

Zoladex

quick patient guide

Patient Information

What is Zoladex?

Zoladex is a medicine that changes hormone levels in your body.

- **Men:** treats prostate cancer (lowers testosterone)
 - **Women:** treats breast cancer, endometriosis, fibroids, and helps with fertility treatment
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Before you use it

Do NOT use if you:

- are pregnant or breastfeeding
- are allergic to it

Talk to your doctor if you:

- have heart problems or high blood pressure
- have weak bones
- feel depressed

Important:

- Tell your doctor about all medicines you take
 - Use barrier contraception like condoms (not the pill)
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How is it given?

- Injection under the skin in your stomach
- Every four weeks (28 days) for a maximum of six months
- Given by a doctor or nurse

- ✓ Keep all appointments
 - ✓ Do not miss doses
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Side effect	Estimated chance	Notes
Hot flushes and sweating	Very common (more than 1 in 10)	One of the most frequently reported effects
Low sex drive	Common to very common	Related to lowered hormone levels
Mood changes / feeling low	Common	Can include irritability or depressive symptoms
Pain where injected	Common	Usually mild and temporary
Headaches	Common	Often improve over time
Weight gain	Common	May develop gradually during treatment
Vaginal dryness (women)	Very common in women	Due to reduced estrogen
Acne (women)	Common	Hormonal changes can trigger breakouts
Changes or stopping of periods (women)	Very common in women	Periods often become irregular or stop temporarily

- **Very common** = more than 1 in 10 people (>10%)
- **Common** = between 1 in 10 and 1 in 100 people (1-10%)

Get help urgently by calling 111 if you have:

- trouble breathing
- swelling of face/lips
- severe stomach pain or dizziness

Extra information

- Bones may become thinner over time
- Symptoms may get worse at first, then improve
- Always tell hospital staff you are using Zoladex

Remember

- Keep your injections regular
- Talk to your doctor if you feel unwell
- You may not get all side effects

Questions?

- Speak to your doctor, nurse, or pharmacist

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The Royal Bournemouth Hospital, Castle Lane East, Bournemouth, Dorset, BH7 7DW
 Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Benita Hare** Date: **May 2026** Version: **One** Review date: **May 2029** Ref: **061/26**

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