

## Anastrozole 1mg Oral Tablet

### **Visually Impaired**

If you are visually impaired and need help reading your label we can help. At your request, a prescription reader is available to patients in need. If you need help, please contact the pharmacy at 727-498-1228 and speak to a technician or pharmacist who will be able to advise you on your options and the cost. Additional charges do apply.

### **What is this medication?**

Brand Name: Arimidex.

Generic Name: Anastrozole.

Anastrozole is an aromatase inhibitor used primarily in: Postmenopausal women with hormone receptor-positive breast cancer. Prevention of cancer recurrence in high-risk cases. Off-label uses may include male estrogen suppression (e.g., during testosterone therapy).

It works by blocking the enzyme aromatase, which converts androgens (like testosterone) into estrogen—thereby lowering estrogen levels in the body.

### **What are the ingredients?**

Active Ingredient: Anastrozole. (PharmaLabs carries 1mg dose).

If you have any further questions or concerns about the ingredients used in your customized, compounded formulation, please contact one of our pharmacists at 727-498-1228.

### **What should I tell my healthcare provider before I take this medication?**

Tell your provider if you: Are pregnant, planning pregnancy, or breastfeeding. Have a history of osteoporosis or bone fractures. Have liver or kidney disease. Have high cholesterol. Are taking hormone replacement therapy. Are premenopausal (safety and efficacy not established).

### **How should I use this medication?**

Take exactly as prescribed, usually once daily, with or without food. Take at the same time each day for best results. Swallow the tablet whole with water. Do not stop without consulting your provider.

### **What if I miss a dose?**

Take the missed dose as soon as you remember, if it's early in the day. If it's later in the day, skip the missed dose to avoid trouble sleeping. Do not double up on doses.

## **What may interact with this medication?**

Inform your doctor or pharmacist about all medications and supplements, especially: Estrogen-containing products (e.g., HRT, birth control). Tamoxifen. Warfarin or other blood thinners. Herbal products, especially phytoestrogens (e.g., black cohosh, soy).

Always check with your provider before starting or stopping any medication, including non-prescription products.

## **What side effect:**

Common side effects: Hot flashes. Joint or muscle pain. Fatigue or weakness. Headache. Nausea.

Less common but serious side effects: Bone thinning or fractures (osteoporosis). High cholesterol. Liver dysfunction (jaundice, abdominal pain). Depression or mood changes. Vaginal dryness or bleeding (in women).

This list may not describe all possible side effects. Call your doctor for medical advice about side effects and any unusual problems while taking this medication. If you experience a serious side effect, you or your doctor may send a report to the Food and Drug Administration's (FDA) MedWatch Adverse Event Reporting program, online ([www.fda.gov/Safety/MedWatch](http://www.fda.gov/Safety/MedWatch)) or by phone (1-800-332-1088)

## **What should I watch while using this medication?**

Bone health monitoring is important—your provider may recommend bone density scans (DEXA). Periodic blood tests may be ordered to monitor liver function, cholesterol, and hormone levels. If taken as part of testosterone therapy in men, monitor for signs of low estrogen (joint pain, fatigue, libido issues).

## **Where should I keep my medication?**

Store at room temperature, away from moisture, heat, and direct light. Keep in a secure location away from children, pets, and unauthorized individuals.

**Disposal:** Do not flush or pour unused medication down the drain. The best option is to use a DEA-authorized drug take-back location, which you can find at [rxdrugdropbox.org](http://rxdrugdropbox.org). If that's not available, mix the medication (still in its vial or drawn into a syringe) with an undesirable substance like used coffee grounds or cat litter, seal it in a plastic bag, and discard it in the household trash—after removing any personal information from the label. Used syringes must be placed in an FDA-cleared sharps container and taken to an appropriate sharps disposal site. If you're unsure, contact your pharmacist at 727-498-1228 for guidance.

## **OFFER TO COUNSEL NOTICE**

You are receiving this notice because you or your physician recently requested a compounded prescription to be filled by our pharmacy. You are entitled to receive medication counseling from one of our pharmacists regarding the following: Name and description of medication. Dose, route of administration, and duration of medication. Intended use of medication and expected action. Special directions and precautions for use. Common adverse effects or interactions. Techniques for self-monitoring. Proper storage. Prescription refill information.

You may contact a pharmacist at (727) 498-1228 Monday through Friday, 9AM to 5PM EST and Saturday 9AM-1PM EST.

PharmaLabs' notice of Privacy Practices may be viewed on the company website. You may view and acknowledge receipt of these offers or refuse your right to be counseled online at: <http://www.plabrx.com/offer>

Our pharmacists will be happy to discuss any additional questions or concerns you may have.

**NOTE:** This sheet is a summary. It may not cover all possible information. If you have questions about this medicine, talk to your doctor, pharmacist, or health care provider.