

Patient information

Goserelin (Zoladex) Treatment for Cyclical Breast Pain

Breast Services – Royal Liverpool Hospital

What is Goserelin?

Goserelin is a drug which may be used to treat breast pain that varies in severity with your period cycle (cyclical breast pain).

How does Goserelin work?

Goserelin reduces the female hormones (oestrogen) which work on your breast tissue. It stops your ovaries producing oestrogens so less female hormone is released into your body. It is given to women before they go through menopause (“the change”)

Your periods will probably stop after the first or second injection. Your periods should return when you stop the injections, but it may take a while for them to return (If you are near to the menopause (the change) they may not return).

What are the benefits of having Goserelin (Zoladex)?

The aim of the treatment is to reduce or stop your breast tenderness and breast pain.

Are there any alternative treatments available?

You could try other medication. Please discuss other options with your hospital doctor. However, the doctor will usually only try Goserelin (Zoladex) if simple measures have not worked and other treatments have been tried or discussed with you.

What will happen if I decide not to have treatment?

Your breast pain may continue. Sometimes breast pain may settle without any treatment, or after a short period of treatment.

This treatment would normally only be considered for women with severe pain, not responding to other treatments.

How much Goserelin do I need to take?

- The drug is an injection of 3.6mg Goserelin given every 28 days.
- The injection is given under the skin into your abdomen (tummy).

- Inside the injection is a tiny pellet, which is about the size of a grain of rice. This pellet slowly dissolves in the fatty tissue under your skin releasing the drug during the month.
- The first injection should be given at the time of your period, and it will be given in clinic.
- After this time, your family doctor (GP) or community nurse may give the injections at the surgery / Health Centre.
- You will receive a maximum of six injections then you will be asked to stop treatment to see how you go without treatment.

Are there any side effects to Goserelin?

The following side effects are possible:

- You may start to feel symptoms like those of menopause (change) such as; hot flushes, sweats, loss of sex drive (libido), vaginal dryness, change in breast size and weight gain.
- You may have headaches, and in very rare cases, change in blood pressure.
- You may have; changes in vision, dizziness, aches in muscles or joints, feel sickly (nausea); experience a change of usual sleep pattern or mood changes.
- Occasionally there may be bruising at the injection site and general aches in joints or skin rashes.
- Lack of oestrogen over a period of time may cause some bone thinning (osteoporosis).
- For this reason, treatment is initially limited to a maximum of six months to make this less likely to happen.

Important Information

Even though your periods stop while you are receiving Goserelin injections, the injections are not a contraceptive.

It is important that you seek advice if needed about non-hormonal methods of contraception such as condoms, coil or diaphragm from your family planning doctor or nurse – unless you or your partner have been sterilised (or you have had a hysterectomy).

It is important that you do not risk becoming pregnant whilst receiving these injections because of the risk to the pregnancy or baby.

Can Goserelin be given to anyone?

Goserelin has been shown in several studies to be an effective treatment for cyclical breast pain. However, it is not licensed for use to treat breast pain, but your doctor can prescribe it for you if he or she thinks you will benefit from trying it. A license is given for a drug to treat specific conditions.

Sometimes a drug can be given for other reasons and this is the responsibility of the prescribing doctor. For this reason, your doctor will have tried other treatments first before trying Goserelin.

Goserelin should not be used by anyone who:

- is pregnant, or may be pregnant, or is breast-feeding.
- is currently having gynaecological investigations.

What should I do if my breast pain returns?

Goserelin usually works well to treat cyclical pain. In a few women, the breast pain may come back after you have been pain free for some time. If this should occur, please discuss this with your doctor.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated

Further information

Further information can be obtained from:

Breast Care Nurses

Tel: 0151 706 2927

Text phone number: 18001 0151 706 2927

Breast Nurse Practitioners

Tel: 0151 706 2931

Text phone numbers: 18001 0151 706 2931

Your GP or Practice Nurse

Breast Cancer Care:

Tel: 0808 800 6000

Or website: www.breastcancercare.org.uk

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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