

# Estamane

Exemestane tablets 25 mg

## Consumer Medicine Information

### What is in this leaflet

This leaflet answers some common questions about Estamane tablets. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking Estamane tablets against the benefits it is expected to have for you.

**If you have any concerns about this medicine, ask your doctor or pharmacist.**

**Keep this leaflet.**

You may need to read it again.

### What Estamane is used for

Estamane tablets are 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.

Estamane tablets are 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.

#### *How Estamane works*

Estamane tablets is an aromatase inactivator. It works by significantly reducing the supply of oestrogen to cancer cells.

This stops the growth of those cancer cells which need oestrogen, a

natural female sex hormone, to grow.

**Ask your doctor if you have any questions about why Estamane tablets have been prescribed for you.**

Your doctor may have prescribed it for another purpose.

Estamane tablets are only available with a doctor's prescription. It is not addictive.

### Before you take Estamane tablets

#### *When you must not take it*

**Do not take Estamane tablets and talk to your doctor if you think you may have an allergy to:**

1. exemestane, the active ingredient in Estamane tablets
2. any of the other ingredients in Estamane tablets listed at the end of this leaflet.

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.

**Do not take Estamane tablets if you are pregnant or intend to become pregnant.**

Estamane tablets may affect your developing baby if you take it during pregnancy.

**Do not breastfeed while taking Estamane tablets.**

There is a possibility that your baby may be affected.

Estamane tablets is not recommended for use in children.

**Do not take Estamane tablets after the expiry date printed on the pack.**

**Do not take Estamane tablets if the packaging is torn or shows signs of tampering.**

**If your Estamane tablets has expired or is damaged return it to your pharmacist for disposal.**

**If you are not sure whether you should start taking Estamane tablets, talk to your doctor.**

#### *Before you start to take it*

**Tell your doctor if you have an allergy to:**

- any medicine
- other substances, such as foods, preservatives or dyes.

**Tell your doctor if you:**

1. are still having your monthly period
2. have or have had kidney problems
3. have or have had liver problems
4. have osteoporosis (disease which causes bones to be more brittle and likely to break)

**If you have not told your doctor about any of the above, tell your doctor before you start taking Estamane tablets.**

#### *Taking other medicines*

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

Some medicines should not be used with Estamane tablets. These include:

1. medicines which contain oestrogen, such as hormone replacement therapy (HRT)
2. oral contraceptives

Some health food products for menopausal symptoms contain natural oestrogens.

**Tell your doctor or pharmacist if you are taking any medicines or health food products containing oestrogens.**

**Talk to your doctor or pharmacist if you have any concerns or questions about taking Estamane tablets.**

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## How to Take Estamane

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**Follow all directions given to you by your doctor and pharmacist carefully.**

They may differ from the information contained in this leaflet.

**If you do not understand the instructions on the box, ask your doctor or pharmacist for help.**

### *How much to take*

The recommended dose is one 25 mg tablet taken once daily.

### *When to take it*

Take the tablet once daily after a meal at approximately the same time each day.

### *How long to take it*

Your doctor or pharmacist will tell you how long to take Estamane tablets.

**Do not stop taking Estamane tablets unless your doctor tells you to, even if you feel better.**

### *If you forget to take it*

**If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to. Otherwise, take it as soon as you remember, and then go back to taking Estamane tablets as you would normally.**

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

**If you have trouble remembering to take your medicine, ask your pharmacist for some hints.**

### *If you take too much (overdose)*

**Immediately telephone your doctor or Poisons Information Centre (13 11 26) for advice or go to Accident and Emergency at your nearest hospital, if you think you or anyone else may have taken too much Estamane tablets.**

**Do this even if there are no signs of discomfort or poisoning.**

**Keep the telephone numbers for these places handy.**

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## While you are using Estamane

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### *Things you must do*

**Use Estamane tablets 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.**

**Tell all doctors, dentists and pharmacists who are treating you that you are taking Estamane tablets.**

**If you go into hospital whilst taking Estamane tablets, let the medical staff know that you are taking Estamane tablets.**

**If you are about to be started on any new medicine, tell your doctor, dentist or pharmacist that you are taking Estamane tablets.**

### *Things you must not do*

**Do not give Estamane tablets to anyone else, even if they have the same condition as you.**

**Do not take Estamane tablets to treat any other complaints unless your doctor tells you to.**

**Do not stop taking Estamane tablets or change the dosage without checking with your doctor.**

### *Things to be careful of*

**Be careful driving or operating machinery, until you know how Estamane tablets affect you.**

Estamane tablets may cause tiredness or dizziness in some people.

**If you experience these effects whilst taking Estamane tablets, you should not attempt to drive or operate machinery.**

**If Estamane tablets makes you feel dizzy, be careful when getting up from a sitting or lying position.**

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## Side effects

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**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Estamane tablets.**

Estamane tablets, like other medicines, may cause unwanted side effects in some people. Many women can take Estamane tablets without any problems, but some women may have mild to moderate side effects.

**Tell your doctor or pharmacist as soon as possible if you have any of the following side effects or other effects that you think may be related to your treatment:**

1. hot flushes
2. nausea, vomiting, loss of appetite, indigestion, pain (including stomach ache)
3. constipation
4. diarrhoea
5. tiredness
6. swelling in your legs
7. dizziness and headache
8. increased sweating
9. difficulty sleeping
10. depression
11. disturbed vision such as blurriness
12. pain in your muscle or joints

13. increase in weight
14. skin rash
15. hair loss
16. bleeding or bruising more easily than normal
17. pain and/or numbness of hands, loss of feeling in fingers/thumb
18. frequent infections such as fever, severe chills, sore throat or mouth ulcers.
19. symptoms of gastric ulcer such as blood in stools, black tarry stools or vomiting of blood.
20. abnormal vaginal bleeding
21. hepatitis, yellowing of the skin or eyes, also called jaundice.

Other side effects not listed above may occur in some people. Some of these side effects can only be found when your doctor does tests from time to time to check your progress.

**Do not be alarmed by this list of possible side effects.**

You may not experience any of them.

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## After using Estamane

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### Storage

**Keep your tablets in their PVC/PVDC/Al blister pack until it is time to take them.**

If you take the tablets out of the PVC/PVDC/Al blister pack they may not keep well.

**Keep Estamane tablets in a dry place where the temperature stays below 25 degrees C.**

**Do not leave Estamane tablets or any other medicine in the car or on window sills.**

**Do not store Estamane tablets or any other medicines in a bathroom or near a sink.**

Heat and dampness can destroy some medicines.

**Keep Estamane tablets where children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

### Disposal

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

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## Product Description

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### What it looks like

Estamane – White to off-white, round, biconvex film-coated tablets debossed with 'E25' on one side and plain on the other.

Estamane tablets are available in PVC/PVDC/Al blister packs of 15, 30 and 90 tablets.

### Ingredients

#### Active ingredient(s):

Estamane – contain 25 mg of exemestane as the active ingredient.

#### Other ingredients:

Mannitol, cellulose microcrystalline, crospovidone, sodium starch glycollate (Type A), hypromellose, polysorbate 80, silica- colloidal anhydrous, magnesium stearate and Opadry Complete Film Coating System 03B58900 White (Ingredient ID: 106176).

#### Name and Address of the Sponsor

Juno Pharmaceuticals Pty Ltd  
Level 2, 6 Bond Street,  
South Yarra,  
VIC – 3141

#### Estamane:

AUST R No. 281353

#### Date of Preparation

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