

Possible Side Effects (*continued*):

Changes in your Bowel Movements

What to do:

- Call your doctor if you have **diarrhea** more than 4 times in one day or for more than 1 or 2 days or if you feel lightheaded or dizzy.
- Call your doctor if you have constipation and do not have a bowel movement for 2 days or you are uncomfortable.

Low Red Blood Cells

What this means: This medicine may lower your red blood cell count, also known as “anemia.”

What to do:

- Call your doctor if you feel short of breath, dizzy, lightheaded, or have worsening fatigue.

Liver Function Changes

- It is rare, but this medicine can cause severe liver injury. Signs of liver damage are dark colored urine, yellowing of the skin, abdominal pain or tenderness, “flu-like” symptoms, or nausea and vomiting. **Call your doctor immediately if any of these symptoms occur.**

This is not a complete list of all possible side effects. Tell your doctor if you have these or any other side effects that you think are caused by this medicine. Your James health care team can give you other tips for how to manage your side effects.

PATIENT EDUCATION

Taking Your Treatment Home

What you need to know about your Anti-Cancer Medicine

Bicalutamide (Casodex)

Here is important information on how to use, handle, and store your medicine, what side effects to look for and how to manage them. If you have questions about this medicine, call your doctor at the number below:

Staple business card here or write in doctor's contact information:

How to handle and store:

- It is safe to handle Bicalutamide as a whole tablet.
- Store in a closed container in a dry place such as a cabinet away from light, heat, and moisture.
- **Do not** store in your bathroom or refrigerator.
- Keep this medicine away from children and do not share it with anyone.

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How to take:

- Take 1 tablet (50 mg) one time each day. Take this medicine at the same time every day.
- Do not stop taking Bicalutamide until your doctor tells you to.
- This medicine can be taken with or without food. It may help to take this medicine with food if it upsets your stomach.
- If you miss a dose, wait until it is time for your next dose, and skip the missed dose. **Do not double up on doses.**
- Use a calendar or diary to keep track of what days you take Bicalutamide.

Disposal:

- Talk with your doctor or pharmacist about how to get rid of prescription medicines safely.

Precautions:

- Tell your doctor if you have ever had liver disease.
- Tell your doctor if you take warfarin (Coumadin).
- Tell your doctor or pharmacist about any medicines you take, including prescription and over-the-counter medicines, vitamins and herbal products.
- Ask your doctor or pharmacist before you take any new medicines or herbal supplements.

Possible Side Effects

You can find more information on side effects in the Patient Education booklet, *Treatment with Chemotherapy and Anti-Cancer Medicines*.

Breast Tenderness or Enlargement

What this means: Many men will develop mild to moderate swelling of the breast. Breast or nipple pain may also occur.

What to do:

- Tell your doctor if this side effect becomes bothersome or interferes with your daily activities

Hot Flashes

What this means: You may have episodes of warmth, sweating and flushing (“hot flash”), sometimes followed by a cold chill.

What to do:

- Drink at least 8 to 10 cups of non-caffeinated fluid and exercise daily.
- Wear lightweight, breathable fabrics and dress in layers so you can adjust as needed.
- Keep away from triggers such as warm rooms, spicy foods, smoking or beverages with caffeine or alcohol.
- Talk to your doctor before you take over-the-counter remedies.
- Tell your doctor if this side effect bothers you or interferes with your activities or sleep.

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