

## About your treatment

Enzalutamide (Xtandi) is an antihormone, which stops the body from producing testosterone (the male sex hormone).

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 capsules whole with water. If you miss a dose, take the prescribed dose as close to the usual time as possible. If you miss a dose for a whole day, resume treatment the next day.

Read more in the package leaflet

## 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.

### 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.

### Fallopian tubes

Hot flashes and sweating are common.

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

### Decreased sexual desire

Decrease in testosterone level can lead to loss of sexual desire. The potency can disappear, that is, it becomes difficult to get an erection, you become impotent.

### Hypertension

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

### Pain in muscles and bones

Pain, tenderness and weakness in the muscles are common.

**Tips:** Can be relieved with common painkillers.

### Problems with the heart

The treatment carries a certain risk of cardiac effects. You may experience symptoms such as an unusual heart rhythm or palpitations.

## Common advice

The medication may affect the fetus. If you are sexually active, use a condom and another form of contraception during treatment and for some time afterwards. Check FASS or the medication's package leaflet for the specific instructions applicable to your medication.

## 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)

## Notes

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