

Goserelin

Names	The generic drug name is goserelin (GOE-se-rel-in). Zoladex [®] is a brand name. There may be other names for this medication.
How is Goserelin Given	This medication is given by subcutaneous injection (SQ), an injection just under the skin in the abdomen (stomach area).
What Is It Used For and How Does it Work?	<p>This drug is used in the treatment of prostate cancer and breast cancer.</p> <p>Goserelin is a synthetic (man-made) hormone that belongs to a class of medications called LHRH (leutinizing hormone releasing hormone) agonists. The LHRH agonists work by telling the pituitary gland, located in the brain, to stop producing leutinizing hormone. When the medication is stopped, hormone levels return to normal.</p> <ul style="list-style-type: none">• In men, leutinizing hormone (LH) stimulates the production of testosterone, which can encourage some prostate cancers to grow. Goserelin stops the production of testosterone.• In women, LH stimulates the production of estrodial (estrogen), which can encourage some breast cancers to grow. Goserelin decreases the production of estradiol to levels similar to a postmenopausal state.
What Should I Tell My Doctor Before I Begin Goserelin?	<p>Tell your doctor if you:</p> <ul style="list-style-type: none">• are allergic to goserelin or any other GnRH analogues• have a history of drinking alcohol or using tobacco products for a long time• have a personal/family history of osteoporosis (weak bones)• have or have ever had a compressed spinal cord, diabetes, unusual vaginal bleeding, urinary obstruction in men (blockage that causes difficulty urinating), or heart or liver disease• are pregnant or breastfeeding <p>This drug may interact with other medications or cause harmful side effects. Tell your doctor and pharmacist about <u>all</u> prescription or over-the-counter medications, vitamins, herbal, or diet supplements that you are taking.</p>
What Are Some Possible Side Effects?	<ul style="list-style-type: none">• Hot flashes• Decreased interest in sex• Men: Impotence or decreased erection, breast tissue enlargement (gynecomastia), breast tenderness

Possible Side Effects – cont.

- Women: Vaginal dryness and painful intercourse, slight vaginal spotting, breakthrough bleeding (bleeding between normal periods), breast tenderness
- Bone pain (usually occurs during the first week of treatment)
- Tiredness, weakness, headache
- Pain or rash at the injection site
- Nausea or decreased appetite
- Swelling in hands or feet

How Can I Manage These Side Effects?

- Dressing in layers, using a cool washcloth around your neck, or using a personal-size fan (or a fan that sprays a light mist) may help with the hot flashes.
- Ask your doctor about medication to help prevent or lessen headache or nausea.
- Do not put anything on your rash unless your doctor or nurse says you may. Keep the area around the rash clean and dry.
- Talk to your doctor if you are having problems with mood swings or depression.

When Should I Call the Doctor?

Call your doctor immediately if you have:

- urinary retention or inability to urinate
- weakness, numbness or tingling in arms or legs

Call your doctor as soon as possible if you have:

- nausea that does not get better with prescribed medication or that prevents you from eating and drinking
- increase in bone pain
- headache or pain at the injection site unrelieved by prescribed medication
- extreme tiredness that interferes with normal activities
- rash that is bothersome

Call 911 or go to the nearest hospital emergency department if you have life-threatening symptoms such as:

- signs of severe allergic reaction: Swelling/tingling in your face, tongue, mouth, or throat; chest tightness; trouble breathing or swallowing; dizziness, shortness of breath; heart palpitations; or hives.
- signs of heart attack: Chest pain, pain in jaw, neck, back, arm; shortness of breath, sweating; nausea
- signs of stroke: Sudden numbness or weakness – especially if only on one side of the body; sudden trouble walking, seeing, speaking, or maintaining balance or coordination)

Please let us know if you go to the emergency room or are admitted to the hospital.

What Else Should I Know About Goserelin?

- Goserelin may cause short-term (within first 2 weeks of treatment) increases in testosterone serum levels in men. The "tumor flare" that results can cause a temporary increase of bone pain, swelling of the prostate (blocking urine flow), or swelling around a tumor in the spine that puts pressure on the spinal cord. If you notice increased weakness, numbness or tingling in arms or legs, or difficulty with urination, report these symptoms to your health care provider immediately.
- If you will also be receiving radiation therapy, you will start using this medicine 8 weeks before starting radiation treatment.
- Women will stop having menstrual periods while you are using this medicine. Tell your doctor if you keep having normal periods while using this medicine or if your periods do not return to normal after you stop using this medicine.
- Not having menstrual periods is **not** an effective form of birth control. This drug may harm an unborn child so **effective birth control should be used during treatment and for at least 12 weeks afterwards**. Birth control pills, implants, patches, or shots may not work while you are using goserelin. To prevent pregnancy, use another form of birth control such as a barrier method (condoms or diaphragm). If pregnancy occurs, tell your doctor right away.
- When you first start using this medicine, some of your symptoms might get worse for a short time or you may have new symptoms.
- This medicine might cause you to lose some bone density. Tell your doctor if you have risk factors for osteoporosis (thin or brittle bones). Some risk factors are alcohol abuse, smoking, family history, or other medicines such as steroids or seizure medicines.
- Tell your doctors and dentists that you are on goserelin as it may affect the results of certain medical tests.
- If you want more information on this drug, talk to your doctor or pharmacist.
- **Instructions for giving injection at home**
 - Goserelin should be stored in the refrigerator. Do not freeze.
 - You should not use the medicine after the expiration date on the bottle has passed.
 - Avoid shaking the medicine bottle.
 - Before each injection, look carefully at the medicine to check for any particles or a change in color. You should not use medicine that has changed color or has particles in it.
 - If you miss a dose, take it as soon as possible, unless it is almost time for your next shot. Skip the missed dose if it is almost time for your next regular dose. You should not use two doses at the same time.

