

## Abirateron

for Urological cancer

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### About your treatment

Abiraterone (Zytiga) is an antihormone, which stops the body from producing testosterone (the male sex hormone). Abiraterone is taken together with prednisolone, which is a cortisone preparation. Cortisone reduces the risk of some of the side effects.

You take the tablets once a day without interruption. Your doctor or nurse will tell you if you need to change anything about your treatment. During treatment, your blood tests and any side effects will be monitored.

### How to take the medicines

Swallow the tablets whole with water. Allow at least 2 hours after a meal before taking the tablets, and do not eat anything for at least 1 hour after taking the tablets. If you miss a dose, take your usual dose the next day. Avoid St. John's wort extract or tea, as it may affect the effect of abiraterone.

See also information in the package leaflet.

### Medicines for osteoporosis

Long-term cortisone treatment can cause osteoporosis. Therefore, you may need a medicine to counteract this.

### Side effects - symptoms and tips

The side effects we list here are the most common and important. They can vary greatly from person to person, and even from time to time. Side effects may determine your dose or require you to stop taking the medicine.

Tell your doctor or nurse if you have any side effects. Often the symptoms can be prevented or alleviated.

#### Fallopian tubes

Hot flashes and sweating are common.

**Tips:** Try to exercise and move around.

#### Fatigue

Fatigue is common. You may feel low in energy and never rested. Your memory may deteriorate, and you may find it harder to concentrate and solve problems. It can make you feel down, stressed and anxious. You may also find it difficult to socialise. Fatigue may persist for a long time after treatment.

**Tips:** Try to exercise and move around. It's the only thing known to help with fatigue.

#### Pain in muscles and joints

Pain in muscles and joints is common.

#### Hypertension

High blood pressure is common. Your blood pressure will be monitored during treatment, and you may need medication.

#### Problems with the heart

The treatment carries a certain risk of cardiac effects. You may have symptoms such as chest pain, an unusual heart rhythm, palpitations, shortness of breath or swollen legs. ECG and/or ultrasound of the heart are sometimes included in checks on heart function.

## Swollen legs and feet

Swollen legs and feet are common.

**Tips:** You can use support stockings. Put your feet up on a footstool or rest for a while in bed. Apply a moisturiser to protect your skin, and watch out for sores.

## Problems with stomach and intestines

Diarrhoea is common. You may also become constipated.

**Tip:** Drink a lot, a few glasses more than usual per day. If you have diarrhoea, avoid fatty, spicy and high-fibre foods. If you're constipated, try high-fibre foods and exercise. Talk to your doctor if you get diarrhoea or constipation - you may need medication.

## Urinary tract infection

Urinary tract infections are common. Symptoms of a urinary tract infection may include a stinging sensation when you urinate, the need to urinate frequently or the presence of blood in the urine. Contact your doctor if you also have a fever.

## Contact your clinic immediately at:

- fever over 38 degrees or if your temperature drops below 36 degrees
- severe diarrhoea, or diarrhoea combined with fever
- sudden deterioration, regardless of symptoms
- chest pain or difficulty breathing, call 112

## Common advice

It is important not to get pregnant or make someone pregnant while you are being treated with cancer drugs, as the drugs can affect the foetus. Therefore, use safe contraceptives. Sometimes double protection is needed, as side effects such as diarrhoea or the direct effect of cancer drugs may mean that the contraceptive pill is not enough protection on its own.

## General information about cancer

Useful information about cancer is available from both 1177 Vårdguiden and Cancerfonden:

[www.1177.se](http://www.1177.se)

[www.cancerfonden.se](http://www.cancerfonden.se)

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