

Goserelin

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

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

Goal of Treatment: _____

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

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Goserelin (GOH-seh-REH-lin): Zoladex (ZOLE-uh-dex)	Slows down or stops the growth of cancer cells by lowering levels of certain hormones in the body.	Implant given under the skin into the stomach-area (abdomen).

Treatment Administration and Schedule: Treatment is typically repeated every 1 or 3 months. This length of time is called a “cycle”. Ask your care team how frequently you will receive treatment.

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
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. 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
Headache	<p>Description: A headache can cause you to feel pain or discomfort in your head, making it hard to concentrate or feel your best.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Keep a headache diary to track the frequency, duration, intensity, and triggers of your headaches. Stay hydrated by drinking plenty of water, as dehydration can contribute to headaches. Apply a cold or warm compress to your forehead or neck to help ease headache pain. Get adequate sleep (7-8 hours per night) and establish a regular sleep schedule. Limit caffeine intake. Your care team may recommend medicine for headaches. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Severe headache More frequent headaches Dizziness or light-headedness Confusion Vision changes

Mood Changes	<p>Description: Treatment can cause depression, a mood disorder that causes a persistent feeling of sadness and loss of interest in things and activities you once enjoyed.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Engage in regular exercise to improve your mood and energy. Aim for both aerobic activities (such as walking or swimming) and strength training (like weightlifting) several times a week. Choose activities you enjoy to make it easier and more fun to stay active! Focus on healthy foods to nourish your body and mind. Include plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals. Consider following a Mediterranean-style diet, which may help support your mood and overall health. Talk to your loved ones about how you're feeling. Sharing your experiences can help you feel less alone. Consider joining a support group where you can connect with others who are going through similar challenges. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Depression that interferes with your daily life and overall well-being
Decreased Sex Drive	<p>Description: Decreased sex drive, or lowered libido, refers to a reduced interest in sexual activity.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Have open discussions about sexual health with your partner(s) to manage expectations. Exercise regularly. Eat a balanced diet. Get 7-8 hours of sleep each night. Consider sexual counseling and discuss potential medication adjustments to address libido and intimacy with your care team. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Anxiety or depression Sexual problems
Acne	<p>Description: Acne is connected to hormones that increase oil production in the skin and cause blockages that lead to breakouts. Goserelin causes changes in hormone levels, often leading to acne flares.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Wash with a mild, moisturizing soap, and avoid long, hot baths or showers. After washing, pat your skin dry instead of rubbing. Your care team may prescribe medicine for acne. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Acne that affects your daily life

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Heart Problems	<ul style="list-style-type: none"> Swelling of your stomach-area (abdomen), legs, hands, feet, or ankles Shortness of breath Nausea or vomiting New or worsening chest discomfort, including pain or pressure 	<ul style="list-style-type: none"> Weight gain Pain or discomfort in your arms, back, neck, or jaw Protruding neck veins Breaking out in a cold sweat Feeling lightheaded or dizzy
Severe Skin Reactions	<ul style="list-style-type: none"> A red, itchy, skin rash Peeling of your skin or blisters 	<ul style="list-style-type: none"> Severe itching Fever of 100.4°F (38°C) or higher
Tumor Flare	<p>Tumor flare is a temporary increase in cancer symptoms that can occur when first starting treatment. In people with prostate cancer, it is caused by a brief surge in testosterone levels before the treatment takes effect. This can lead to pain and urinary problems. Your care team may prescribe a medicine to be taken for the first few weeks of treatment to block the effects of the testosterone surge.</p>	
	<ul style="list-style-type: none"> Bone pain "Pins and needles" or other nerve-related pain Tender or swollen lymph nodes Fever of 100.4°F (38°C) or higher 	<ul style="list-style-type: none"> Difficulty urinating Blood in your urine Rash
Pituitary Apoplexy	<p>Pituitary apoplexy is a medical emergency that involves bleeding or a loss of blood flow in your pituitary gland. You may experience a sudden, severe headache or vision problems.</p>	
	<ul style="list-style-type: none"> Severe headache (often described as the "worst of your life") Loss of vision or change in vision Double vision 	<ul style="list-style-type: none"> Low blood pressure Nausea and vomiting Confusion
Other Rare Side Effects	<ul style="list-style-type: none"> Decreased bone mineral density High blood calcium Erectile function problems 	<ul style="list-style-type: none"> High blood sugar Opening to the uterus (the cervix) becomes firmer and less flexible
Injection Site Reactions	<ul style="list-style-type: none"> Itching Swelling Bruising or bleeding 	<ul style="list-style-type: none"> Pain Rash or redness of the skin
Injection Site Injury	<ul style="list-style-type: none"> Stomach-area (abdominal) pain distension or swelling Trouble breathing 	<ul style="list-style-type: none"> Dizziness Low blood pressure

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, take a pregnancy test before starting treatment.
 - Use an effective method of nonhormonal birth control during treatment and for 12 weeks after treatment ends.
 - 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.

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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Scan the QR code below to access this education sheet.



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