Toremifene Citrate (Fareston®)

Patty Gerken, RN, MSN, BC, ANP, AOCN®

**Drug name:** Toremifene citrate is manufactured under the brand name Fareston® (Shire Roberts Inc., Florence, KY).

**Classification:** Hormone oncologic. Toremifene citrate is a nonsteroidal antiestrogen, a selective estrogen-receptor modulator. The drug is classified most commonly as an antiestrogen or antineoplastic.

**Action:** Toremifene citrate binds to estrogen receptors, producing estrogenic and/or antiestrogenic effects. It blocks growth of tumor cells and decreases estrogen receptors, producing estrogenic and/or antiestrogenic effects. It blocks growth of tumor cells and decreases estrogen receptors.

**Indication:** The U.S. Food and Drug Administration has approved toremifene citrate for treating locally advanced or metastatic breast cancer in postmenopausal women with hormone receptor positive or unknown status.

**Effect on blood counts:** Rare increase of leukopenia.

**Half-life:** Approximately five days.

**Drug interactions:** Toremifene citrate may decrease blood levels of toremifene citrate.

**Excretion:** Toremifene citrate is excreted in the feces (90%) and urine (10%). Elimination is slow.

**Route and dosage:** Toremifene citrate is administered as an oral medication with or without food. The recommended dosage is 60 mg.

**Contraindications:** Toremifene citrate is contraindicated in patients with known hypersensitivity to the drug or its class or components. Contraindications to the use of toremifene citrate include pregnancy, lactation, and known hypersensitivity to the drug.

**Availability:** Toremifene citrate is available in 60 mg tablets. The average cost for 30 tablets is $105.99. Shire Roberts Inc. offers a patient assistance program. Patients cannot have prescription coverage—or their prescription coverage must be exhausted—to qualify. They must submit specific financial information. If patients do not qualify for the provided drug, they still may qualify for the cost-sharing program. If a patient does qualify, a 90-day supply is shipped to the doctor’s office for dispensing. Once qualified, there is no limit as to how long the patient can continue to receive the drug. For more information, contact Shire Roberts Inc. Patient Assistance Program, P.O. Box 698, Somerville, NJ 08876 (908-203-0657).

**Patient education:** Patients receiving toremifene citrate should be taught the following:

- Assess the menopausal status of patients with breast cancer. Therapy with antiestrogens in pregnant women may cause miscarriages, birth defects, and death of the fetus.
- Assess patients for history of thromboembolism and liver or renal insufficiency.
- Review patients’ current prescription and nonprescription medications, including vitamins and herbs.
- Assess patients for side effects (the most severe is thromboembolism).
- Conduct periodic monitoring of CBC, LFTs, and calcium level.

**Key Words:** selective estrogen receptor modulator, breast neoplasms

Digital Object Identifier: 10.1188/04.CJON.529-530