyes (symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty in breathing; swelling of the face, lips, tongue or any other parts of the body; rash, itching or hives on the skin.)
- have osteoporosis, a family history of osteoporosis or risk factors for developing osteoporosis (such as smoking, a diet low in calcium, poor mobility, a slight build or treatment with steroid medicines)

Aromatase inhibitors may decrease bone mineral density (BMD) in women who have been through menopause, with a possible increased risk of fractures. Your doctor should discuss with you your treatment options for managing this possible increased risk of fractures. Aromatase inhibitors may cause inflammation in tendons (see Side effects). At any sign of tendon pain or swelling - rest the painful area and contact your doctor.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Do not take Anastrozole Sandoz if you are pregnant or intend to become pregnant.

Anastrozole Sandoz may affect your developing baby if you take it during pregnancy.

Do not breastfeed while taking Anastrozole Sandoz.

Your baby can take in Anastrozole Sandoz from breast milk if you are breastfeeding.

Children

- Do not give Anastrozole Sandoz to a child.**

Anastrozole Sandoz is not recommended for use in children.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines should not be taken with Anastrozole Sandoz. These include:

- tamoxifen, a medicine used to treat breast cancer
- any medicine that contains oestrogen such as medicines used in Hormone Replacement Therapy (HRT) or oral contraceptives
- any health food products that contain natural estrogens used for post-menopausal symptoms
- medicines from a class called "Luteinising Hormone Releasing (LHRH) agonists", such as goserelin or leuprorelin

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Anastrozole Sandoz.

4. How do I use Anastrozole Sandoz?

How much to take

- The usual dose is one tablet every day.
- Swallow Anastrozole Sandoz tablets whole, with a glass of water.
- Follow the directions given to you by your doctor or pharmacist carefully, they may differ from the information contained in the leaflet.

When to take Anastrozole Sandoz

- **Take Anastrozole Sandoz at about the same time each day.**

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

It does not matter if you take Anastrozole Sandoz before, with or after food.

How to long to take Anastrozole Sandoz

Continue taking Anastrozole Sandoz for as long as your doctor or pharmacist tells you.

Anastrozole Sandoz helps to control your condition, but does not cure it. Therefore you must take Anastrozole Sandoz every day. Do not stop taking it unless your doctor tells you to - even if you feel better.

If you forget to take Anastrozole Sandoz

Anastrozole Sandoz should be used regularly at the same time each day. If you miss your dose at the usual time, take it as soon as you remember, as long as it is 12 hours before the next dose is due.

If it is less than 12 hours to the next dose, skip the dose you missed and take your next dose when you are meant to.

Do not take a double dose to make up for the dose you missed.

If you are not sure what to do, ask your doctor or pharmacist.

If you use too much Anastrozole Sandoz

If you think that you have used too much Anastrozole Sandoz, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (**by calling 13 11 26**), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using Anastrozole Sandoz?

Things you should do

- **Be sure to keep all your appointments with your doctor so your progress can be checked.**
- **Tell any other doctors, dentists or pharmacists who are treating you that you are taking Anastrozole Sandoz.**
- **If you are about to be started on any new medicine, tell your doctor, dentist or pharmacist that you are taking Anastrozole Sandoz.**
- If you go into hospital, please let the medical staff know that you are taking Anastrozole Sandoz.

Remind any doctor, dentist or pharmacist you visit that you are using Anastrozole Sandoz.

Things you should not do

- **Do not give Anastrozole Sandoz to anyone else, even if they have the same condition as you.**
- **Do not take Anastrozole Sandoz to treat any other complaints unless your doctor tells you to.**
- **Do not stop taking Anastrozole Sandoz unless you have discussed it with your doctor.**
- **Do not take Anastrozole Sandoz if the packaging is torn or shows signs of tampering.**

Driving or using machines

Be careful before you drive or use any machines or tools until you know how Anastrozole Sandoz affects you.

Some patients may occasionally feel weak or sleepy.

Looking after your medicine

- **Keep your tablets in the blister pack until it is time to take them.**

If you take Anastrozole Sandoz out of the blister pack it will not keep well.

- **Keep it in a cool, dry place where the temperature stays below 30°C.**

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Anastrozole Sandoz helps most postmenopausal women with breast cancer, but it may have unwanted side effects in a few people.

If you get any side effects do not stop taking Anastrozole Sandoz without first talking to your doctor or pharmacist.

You may experience the following more common side effects of Anastrozole Sandoz:

Very common (may affect more than 1 in 10 people)	What to do
<ul style="list-style-type: none"> • hot flushes • feeling weak or a lack of energy • joint pain or stiffness • bone loss (osteoporosis) • mild skin rash • feeling sick (nausea) • headache • feeling depressed 	<p>Speak to your doctor if you have any of these very common side effects and they worry you.</p>

Common (may affect up to 1 in 10 people)	What to do
<ul style="list-style-type: none"> • feeling sleepy • vaginal dryness • vaginal bleeding • thinning of hair (hair loss) • diarrhoea • loss of appetite (anorexia) • vomiting • carpal tunnel syndrome (tingling, pain, coldness, weakness in parts of hand) • pins and needles • loss of taste or changing taste of food or drink 	<p>Speak to your doctor if you have any of these common side effects and they worry you.</p>

These side effects are mostly mild to moderate in nature.

Serious side effects

Serious side effects	What to do
<ul style="list-style-type: none"> • sudden signs of allergy such as shortness of breath, wheezing or difficulty in breathing; swelling of the face, lips, tongue or any other parts of the body; rash, itching or hives on the skin • severe skin reactions with lesions, ulcers or blisters • liver pain or swelling and/or a general feeling of unwell with or without jaundice (yellowing of the skin and eyes) 	<p>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</p>

Serious side effects are uncommon or rare.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Anastrozole Sandoz may be associated with changes in your blood, urine or liver. Your doctor may want to perform tests from time to time to check on your progress and detect any unwanted side effects.

Uncommon side effects can include, trigger finger which is a condition in which one of your fingers or your thumb catches in a bent position.

Cases of inflammation of a tendon or tendonitis (connective tissues that connect muscles to bone) have been observed during the use of similar class of medicines, which might also occur during treatment with Anastrozole Sandoz.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

This medicine is only available with a doctor's prescription.

What Anastrozole Sandoz contains

Active ingredient (main ingredient)	anastrozole
Other ingredients (inactive ingredients)	<ul style="list-style-type: none"> • lactose monohydrate • cellulose – microcrystalline • sodium starch glycollate type A • magnesium stearate • silica - colloidal anhydrous

	<ul style="list-style-type: none"> • hypolose • Opadry II white [lactose monohydrate, hypromellose, titanium dioxide and macrogol 4000]
Potential allergens	lactose

Do not take this medicine if you are allergic to any of these ingredients.

What Anastrozole Sandoz looks like

Anastrozole Sandoz 1 mg - white, round, biconvex film coated tablets without breaking notch and embossment 'A1' on one side. Available in PVC/Al blisters of 30 tablets. (Aust R 142746).

Who distributes Anastrozole Sandoz

Sandoz Pty Ltd
 100 Pacific Highway
 North Sydney, NSW 2060
 Australia
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