

# Exemestane (eks-e-MESS-tayn)

*Also Known As: Aromasin®*

## How It Is Given:

Orally (by mouth) after a meal

## Early Side Effects (beginning within one week) Can Include:

- Headaches.
- Body or joint aches or stiffness.
- Mild nausea.
- Mild stomach cramps or bloating.

## Late Side Effects (beginning after one week) Can Include:

- Fatigue.
- Hot flashes.
- Vaginal dryness.
- Decreased bone density.
- Hair thinning.
- Increased cholesterol.

## Special Points:

- If you miss a dose, do not take a double dose. Take your regular dose the next day.
- Tell your doctor or nurse if you are taking any other medicines or have changed medicines. Some may change the way this drug works. Including:
  - Medicines that do and do not require a prescription.
  - Herbal remedies.
  - Vitamins.
  - Dietary supplements.
  - Treatment for hot flashes.
- Ask your doctor if you should have bone mineral density testing.
- Use a water-soluble lubricant for vaginal dryness. You do not need a prescription. Examples are:
  - Lubrin®.
  - Replens®.

- Astroglide®.
- KY® Jelly.

**Call Your Doctor or Nurse If You Have:**

- Shortness of breath or chest pain.
- Leg pain, swelling, or redness.
- Headache or slurred speech.
- Any unexpected or unexplained problems.
- Any questions or concerns.

The information on this card is selective and does not cover all possible side effects; others may occur. Please report any problems to your doctor.



Memorial Sloan-Kettering  
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