

# Toremifene

**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 |
|---|---|----------------------------|
| Toremifene (tor-EH-mih-feen):<br>Fareston (FAYR-es-ton) | Slows down or stops the growth of cancer cells by blocking certain hormone receptors. | Tablet taken by mouth.     |

## Treatment Administration and Schedule

Your toremifene dosing instructions:

  

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- Toremifene comes in 1 tablet strength: 60 mg.
- Take toremifene 1 time a day, with or without food, at about the same time each day.
- Swallow tablets whole. Do not cut, crush, or chew the tablets.
- If you miss a dose of toremifene or did not take it at the usual time, take your dose as soon as possible and at least 12 hours before your next scheduled dose. Return to your normal schedule the following day. Do not take 2 doses within 12 hours of each other to make up for the missed dose.
- If you vomit after taking a dose of toremifene, do not make up the dose. Take your next dose at your regularly scheduled time.

## Storage and Handling of Toremifene

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

**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 prevent and 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"> <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 to your care team if you have:</p> <ul style="list-style-type: none"> <li>Severe hot flashes</li> </ul> |

## Select Rare Side Effects

| Side Effect  | Talk to Your Care Team if You Have Any of These Signs or Symptoms   |
|--|---|
| <b>Changes in the electrical activity of your heart called QT prolongation (Boxed Warning)</b> | <ul style="list-style-type: none"> <li>Feel faint, lightheaded, dizzy</li> <li>Irregular or fast heartbeat</li> </ul>   |
| Changes in the Lining (Endometrium) or Body of Your Uterus                                     | <p>These changes may mean serious problems are starting, including cancer of the uterus.</p> <ul style="list-style-type: none"> <li>Vaginal bleeding or bloody discharge that could be a rusty or brown color</li> <li>Change in your monthly bleeding, such as in the amount or timing of bleeding or increased clotting</li> <li>Pain or pressure in your pelvis (below your belly button)</li> </ul> |
| Low Platelet Count   | <ul style="list-style-type: none"> <li>Bruising easily</li> <li>Frequent nose bleeds</li> <li>Blood in your urine or stool</li> <li>Blood in your spit after a cough</li> </ul>   |
| Low White Blood Cell (WBC) Count   | <ul style="list-style-type: none"> <li>Fever of 100.4 °F (38°C) or higher</li> <li>Chills</li> <li>Burning and painful urination</li> <li>Urinating often</li> <li>Weakness and tiredness</li> <li>Coughing up yellow or pink mucus (phlegm)</li> </ul>   |
| Liver Problems   | <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>   |
| High Blood Calcium   | <ul style="list-style-type: none"> <li>Increased thirst</li> <li>Urinating often</li> <li>Nausea</li> <li>Vomiting</li> <li>Bone pain</li> <li>Muscle weakness</li> <li>Confusion</li> <li>Irregular heartbeats</li> </ul>  |
| Tumor Flare  | <ul style="list-style-type: none"> <li>Tender or swollen lymph nodes</li> <li>Fever of 100.4°F (38°C) or higher</li> <li>Pain</li> <li>Rash</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, 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.
  - 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.
- **Avoid eating grapefruit or drinking grapefruit juice** during treatment with toremifene. Grapefruit may increase the amount of toremifene in your blood.
- **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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PES-558