

CancerCare Manitoba Follow-Up Guidelines for Tamoxifen

- 1) The side effects of this drug include hot flushes, vaginal dryness, irritation, and discharge.
- 2) There is a 1% risk of thromboembolism and uterine cancer, and a slightly increased risk of earlier cataract formation.
- 3) She requires annual gynecological examination and a Pap test.
- 4) If she is postmenopausal, then she should see a physician promptly if there is any vaginal spotting or bleeding or abnormal discharge or pelvic pain.
- 5) Follow-up with an ophthalmologist every two years is also recommended.

Tamoxifen is to be taken as 20 mg od for five years and then discontinued. There is currently no evidence of benefit for longer use.

Please ask the patient to contact our clinic, once the tamoxifen is finished, in order to discuss further options for breast cancer therapy.