Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Nafarelin

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Synarel

Brand Names: Canada

Synarel

What is this drug used for?

- It is used to treat endometriosis.
- It is used to delay puberty in children who are maturing too early.
- It may be given to you for other reasons. Talk with the doctor.

What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you have unexplained vaginal bleeding.
- If you are pregnant or may be pregnant. Do not take this drug if you are pregnant.
- If you are breast-feeding. Do not breast-feed while you take this drug.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

For all uses of this drug:

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Have blood work checked as you have been told by the doctor. Talk with the doctor.
- This drug may affect certain lab tests. Tell all of your health care providers and lab workers that you take this drug.
- It may take 2 months to see the full effect.
- Some people have had seizures while taking drugs like this one. The chance of seizures may be raised in people who have had brain or brain blood vessel problems, seizures, or brain tumors. Certain other drugs may also raise the chance of seizures. If you have questions, talk with the doctor.
- If you have a stuffy nose while using this drug, talk with your doctor about using a nose decongestant. Do not use a nose decongestant spray within 2 hours after using this drug.
- Ovarian cysts may rarely happen in the first 2 months of therapy.
- Most of the time, this drug stops you from having a period (menstrual bleeding). This is not a method of birth control. Use a non-hormone type of birth control like condoms to prevent pregnancy while taking this drug.
- If you miss doses of this drug, bleeding between cycles can happen. There may also be a chance of getting pregnant if you miss doses of this drug. Talk with your doctor.
- If you are able to get pregnant, a pregnancy test will be done to show that

you are NOT pregnant before starting this drug. Talk with your doctor.

- This drug may cause harm to the unborn baby if you take it while you are pregnant. If you are pregnant or you get pregnant while taking this drug, call your doctor right away.

For endometriosis:

- This drug may cause weak bones (osteoporosis) with long-term use. Talk with your doctor to see if you have a higher chance of weak bones or if you have any questions.
- Use care if you have risks for soft, brittle bones (osteoporosis). Some of these risks include drinking alcohol, smoking, taking steroids, taking drugs to treat seizures, or having family members with osteoporosis. Talk with your doctor about your risks of osteoporosis.
- Have a bone density test as you have been told by your doctor. Talk with your doctor.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

For all uses of this drug:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Chest pain or pressure.
- Shortness of breath.
- Stomach pain.
- Vaginal discharge.

- Vaginal bleeding that is not normal.
- Seizures.
- A very bad pituitary gland problem (pituitary apoplexy) has rarely happened with this drug. Most of the time, this has happened within 2 weeks after the first dose. Call your doctor right away if you have a sudden headache, throwing up, passing out, mood changes, eye weakness, not able to move your eyes, or change in eyesight.
- Severe skin reactions have happened with drugs like this one. These include Stevens-Johnson syndrome (SJS), toxic epidermal necrolysis (TEN), and other severe skin reactions. Sometimes, body organs may also be affected. Get medical help right away if you have signs like red, swollen, blistered, or peeling skin; skin breakdown; red or irritated eyes; sores in your mouth, throat, nose, eyes, genitals, or any areas of skin; fever; chills; headache; cough; body aches or joint pain; shortness of breath; or swollen glands.

For endometriosis:

- Swelling.
- Bone pain.
- Still having a menstrual period.
- Depression or other mood changes.

Children:

- Behavior and mood changes have happened with the use of drugs like this one in children. This includes acting aggressive, crying, depression, emotional ups and downs, restlessness, feeling angry and irritable, and suicidal thoughts or actions. Call your child's doctor right away if your child has any new or worse behavior or mood changes.
- Raised pressure in the brain has happened with this drug. Call your child's doctor right away if your child has a headache; dizziness; upset stomach; ringing in the ears; eye pain; or eyesight problems like blurred eyesight, seeing double, or loss of eyesight.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

For all patients taking this drug:

- Hot flashes.
- Pimples (acne).
- Nose irritation.
- Runny or stuffy nose.
- Vaginal bleeding or spotting.

For endometriosis:

- Headache.
- Muscle pain.
- Weight gain.
- Trouble sleeping.
- Lowered interest in sex.
- Vaginal dryness.
- Change in breast size.

Children:

- If your child is taking this drug to delay puberty, you may see short-term body odor or signs of puberty like vaginal bleeding, enlarged breasts, or more pubic hair during the first month of care. If these last or are very bad, call the doctor.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

- Do not take this drug by mouth. Use in your nose only. Keep out of your mouth and eyes (may burn).
- Prime before first use by spraying until you see a fine mist.
- Blow your nose before use.
- Do not sneeze during or right after using this drug.
- Spray up the nose only. Do not spray onto the wall joining the two nostrils.
- Keep taking this drug as you have been told by your doctor or other health care provider, even if you feel well.
- Clean before and after every use as you have been told by the doctor.

For endometriosis:

- Start taking this drug between days 2 and 4 of your period (menstrual) cycle.

What do I do if I miss a dose?

- Use a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not use 2 doses at the same time or extra doses.
- If you miss 2 doses, call your doctor.

How do I store and/or throw out this drug?

- Store upright at room temperature. Do not freeze.
- Protect from light.
- Store in a dry place. Do not store in a bathroom.
- Throw away any unused portion after 30 days.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- This drug comes with an extra patient fact sheet called a Medication Guide. Read it with care. Read it again each time this drug is refilled. If you have any questions about this drug, please talk with the doctor, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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