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 delay puberty in children who are maturing too early.
- If your child has been given this drug for some other reason, talk with the doctor about the benefits and risks. Talk with the doctor if you have questions or concerns about giving this drug to your child.

What do I need to tell the doctor BEFORE my child takes this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child had.
- If your child has unexplained vaginal bleeding.

If your child is pregnant:

- Do not give this drug to your child during pregnancy.

If your child is breast-feeding a baby:

- Be sure your child does not breast-feed a baby while taking this drug.

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

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

What are some things I need to know or do while my child takes this drug?

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- Have your child's blood work checked often. Talk with your child's doctor.
- This drug may affect certain lab tests. Tell all of your child's health care providers and lab workers that your child takes this drug.
- 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 your child has a stuffy nose while using this drug, talk with your child's doctor about giving a nose decongestant. Do not give your child a nose decongestant spray within 2 hours after using this drug.
- Ovarian cysts may rarely happen in the first 2 months of therapy.
- If your child is of childbearing age, a pregnancy test will need to be done before starting this drug to make sure your child is not pregnant.

If your child has menstrual periods:

- Most of the time, this drug stops your child from having a period (menstrual bleeding). This is not a method of birth control. Have your child use a non-hormone type of birth control like condoms to prevent pregnancy while taking this drug.
- If your child misses doses of this drug, bleeding between cycles can happen. There may also be a chance of getting pregnant if your child misses doses of this drug. Talk with the doctor.

If your child is pregnant:

- This drug may cause harm to the unborn baby if your child takes it during pregnancy. If your child is pregnant or gets pregnant while taking this drug, call the doctor right away.

What are some side effects that I need to call my child's 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 child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect:

- 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 the doctor right away if your child has a sudden headache, throwing up, passing out, mood changes, eye weakness, not able to move eyes, or change in eyesight.
- 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.
- 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 your child has 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.

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 child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

- Pimples (acne).
- Nose irritation.
- Runny or stuffy nose.
- Hot flashes.
- 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 child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

- Do not give this drug by mouth. Use in your child's nose only. Keep out of your child's mouth and eyes (may burn).
- Prime before first use by spraying until you see a fine mist.
- Have your child blow nose before use.
- Have your child avoid sneezing right after using this drug.
- Spray up your child's nose only. Do not spray onto the wall joining your child's nostrils.
- Keep giving this drug to your child as you have been told by your child's doctor or other health care provider, even if your child feels well.
- Clean before and after every use as you have been told by the doctor.

What do I do if my child misses a dose?

- Give a missed dose as soon as you think about it.
- If it is close to the time for your child's next dose, skip the missed dose and go back to your child's normal time.
- Do not give 2 doses at the same time or extra doses.
- If you miss giving your child 2 doses, call the 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 child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your child's doctor, nurse, 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

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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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