

Anastrozole 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 Anastrozole GH?

Anastrozole GH contains the active ingredient anastrozole. Anastrozole GH 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 GH?](#) in the full CMI.

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

Do not use if you have ever had an allergic reaction to anastrozole 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 Anastrozole GH?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Anastrozole 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 Anastrozole GH?

- Follow carefully all directions given to you by your doctor or pharmacist.
- Your doctor or pharmacist will tell you how many tablets you will need to take each day. This depends on your condition and whether or not you are taking any other medicines.
- Swallow Anastrozole GH tablets whole, with a glass of water.

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

5. What should I know while using Anastrozole GH?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using Anastrozole GH.• Take this medicine at about the same time each day• 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 stop taking your medicine, or change the dosage, without first checking with your doctor.• Do not give this medicine to anyone else, even if they have the same condition as you.• Do not take your medicine to treat any other complaint unless your doctor tells you to.
Driving or using machines	<ul style="list-style-type: none">• Be careful driving, operating machinery or doing jobs that require you to be alert while you are taking Anastrozole GH until you know how it affects you.
Looking after your medicine	<ul style="list-style-type: none">• Keep your medicine in its pack until it is time to take it.• Keep your medicine in a cool dry place where the temperature will stay below 25°C.

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

6. Are there any side effects?

There are a number of side effects associated with this medicine. Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Anastrozole GH, even if you do not think it is connected to this medicine.

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 GH

Active ingredient(s): anastrozole

Consumer Medicine Information (CMI)

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

Where to find information in this leaflet:

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

1. Why am I using Anastrozole GH ?

Anastrozole GH contains the active ingredient anastrozole. Anastrozole GH 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 may slow or stop the growth of cancer.

Anastrozole GH 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.

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

Warnings

Do not use Anastrozole GH 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.** Anastrozole GH should only be taken by women who are no longer having menstrual periods.
- you are a man.** Men are not normally treated with anastrozole.

- for a child.** Anastrozole GH is not recommended for use in children.
- the expiry date printed on the pack has passed or if the packaging is torn or shows signs of tampering.

Check with your doctor or pharmacist if you:

- you have any other medical conditions, such as:
 - liver or kidney problems;
 - osteoporosis, or if you have 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).
- take any medicines for any other condition.

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 Section [6. Are there any 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 this medicine if you are pregnant, plan to become pregnant.

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

Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

Anastrozole GH may also pass into human breast milk.

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 may interact with Anastrozole GH. These include:

- tamoxifen, used to treat breast cancer.

- any medicine that contains estrogen (eg. hormone replacement therapy (HRT) or oral contraceptives).
- any health food products that contain natural estrogens used for post-menopausal symptoms.
- luteinising hormone-releasing hormone (LHRH) agonists (eg. 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 GH.

4. How do I use Anastrozole GH?

How much to take

- The usual dose is one 1 mg tablet taken once each day.
- Your doctor or pharmacist will tell you how many tablets you will need to take each day. This depends on your condition and whether or not you are taking any other medicines.
- Follow the instructions provided and use Anastrozole GH until your doctor tells you to stop.

When to take Anastrozole GH

- Anastrozole GH should be taken 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.

How to take Anastrozole GH

- Swallow Anastrozole GH tablets whole, with a glass of water.
- It does not matter if you take Anastrozole GH with or without food.

If you forget to use Anastrozole GH

Anastrozole GH 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, do not take the dose you have missed.

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

If you use too much Anastrozole GH

If you think that you have used too much Anastrozole 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 Anastrozole GH?

Things you should do

- **Be sure to keep all your appointments with your doctor so your progress can be checked.**
- If you are about to be started on any new medicine, tell your doctor that you are taking Anastrozole GH.
- If you go into hospital, let the medical staff know that you are taking Anastrozole GH.

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

Things you should not do

- Do not stop taking your medicine, or change the dosage, without first checking with your doctor.
- Do not give this medicine to anyone else, even if they have the same condition as you.
- Do not take your medicine to treat any other complaint unless your doctor tells you to.

Driving or using machines

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

Some patients may occasionally feel weak or sleepy.

Drinking alcohol

Tell your doctor if you drink alcohol.

Looking after your medicine

- Keep your medicine in a cool dry place where the temperature stays below 30°C.
- Keep your medicine in its pack until it is time to take it.

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.

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.

Less serious side effects

Less serious side effects	What to do
<ul style="list-style-type: none">• Hot flushes.• Feeling weak or lack of energy.• Joint pain or stiffness.• Bone loss (osteoporosis).• Vaginal dryness or bleeding.• Hair thinning or hair loss.• Mild skin rash.• Nausea, vomiting, loss of appetite (anorexia), diarrhoea.• Headache.• Carpal tunnel syndrome (tingling, pain, coldness, weakness in parts of hand).• Pins and needles.• Loss of taste or changing taste of food or drink.• Feeling depressed.	<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
<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).• Trigger finger, which is a condition in which one of your fingers or your thumb catches in a bent position.• Inflammation of a tendon or tendonitis (connective tissues that connect muscles to bones). Cases have been observed during the use of similar class of medicines, which might also occur during treatment with Anastrozole GH.	<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>

Anastrozole GH 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 side effects.

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 Anastrozole GH contains

Active ingredient (main ingredient)	Anastrozole
Other ingredients (inactive ingredients)	Lactose monohydrate Povidone Sodium starch glycolate Magnesium stearate Opadry White Y-1-7000 E171
Potential allergens	Lactose monohydrate

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

What Anastrozole GH looks like

Anastrozole GH 1 mg is a white, round, biconvex, film-coated tablet debossed with "ANA" and "1" on one side (AUST R 155177).

Who distributes Anastrozole GH

Generic Health Pty Ltd

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