



PATIENT INFORMATION ON GOSERELIN ACETATE

(Brand names: Zoladex)

This information sheet has been produced by the Australian Rheumatology Association to help you understand the medicine that has been prescribed for you. It includes important information about:

- how you should take your medicine**
- what are the possible side effects**
- what tests you must have to monitor your condition and to detect unwanted effects**
- other precautions you should take when you are taking Goserelin**

Please read it carefully and discuss it with your doctor.

What is Goserelin?

Goserelin belongs to a group of medicines called 'LHRH analogues.' In women, Goserelin works by reducing the amount of 'oestrogen' (a hormone) that is produced by your body. You have been prescribed this medication to help protect and preserve your fertility for the future.

Follow all directions given to you by your doctor carefully. They may differ from the information contained in this leaflet.

What benefit can you expect from your treatment?

You have been prescribed this medication to help protect and preserve your fertility for the future.

How is Goserelin taken?

The Goserelin 3.6 mg Implant will be injected under the skin on your stomach every four weeks (28 days). This will be done by your doctor or nurse.

The implant is a very small pellet that is given by a special needle and syringe known as SafeSystem. The injection will not hurt very much.

The pellet is designed to slowly release the medicine into your body over four weeks.

When should it be taken?

In women of child-bearing age, the first injection is injected during menstruation or shortly afterwards to exclude pregnancy; the use of non-hormonal methods of contraception to avoid unwanted pregnancy, for example, in the event of missed doses.

Following doses are injected every 4 weeks for a 6 month course.

Can other medicines be taken with Goserelin?

Tell your doctor if you are taking any other medicines, including

- medicines that you buy at the chemist, supermarket or health food shop.
- oral contraceptives - they interfere with the way it works.

Your doctor or pharmacist can tell you what to do if you are taking any other medicines

How long is the treatment continued?

Treatment with Goserelin is continued for 6 months as long as no serious side effects occur.

Are there any side effects?

You might experience side effects with your treatment. Tell your doctor if you are concerned about possible side effects.

Most common possible side effects

- Temporary increase in blood pressure.
- Hot flushes and sweating,
- Reduced sex drive
- Pain, bruising, bleeding, redness or swelling where Zoladex is injected.

Less common or rare possible side effects

- Breast tenderness & change in breast size
- Dizziness and/or feeling faint
- Headache
- Mood swings
- Allergic reactions (rash, itchiness, swelling of the face, lips or tongue, shortness of breath)
- Low blood pressure

What precautions are necessary?

Goserelin may reduce bone mineral density.

This was associated with an increased risk of fractures in men with prostate cancer. It is unclear whether the risk of fractures in premenopausal women is increased.

There have been small increases in risk for diabetes, heart attack and stroke reported. Your doctor will advise on any additional monitoring and dose adjustment of current medications may be necessary.

How to store Goserelin

- **Keep your Goserelin 3.6 mg in the package until you take it to the doctor or nurse to give it to you.** If you take the medication out of the pack you may dislodge the pellet in the syringe.
- **It should be kept in a cool, dry place where the temperature stays below 25°C. Do not store it or any other medicine in the bathroom or near a sink.** Heat and dampness can destroy some medicines.
- **Keep it where young children cannot reach it.** A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.
- **Do not leave it in the car on hot days.**
- Do not use this medicine after the expiry date which is stated on the carton. The expiry date refers to the last day of that month.

Questions?

If you have any questions or concerns write them down and discuss them with your doctor.

Your doctor's contact details:

You should see your rheumatologist regularly to make sure the treatment is working and to minimise any potential side effects.

How to help us help you

Sign up to the ARAD project now!

The Australian Rheumatology Association collects information on how well these drugs work and how often they cause problems.

The best way to get this information is from you!

Contact us in any of the following ways:

Email: ARAD@monash.edu
Telephone: **Sydney 02 9463 1889 or Melbourne 03 9508 3424**

The information in this sheet has been obtained from various sources and has been reviewed by the Australian Rheumatology Association. It is intended as an educational aid and does not cover all possible uses, actions, precautions, side effects, or interactions of the medicines mentioned. This information is not intended as medical advice for individual problems nor for making an individual assessment of the risks and benefits of taking a particular medicine. It can be reproduced in its entirety but cannot be altered without permission from the ARA. The NHMRC publication: *How to present the evidence for consumers: preparation of consumer publications* (2000) was used as a guide in developing this publication.