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## PATIENT & CAREGIVER EDUCATION

# Goserelin

This information from Lexicomp® 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**

Zoladex

### **Brand Names: Canada**

Zoladex; Zoladex LA

### **What is this drug used for?**

- It is used to treat prostate cancer.
- It is used to treat endometriosis.
- It is used to treat breast cancer.
- It is used to treat uterine bleeding.
- 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?**

### **All products:**

- 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 are female. Not all products are approved for use in females. If you are a female using this drug, talk with your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding.

### **Products used in females:**

- If you have unexplained vaginal bleeding.

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?**

## **All products:**

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- This drug may raise some hormone levels in your body during the first few weeks of taking it. Disease signs may get worse before getting better. Tell your doctor if you have any new signs or if your disease signs are worse for longer than a few weeks after starting this drug.
- This drug lowers some hormone levels in your body. This may cause some effects like change in breast size, breast soreness or tenderness, testicle changes, trouble getting or keeping an erection, lowered interest in sex, hot flashes, or sweating. Talk with your doctor.
- Have your blood work and bone density checked as you have been told by your doctor.
- This drug may affect certain lab tests. Tell all of your health care providers and lab workers that you take this drug.
- High blood sugar has happened with this drug. This

includes diabetes that is new or worse.

- Check your blood sugar as you have been told by your doctor.
- Tell your doctor if you have signs of high blood sugar like confusion, feeling sleepy, unusual thirst or hunger, passing urine more often, flushing, fast breathing, or breath that smells like fruit.
- This drug may cause weak bones. This may happen more often if used for a long time. This may raise the chance of broken bones. Call your doctor right away if you have bone pain.
- Injury where the shot was given and blood vessel injury have happened with this drug. These include pain, bruising, and bleeding. Sometimes, these have led to the need for a blood transfusion or surgery. Talk with the doctor.
- A higher chance of heart attack, stroke, or sudden heart death has been noted when drugs like this were used in males. The chance is low, but get medical help right away if you have chest pain or pressure, weakness on 1 side of the body, trouble speaking or thinking, change in balance, drooping on 1 side of the face, or change in eyesight.

## **Products used in females:**

- 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.
- This drug may cause harm to an unborn baby. A pregnancy test will be done before you start this drug to show that you are NOT pregnant.
- If you may become pregnant, you must use birth control while taking this drug and for some time after the last dose. Ask your doctor how long to use birth control. If you get pregnant, call your doctor right away.

## **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 patients taking 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.
- Signs of high blood pressure like very bad headache or dizziness, passing out, or change in eyesight.
- Shortness of breath, a big weight gain, or swelling in the arms or legs.
- Trouble passing urine.
- Weakness.
- Not able to move.
- Pain when passing urine.
- Irritation where the shot is given.
- Back pain.
- Stomach pain.
- Swelling of belly.
- Dizziness or passing out.

- Pelvic pain.
- Blood in the urine.
- Depression or other mood changes that are new or worse.
- Fever, chills, or sore throat.
- High calcium levels have happened with drugs like this one in some people with cancer. Call your doctor right away if you have signs of high calcium levels like weakness, confusion, feeling tired, headache, upset stomach or throwing up, constipation, or bone pain.
- 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.
- A type of abnormal heartbeat (prolonged QT interval) can happen with this drug. Call your doctor right away if you have a fast heartbeat, a heartbeat that does not feel normal, or if you pass out.

## **Males:**

- Enlarged breasts.

## **Females:**

- Vaginal bleeding that is not normal.
- Still having a menstrual period.

## **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:**

- Pimples (acne).
- Headache.
- Diarrhea.
- Decreased appetite.
- Upset stomach.
- Feeling tired or weak.
- Trouble sleeping.
- Signs of a common cold.
- Sweating a lot.

- Feeling nervous and excitable.

## **Females:**

- Vaginal irritation.
- Change in breast size.
- Change in sex interest.
- Hair growth.

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.

- It is given as a shot into the fatty part of the skin.

## **What do I do if I miss a dose?**

- Call your doctor to find out what to do.

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

- If you need to store this drug at home, talk with your doctor, nurse, or pharmacist about how to store it.

## **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.
- 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.
- 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.
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leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your 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 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

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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](http://www.mskcc.org/pe) to search our virtual library.

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