



Provincial Health Services Authority

For the Patient: Mitotane tablets

Other names: LYSODREN®

- **Mitotane** (mye' toe tane) is a drug that is used to treat cancer of the adrenal cortex. It is a tablet that you take by mouth.
- Tell your doctor if you have taken mitotane before. Tell your doctor if you have ever had an unusual or **allergic reaction** to mitotane.
- **Blood tests** may be taken regularly during treatment.
- It is important to **take** mitotane exactly as directed by your doctor. Make sure you understand the directions. Mitotane should be taken at about the same times each day. You may **take** mitotane with food or on an empty stomach as long as you take it the same way with each dose.
- If you **miss a dose** of mitotane, take it as soon as you can if it is within 3 hours of the missed dose. If it is more than 3 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- Other drugs or lab tests may **interact** with mitotane. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- Mitotane may cause **drowsiness** and **dizziness** which can affect your ability to drive a car or operate machinery. Use care with activities that require mental alertness.
- **Alcohol** may increase the risk of drowsiness and other side effects. Avoid drinking alcohol while being treated with mitotane.
- Mitotane may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with mitotane. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- **Store** mitotane tablets out of the reach of children, at room temperature, away from heat, light, and moisture.
- **Tell** doctors, dentists, and other health professionals that you are being treated with mitotane before you receive any treatment from them.
- You may be given prescriptions for medications called steroids such as cortisone (CORTONE®) and fludrocortisone (FLORINEF®) to prevent side effects caused by mitotane. Carry a card or wear a **medical alert bracelet/tag** to inform doctors in an emergency that you are taking mitotane as you may need extra steroids. Inform your caregiver/emergency contact of the same information.

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
Nausea, vomiting, or loss of appetite commonly occur.	You may be given a prescription for antinausea drug(s) to take at home. It is easier to prevent nausea than treat it once it has occurred , so follow directions closely. <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Try the ideas in Practical Tips to Manage Nausea.*
Diarrhea may sometimes occur.	If diarrhea is a problem: <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in Food Choices to Help Manage Diarrhea.*
Skin rashes may sometimes occur. Rashes may go away as you continue taking mitotane.	If itching is very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.
Dizziness or lightheadness commonly occur.	Do not drive a car or operate machinery if you are feeling dizzy.
Fatigue (tiredness) and lack of energy commonly occur.	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in Fatigue/Tiredness – Patient Handout OR Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue.*
Your body’s ability to handle illness or injury is weakened by mitotane.	<ul style="list-style-type: none"> • Check with your doctor if you have an infection, illness or injury. You may need a prescription for extra steroids to help you get better.
Hair loss is rare with mitotane. If you lose hair, it will grow back once you stop treatment with mitotane. Colour and texture may change.	If hair loss is a problem, refer to Resources for Hair Loss and Appearance Changes – Patient Handout .*

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

