

Exemestane GH

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 Exemestane GH?

Exemestane GH contains the active ingredient exemestane. Exemestane GH is used to treat breast cancer in women who no longer have their menstrual periods, either naturally due to their age (after menopause) or because they have had their ovaries surgically removed.

Exemestane GH is also used to reduce the risk of recurrence or spreading of the breast cancer. It is also used when the cancer has not responded or has returned after treatment with another medicine or medicines.

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

2. What should I know before I use Exemestane GH?

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

Talk to your doctor or pharmacist 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 Exemestane GH?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Exemestane GH 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 Exemestane GH?

- The recommended dose is one 25 mg tablet taken once daily after meals.
- Follow all directions given to you by your doctor or pharmacist carefully as they may differ from the information contained in this leaflet.
- Your doctor or pharmacist will tell you how long to take Exemestane GH.

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

5. What should I know while using Exemestane GH?

| | |
|------------------------------------|--|
| Things you should do | <ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using Exemestane GH. |
| Things you should not do | <ul style="list-style-type: none">• Do not give Exemestane GH to anyone else, even if they have the same condition as you.• Do not take Exemestane GH to treat any other complaints unless your doctor tells you to.• Do not stop taking Exemestane GH or change the dosage without checking with your doctor. |
| Driving or using machines | <ul style="list-style-type: none">• Exemestane GH may cause tiredness in some people.• If Exemestane GH makes you feel dizzy, be careful when getting up from a sitting or lying position.• If you experience these effects whilst taking Exemestane GH, you should not attempt to drive or operate machinery. |
| Looking after your medicine | <ul style="list-style-type: none">• Store it in a cool dry place away from moisture, heat or sunlight, where the temperature stays below 25°C. |

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

6. Are there any side effects?

More common side effects may include: headache; nausea; constipation or diarrhoea; tiredness or difficulty sleeping. More serious side effects include: swelling in legs or feet; abnormal bleeding; skin changes or infections.

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.

Exemestane GH

Active ingredient(s): exemestane

Consumer Medicine Information (CMI)

This leaflet provides important information about using Exemestane GH. **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 Exemestane GH.**

Where to find information in this leaflet:

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

1. Why am I using Exemestane GH?

Exemestane GH contains the active ingredient exemestane. Exemestane GH is an aromatase inactivator. It works by significantly reducing the supply of estrogen (a natural female sex hormone) to cancer cells.

This stops the growth of those cancer cells which normally need estrogen to grow.

Exemestane GH is used to treat breast cancer in women who no longer have their menstrual periods, either naturally due to their age (after menopause) or because they have had their ovaries surgically removed.

Exemestane GH is also used to reduce the risk of recurrence or spreading of the breast cancer. It is also used when the cancer has not responded or has returned after treatment with another medicine or medicines.

2. What should I know before I use Exemestane GH?

Warnings

Do not use Exemestane GH if:

- you are allergic to exemestane, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine. Symptoms of an allergic reaction may include:
 - shortness of breath, wheezing or difficulty breathing;
 - swelling of the face, lips, tongue or other parts of the body;
 - rash, itching or hives on the skin.

- you are pregnant or intend to become pregnant, or are breastfeeding – see ‘Pregnancy and breastfeeding’ below.
- you are under 18 years of age. Exemestane GH is not recommended for use in children.

Check with your doctor or pharmacist if you:

- have, or have had, any other medical conditions, such as:
 - kidney problems;
 - liver problems;
 - osteoporosis (disease which causes bones to be more brittle and likely to break);
 - a vitamin D deficiency.
- are still having your monthly period.
- take any medicines for any other condition.

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 Exemestane GH if you are pregnant or intend to become pregnant.

Exemestane GH may affect your developing baby if you take it during pregnancy.

Do not breastfeed while taking Exemestane GH.

There is a possibility that your baby may be affected.

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.

Tell your doctor or pharmacist if you are taking any medicines or health food products containing estrogens. Some health food products for menopausal symptoms contain natural estrogens.

Some medicines may interfere with Exemestane GH and affect how it works. These include:

- medicines which contain estrogen, such as hormone replacement therapy (HRT);
- oral contraceptives.

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

4. How do I use Exemestane GH?

How much to take

- The recommended dose is one 25 mg tablet taken once daily.
- Follow all directions given to you by your doctor or pharmacist carefully.

When to take Exemestane GH

- Take the tablet once daily after a meal at approximately the same time each day.
- Your doctor or pharmacist will tell you how long to take Exemestane GH.

If you forget to use Exemestane GH

If it is almost time for your 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 have trouble remembering to take your medicine, ask your pharmacist for some hints.

If you use too much Exemestane GH

If you think that you have used too much Exemestane GH, 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 Exemestane GH?

Things you should do

- Use Exemestane GH exactly as your doctor has prescribed.
- Be sure to keep all your doctor's appointments so your progress can be checked.
- If you feel that your medicine is not helping your condition, talk to your doctor.

Call your doctor straight away if you:

- Notice any unusual, severe or worrying symptoms.

Remind any doctor, dentist or pharmacist you visit that you are using Exemestane GH.

Things you should not do

- Do not stop taking Exemestane GH or change the dosage without checking with your doctor, even if you feel better.

- Do not give Exemestane GH to anyone else, even if they have the same condition as you.
- Do not take Exemestane GH to treat any other complaints unless your doctor tells you to.
- Do not take Exemestane GH after the expiry date printed on the pack.
- Do not take Exemestane GH 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 Exemestane GH affects you.

Exemestane GH may cause tiredness in some people.

If Exemestane GH makes you feel dizzy, be careful when getting up from a sitting or lying position.

If you experience these effects whilst taking Exemestane GH, you should not attempt to drive or operate machinery.

Drinking alcohol

Tell your doctor if you drink alcohol.

Looking after your medicine

- Store below 25°C.
- Keep your tablets in their blister pack until it is time to take them. If you take the tablets out of the blister pack they may not keep well.

Follow the instructions on 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.

When to discard your medicine

If your doctor tells you to stop taking Exemestane GH or the tablets have passed their expiry date, ask your pharmacist what to do with any tablets that are left over.

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.

Less serious side effects

| Less serious side effects | What to do |
|--|---|
| <p>Gastrointestinal and weight related:</p> <ul style="list-style-type: none"> • Nausea. • Vomiting. • Loss of appetite. • Indigestion. • Pain (including stomach ache). • Constipation. • Diarrhoea. <p>Aches, pains and swelling related:</p> <ul style="list-style-type: none"> • Headache. • Trigger finger (gets stuck in a bent position). <p>Alertness, sleep and mood related:</p> <ul style="list-style-type: none"> • Dizziness. • Tiredness. • Difficulty sleeping. <p>Bleeding, hair and skin related:</p> <ul style="list-style-type: none"> • Hot flushes. • Skin rash or itching. • Hair loss. | <p>Speak to your doctor if you have any of these less serious side effects and they worry you.</p> |

Serious side effects

| Serious side effects | What to do |
|---|--|
| <p>Gastrointestinal and weight related:</p> <ul style="list-style-type: none"> • Symptoms of gastric ulcer such as blood in stools, black tarry stools or vomiting of blood. • Increase in weight. <p>Aches, pains and swelling related:</p> <ul style="list-style-type: none"> • Swelling in your legs. • Pain and/or numbness of hands, loss of feeling in fingers/thumb. • Pain in your muscle or joints. • Tendon pain and swelling. <p>Alertness, sleep and mood related:</p> <ul style="list-style-type: none"> • Depression. • Disturbed vision such as blurriness. <p>Bleeding, hair and skin related:</p> <ul style="list-style-type: none"> • Bleeding or bruising more easily than normal. • Abnormal vaginal bleeding. • Infection of the liver (hepatitis) with symptoms such as yellowing of the skin or eyes (jaundice). • Skin rash or itching. | <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 | What to do |
|---|------------|
| <p>Infection:</p> <ul style="list-style-type: none"> • Frequent infections such as fever, severe chills, sore throat or mouth ulcers. | |

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.

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 Exemestane GH contains

| Active ingredient (main ingredient) | Exemestane |
|--|---|
| Other ingredients (inactive ingredients) | Mannitol Microcrystalline cellulose Crospovidone Sodium starch glycollate (Type A) Hypromellose Polysorbate 80 Colloidal anhydrous silica Magnesium stearate Opadry complete film-coating system 03B58900 White |

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

What Exemestane GH looks like

Exemestane GH is white to off-white, round, biconvex, film-coated tablet debossed with 'E25' on one side and plain on the other (AUST R 167858).

Who distributes Exemestane GH

Generic Health Pty Ltd

Suite 2, Level 2

19-23 Prospect Street

Box Hill, VIC, 3128

Australia

✉ ghinfo@generichealth.com.au

☎ +61 3 9809 7900

🌐 www.generichealth.com.au

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