Arroyo Grande Community Hospital
A Dignity Health Member

If you have any questions, **please consult your physician or call AGCH Coastal Cancer Care at 805.481.7245. For emergency, call 911.**

PATIENT EDUCATION

Tamoxifen (Novaldex)

SIDE EFFECTS

It is important for the patient to follow all prescription instructions carefully. You may experience some, all, or none of the following:

- **Nausea** – May occur especially in the first few months of therapy, but is usually very mild and can be controlled with diet or medication.
- **Hot Flashes** – These can range from mild to intense. A decrease in caffeine, alcohol, and stress will help decrease frequency and sensitivity of these.
- **Skins Rash/Itching** – This is rare, but if it occurs, report it to your doctor.
- **Weight Gain** – You may notice a small increase in weight. This may occur due to increased appetite as well as some fluid retention, especially in the feet.
- **Vaginal Bleeding or Discharge** – This is uncommon; however, it if occurs notify our doctor or nurse immediately. A yearly Pap Smear and pelvic exam MUST be done while taking this medication if you have not had a hysterectomy.
- **Vaginal Dryness**
- **Headache**

PATIENT RESPONSIBILITIES

Notify your doctor or nurse immediately if you experience:

- Pain or swelling in legs; confusion; blurred vision; sudden onset of shortness of breath; sudden or unusual headache
- Vaginal bleeding or discharge
- Severe hot flashes
- Skin rash
- Uncontrolled nausea or vomiting or unable to eat or drink for 24 hours

SPECIAL INSTRUCTIONS

- **Before any dental procedure, be sure to tell your dentist you are taking this medication.**
- Take at the same time each day
- For vaginal dryness use a water-based moisturizer
- **Birth Control Measures** - need to be utilized in premenopausal women while on this drug.
- Tell your doctor BEFORE starting this drug if you have a history of blood clots.