

# Fulvestrant

**Care Team Contact Information:** \_\_\_\_\_

**Pharmacy Contact Information:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

- This treatment is often used for breast cancer, but it may also be used for other reasons.

**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
Fulvestrant (ful-VES-trunt): Faslodex (FAZ-loh-dex)	Slows down or stops the growth of cancer cells by blocking estrogen receptors and breaking them down.	Injection given into the muscle of each buttock.

**Treatment Administration and Schedule:** Treatment is typically repeated every 4 weeks. This length of time is called a "cycle".

- Fulvestrant is often given with other cancer treatments.

You may receive the first 3 doses every 2 weeks. Talk with your care team about your exact treatment schedule.

Treatment Name	Cycle 1									
	Day 1	Day 2	Day 3	Day 4	...	Day 15	Day 16	...	Day 28	
Fulvestrant	✓					✓				

Treatment Name	Cycle 2								Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	...	Day 28	Day 1
Fulvestrant	✓								✓

**Appointments:** Appointments may include regular check-ups with your care team, treatment appointments, 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 Given at the Clinic or Hospital	Supportive Care Taken at Home
Supportive care to prevent or treat side effects		

### Common Side Effects

Side Effect	Important Information
Infections	<p>Description: Treatment may increase your chance of getting an infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Wash hands regularly; keep skin clean and dry.</li> <li>Check skin daily for redness, swelling, warmth, or drainage; don't pick at cuticles/ingrown nails.</li> <li>Keep any catheter/port site clean and dry; follow care-team instructions.</li> <li>Practice food safety (fully cook meats/eggs; avoid unpasteurized foods).</li> <li>Call your care team before starting any new medicine.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Fever of 100.4 °F (38°C) or higher</li> <li>Chills</li> <li>Cough</li> <li>Sore throat</li> <li>Painful urination</li> <li>Diarrhea</li> <li>Tiredness or weakness</li> <li>Red, swollen, or painful areas of the skin</li> </ul>
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb)	<p>Description: RBCs and Hgb help bring oxygen to your body's tissues and take away carbon dioxide. If you have low RBC counts or Hgb, you may feel weak, tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Get 7 to 8 hours of sleep each night.</li> <li>Avoid operating heavy machinery when tired.</li> <li>Balance work and rest, staying active but resting when needed.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Shortness of breath</li> <li>Dizziness</li> <li>Fast or abnormal heartbeats</li> <li>Severe headache</li> </ul>

Fatigue	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Routine exercise has been shown to decrease levels of fatigue. Work with your care team to find the right type of exercise for you.</li> <li>Ask your family and friends for help with daily tasks and emotional support.</li> <li>Try healthy ways to feel better, like meditation, writing in a journal, doing yoga, and using guided imagery to lower anxiety and feel good.</li> <li>Make a regular sleep schedule and limit naps during the day so you can sleep better at night, aiming for 7 to 8 hours of sleep.</li> <li>Don't use heavy machines or do things that need your full attention if you're very tired to avoid accidents.</li> </ul>	<p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Tiredness that affects your daily life</li> <li>Tiredness all the time, and it doesn't get better with rest</li> <li>Dizziness and weakness, along with being tired</li> </ul>
Nausea and Vomiting	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. This may or may not cause vomiting.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Eat smaller, more frequent meals.</li> <li>Avoid fatty, fried, spicy, or highly sweet foods.</li> <li>Eat bland foods at room temperature and drink clear liquids.</li> <li>If you vomit, start with small amounts of water, broth, or other clear liquids when you are ready to eat again. If that stays down, then try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal). Slowly work up to eating solid food.</li> <li>Your care team may prescribe medicine for these symptoms.</li> </ul>	<p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Vomiting for more than 24 hours</li> <li>Vomiting that's nonstop</li> <li>Signs of dehydration (like feeling very thirsty, having a dry mouth, feeling dizzy, or having dark urine)</li> <li>Blood or coffee-ground-like appearance in your vomit</li> <li>Bad stomach pain that doesn't go away after vomiting</li> </ul>
Liver Problems	<p>Description: Treatment can harm your liver. This may cause nausea, stomach pain, and bleeding or bruising. It can also turn your skin and eyes yellow and make your urine dark. Lab tests may be performed to monitor liver function.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Yellowing of your skin or the whites of your eyes</li> <li>Severe nausea or vomiting</li> <li>Pain on the right side of your stomach area (abdomen)</li> <li>Dark urine (tea colored)</li> <li>Bleeding or bruising more easily than normal</li> </ul>	

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"> <li>Keep a journal to track frequency, duration, and triggers of hot flashes.</li> <li>Dress in layers with lightweight clothing to adjust to temperature changes.</li> <li>Stay cool by using fans, air conditioning, or cool cloths.</li> <li>Avoid triggers such as hot drinks, spicy foods, caffeine, and alcohol.</li> <li>Practice relaxation techniques like deep breathing, yoga, or meditation to reduce stress.</li> <li>Maintain healthy habits with a balanced diet and regular exercise.</li> </ul> <p>Talk with your care team if you have:</p> <ul style="list-style-type: none"> <li>Severe hot flashes</li> </ul>
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### Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Allergic Reaction	<ul style="list-style-type: none"> <li>Itching or hives</li> <li>Swelling of your face, lips, tongue, or throat</li> <li>Trouble breathing</li> </ul>
Injection Site Reactions	<ul style="list-style-type: none"> <li>Itching</li> <li>Swelling</li> <li>Bruising or bleeding</li> <li>Pain</li> <li>Numbness or tingling</li> <li>Intense, burning, or shooting pain from the buttocks down the back of the leg</li> <li>Difficulty moving the leg or foot, especially lifting the foot</li> <li>Difficulty walking or inability to bear weight</li> <li>Rash or redness of the skin</li> </ul>

**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, Fertility, 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 can affect **your ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment.
- Treatment may **harm an unborn baby**.
  - If you are able to become pregnant, your care team may perform a pregnancy test within 7 days before you start treatment with fulvestrant.
  - Use an effective method of birth control during treatment and for 1 year 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 1 year 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.
- **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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