

**For the Patient: Estramustine capsules**

Other names: EMCYT®

**BC Cancer Agency**

- **Estramustine** (es" tra mus' teen) is a drug that is used to treat prostate cancer. It is a capsule that you take by mouth.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to estramustine, estradiol or nitrogen mustard before taking estramustine.
- A **blood test** may be taken regularly during treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.
- It is important to **take** estramustine exactly as directed by your doctor. Make sure you understand the directions.
- **Take** estramustine on an empty stomach with a glass of water, one hour before or two hours after meals. Do not take estramustine with milk, or other calcium containing liquids, drugs such as calcium-containing antacids (TUMS®) or calcium supplements.
- Other drugs may **interact** with estramustine. Tell your doctor if you are taking any other drugs as you may need extra blood tests or your dose may need to be changed. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- If you **miss a dose** of estramustine, take it as soon as you can if it is within 4 hours of the missed dose. If it is more than 4 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of estramustine.
- Estramustine may damage sperm. It is best to use **birth control** while being treated with estramustine. Tell your doctor right away if your partner becomes pregnant.
- **Store** estramustine capsules in the refrigerator, out of the reach of children, away from light and moisture.
- **Tell** doctors, dentists, and other health professionals that you are being treated with estramustine before you receive any treatment from them, including vaccinations.

Side effects are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
<b>Nausea</b> and vomiting may occur with estramustine. This should go away as treatment continues. Most people have little or no nausea.	To help nausea: <ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Eat and drink often in small amounts.</li> </ul> Try the ideas in <i>Food Choices to Help Control Nausea</i> .*
<b>Sugar control</b> may sometimes be affected in diabetics.	Check your blood sugar regularly if you are diabetic.
<b>Swelling</b> of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.	If swelling is a problem: <ul style="list-style-type: none"> <li>• Elevate your feet when sitting.</li> <li>• Avoid tight clothing.</li> </ul>
<b>Breast swelling</b> , soreness and/or leaking from the nipple may occur.	This will return to normal when you stop taking estramustine.
<b>Impotence</b> (loss of sexual ability) may occur.	This will return to normal when you stop taking estramustine.
<b>Hair loss</b> is rare with estramustine. If you lose hair, it will grow back once you stop treatment with estramustine. Colour and texture may change.	If hair loss is a problem, refer to <i>For the Patient: Hair Loss Due to Chemotherapy</i> .*

\*Please ask your chemotherapy nurse or pharmacist for a copy.

### STOP TAKING ESTRAMUSTINE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heart beat, face swelling, or breathing problems.
- Signs of a **blood clot** such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath.
- Signs of a **stroke** such as sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg.
- Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of feet or lower legs, or fainting.

### SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.

