

Anastrozole

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for certain types of breast cancer, but it may also be used for other diagnoses.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Anastrozole (an AS-troh-zole): Arimidex (uh-RIH-mih-dex)	Slows down or stops the growth of cancer cells by lowering levels of a certain hormone in the body.	Tablet taken by mouth.

Treatment Administration and Schedule:

Your anastrozole dose:

- Anastrozole comes in 1 tablet strength: 1 mg.
- Your dose might differ, but anastrozole is typically taken as one 1 mg tablet by mouth 1 time a day.
- Take anastrozole with or without food.
- Swallow anastrozole tablets whole. Do not crushed, cut, or dissolved the tablets. If you are unable to swallow anastrozole, talk to your care team.
- A missed dose should be taken as soon as possible, as long as it is taken at least 12 hours before the next dose is due. A missed dose should not be taken within 12 hours of the next dose.
- If you vomit after taking anastrozole, do not take another dose at that time. Wait and take your next dose at your scheduled time.
- If you take too much anastrozole, call your care team or go to the nearest hospital emergency room.

Storage and Handling of Anastrozole

- Store anastrozole at room temperature between 68°F and 77°F (20°C to 25°C) in a dry location away from light.
- People who are or may be pregnant should wear gloves when handling this medication.
- Keep anastrozole and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused anastrozole.

Appointments: Appointments may include regular check-ups with your care team, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
Supportive care to help prevent or treat side effects	

Common Side Effects

Side Effect	Important Information
Hot Flashes	<p>Description: Hot flashes are sudden feelings of warmth that spread over your body, often leading to sweating and a rapid heartbeat. Hot flashes may last from a few seconds to several minutes and can be uncomfortable or disrupt daily activities.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Keep a journal to track frequency, duration, and triggers of hot flashes. Dress in layers with lightweight clothing to adjust to temperature changes. Stay cool by using fans, air conditioning, or cool cloths. Avoid triggers such as hot drinks, spicy foods, caffeine, and alcohol. Avoid triggers such as hot drinks, spicy foods, caffeine, and alcohol. Practice relaxation techniques like deep breathing, yoga, or meditation to reduce stress. Maintain healthy habits with a balanced diet and regular exercise. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Severe hot flashes
Joint Aches, Pain, Stiffness, or Swelling (Arthritis)	<p>Description: Joint pain happens where two bones come together and can feel sharp, dull, throbbing, or burning. It often causes stiffness, swelling, and difficulty moving.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Track your pain levels, areas of discomfort, and any activities that worsen or improve your symptoms. Engage in gentle exercises like walking, stretching, or yoga to maintain mobility, strength, but consult your care team before starting any new exercise routine. Apply a warm compress to relax stiff muscles or use cold packs to reduce swelling and numb pain in affected areas. Your care team may prescribe or recommend medications, including over-the-counter pain relievers. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Uncontrolled joint pain Swelling, redness, or warmth in the joints Weakness Difficulty walking or moving

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs of Symptoms	
Heart Problems	<ul style="list-style-type: none"> Chest pain 	<ul style="list-style-type: none"> Shortness of breath
Liver Problems	<ul style="list-style-type: none"> Yellowing of your skin or the whites of your eyes Severe nausea or vomiting, pain on the right side of your stomach area (abdomen) 	<ul style="list-style-type: none"> Dark urine (tea colored) Bleeding or bruising more easily than normal
Other Rare Side Effects	<ul style="list-style-type: none"> Weakness Sore throat High blood pressure Depression Nausea and vomiting Rash Back pain 	<ul style="list-style-type: none"> Sleep problems Bone pain Headache Swelling of your legs, ankles, or feet Increased cough Shortness of breath Build up of lymph fluid in the tissues of your affected arm (lymphedema)
Allergic Reactions	Get medical help right away if you get: <ul style="list-style-type: none"> Swelling of your face, lips, tongue, or throat Trouble swallowing or breathing 	

Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.

If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

Intimacy, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment may **harm an unborn baby**.
 - If you are able to become pregnant, take a pregnancy test before starting treatment.
 - Use an effective method of birth control during treatment and for 3 weeks after your last dose.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment.
- Do NOT breastfeed** during treatment and for 2 weeks after your last dose.

Additional Information

- **Tell your care team about all the medicines you take.**
This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- **You should not take anastrozole if you take tamoxifen.** Taking anastrozole with tamoxifen may lower the amount of anastrozole in your blood and may cause anastrozole not to work as well.
- **You should not take anastrozole if you take medicines that contain estrogen.** Anastrozole may not work if taken with any of these medicines:
 - hormone replacement therapy
 - birth control pills
 - estrogen creams
 - vaginal rings
 - vaginal suppositories
- Treatment can cause **bone thinning or weakness (osteoporosis).**
Anastrozole lowers estrogen in your body, which may cause your bones to become thinner and weaker. This may increase your risk of fractures, especially of your spine, hip, and wrist. Your care team may order a bone mineral density test before you start and during treatment to check you for bone changes.
 - Getting enough calcium, vitamin D, and exercise can help lower your risk for osteoporosis. Your care team may recommend taking a calcium and vitamin D supplement.
- Treatment can cause **increased blood cholesterol (fat in the blood).**
Your care team may do blood tests to check your cholesterol while you are taking anastrozole.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

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Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources.

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