



For the Patient: Nilutamide
Other names: ANANDRON®

BC Cancer Agency

- **Nilutamide** (nye loo' ta mide) is a drug that is used to treat prostate cancer. It blocks the effect of testosterone which is a male sex hormone that may stimulate the growth of prostate cancer. Nilutamide is often used with another drug that lowers testosterone levels. It is a tablet that you take by mouth. The tablet contains lactose.
- It is important to **take** nilutamide exactly as directed by your doctor. Make sure you understand the directions.
- You may **take** nilutamide with food or on an empty stomach.
- If you **miss a dose** of nilutamide, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- Other drugs may **interact** with nilutamide. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of nilutamide; however, you may have a reaction which causes flushing, headache, nausea and/or dizziness if you drink alcohol while taking nilutamide. Most people have no reaction with alcohol. If you have this reaction, avoid drinking alcohol while taking nilutamide.
- Nilutamide may **lower sperm counts** after you have taken it for a long time. If you plan to have children, discuss this with your doctor before taking nilutamide.
- **Store** nilutamide tablets out of the reach of children, at room temperature, away from heat, light, and moisture.
- **Tell** doctors or dentists that you are being treated with nilutamide before you receive any treatment from them.

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 does not usually occur with nilutamide.	
Changes in vision commonly occur. It may take longer for your eyes to adjust to darkness. Colours may appear different.	<ul style="list-style-type: none"> • Wear sunglasses in bright sunlight. • Avoid driving or doing other activities that require you to have clear vision until you know how this medication affects you. • Talk to your doctor if your changes in vision bother you. • This will return to normal when you stop taking nilutamide.
<p>Hot flashes (sudden sweating and feelings of warmth) are common when you first start taking nilutamide. This usually improves as your body adjusts to nilutamide.</p> <p>Hot flashes are more common when nilutamide is taken with another drug that lowers testosterone levels.</p>	<p>If hot flashes are troublesome:</p> <ul style="list-style-type: none"> • Some people find it helpful to avoid alcohol, spicy food, and caffeine (coffee, tea, colas, chocolate). • Follow a regular exercise program. • Try staying in a cool environment. • Wear layers so that if you do experience a hot flash, the outer layers may be removed. • Ask your doctor for more advice if your hot flashes continue to bother you. There may be medications available.
Breast swelling , soreness and/or leaking from the nipple may rarely occur.	This will return to normal when you stop taking nilutamide.
Tiredness and lack of energy may sometimes occur.	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in <i>Your Bank of Energy Savings: How People with Cancer Can Handle Fatigue</i>.*
Impotence (loss of sexual ability) and/or a change in sexual desire may commonly occur.	This will return to normal when you stop taking nilutamide.
Hair loss does not occur with nilutamide.	

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

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

- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- Signs of **lung problems** such as cough, shortness of breath, or difficulty in breathing.

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Vision changes.
- Hot flashes.
- Decreased sexual desire or ability.
- Excessive breast swelling, soreness, or discharge.
- Uncontrolled nausea, vomiting, or abdominal pain.
- Headache not controlled with acetaminophen (TYLENOL®).
- Skin rash or itching.
- Weight gain.
- Swelling of hands, feet, or lower legs.
- Dizziness, drowsiness, trouble sleeping, or mood changes.

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
