

Warning

This fact sheet aims to let you know the side effects most commonly seen following the administration of your treatment. Please note that when you take any medication, there is a possibility that it causes rare side effects and it is difficult to predict which patients will be affected.

General information for patient Carboplatin – Paclitaxel (*dose dense*)

Date: *January 2017*

Revision:

Medication	Administration
Paclitaxel	Intravenous infusion over 60 minutes on days 1, 8 and 15
Carboplatin	Intravenous infusion over 30 to 60 minutes on day 1

Cycle is repeated every 3 weeks

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General Information associated with your treatment:

- › These medications are used to prevent the multiplication of abnormal cells and destroy them.
- › A **blood test** will be done prior to every treatment. Depending on the results and side effects of the previous treatment, the dose of the medication might be adjusted or the treatment might be delayed.
- › Your **appetite may diminish**. Eat more often, in smaller quantities.
- › Your **sense of taste may be altered**. Enhance foods with *fines herbes* or lemon juice. Eating fruits and non-sugared candies, chewing non-sugared gums, etc., may mask the metallic taste.
- › **Alcohol** (in small quantities) is permitted and will not affect the efficacy of the treatments.
- › You can have an **active sexual** life during your treatments. However, a decrease in your sexual drive may occur during this period. This may also be influenced by different factors (fatigue, stress etc.).
- › In **pre-menopausal female patients** chemotherapy may cause irregularities or cessation of the **menstrual cycle** during treatment. The menstrual cycle may restart or return to normal after the end of treatment. The menstrual cycle may also stop permanently. However, a pregnancy remains possible and chemotherapy administered during pregnancy may harm the embryo. A **birth control method** is strongly recommended during treatment. Breast-feeding is contraindicated during treatment.
- › For **male patients**, the sperm count may be affected and negative effects on the embryo may occur. In fact, the production of spermatozoids may be reduced or completely absent during treatments. In certain patients, this reduction of fertility may be permanent, may get better or return to normal after the treatments have stopped. This reduction of **fertility** does not prevent erection or sexual activity. A pregnancy remains possible. If you have sex with a woman of childbearing age it is strongly recommended to use a method of **contraception** during the treatment.
- › Consult your doctor or pharmacist before you take other medications (even over the counter medications available without a prescription) or **natural health products** or if you need to receive a **vaccine**. These may provoke an interaction with your treatment and diminish its efficacy or increase side effects.
- › Follow the instructions given by your cancer center about the right way to handle and dispose of biological fluids (for example urine, stools) in order to protect the environment and your relatives.
- › Be sure to always have on hand the complete list of your medications, dietary supplements, vitamins and other natural health products. Give it to your doctor and your pharmacist. It is important to make them aware of any change.

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Adverse effects and their management

Adverse effects	Management
<p><u>On day 1</u>: Significant nausea and vomiting may occur mainly on the same day and the day following your treatment.</p>	<ul style="list-style-type: none">› You will be prescribed medication to prevent nausea to be taken prior to treatment on day 1. At home, you will take medication on a regular basis during 1 or 2 days following your treatment, depending on your need.
<p><u>On days 8 and 15</u>: Nausea, usually light, may occur mainly on the same day and the day following your treatment.</p>	<ul style="list-style-type: none">› Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.
<p>A partial or total hair loss will gradually occur over several weeks. However, don't worry; your hair should grow back after treatments have ended.</p>	<ul style="list-style-type: none">› Use gentle shampoo.› Avoid brushing hair vigorously.
<p>A decrease in the white blood cells will occur about 1 to 2 week(s) after the start of treatment. You may be at higher risk of infections during this period.</p>	<ul style="list-style-type: none">› Wash your hands often.› During this period, avoid coming into contact with people who have contagious diseases.› Consult your doctor or go immediately to the Emergency Room if you have a fever 38,3°C (101°F) once or 38°C (100,4°F) twice an hour apart.› Contact a member of your healthcare team quickly if you notice any signs of infection (fever, chills, cough, sore throat, pain while urinating...)› In case of fever, do not take acetaminophen (Ex: Tylenol®, Atasol®) and anti-inflammatory medication (Ex : Motrin®, Advil®, Aleve®,...).
<p>A decrease in platelets may occur about 1 to 2 week(s) following treatment. You may bruise or bleed more easily than you normally do.</p>	<ul style="list-style-type: none">› Use a tooth brush with soft bristles.› Check with your pharmacist before taking medications with Aspirin®, Ibuprofen or other anti-inflammatory drugs.› Contact a member of your healthcare team if you bruise more easily than you normally do or if you have a tendency to bleed easily from the nose or the gums.

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You may experience a decrease in red blood cells following your treatment. This is called anemia and is characterized by signs of fatigue, pale color, dizziness and shortness of breath.	› Keep active but respect signs of fatigue your body gives you; rest when you feel the need to. › If you notice one or any of these effects, contact a member of your healthcare team.
You may sometimes experience diarrhea .	› Drink lots of liquids unless otherwise instructed by your doctor. › Please contact a member of your healthcare team if you have significant diarrhea (more than 3 loose stools per day) for more than 24 hours. › If you have with diarrhea with fever, contact immediately a member of your health care team.
Leg weakness, numbness or tingling of hand and feet may occur. These symptoms usually increase with the number of treatments given.	› If you experience these symptoms, notify a member of your healthcare team at your next visit.
You may experience allergic reactions associated with paclitaxel such as cutaneous eruptions, redness, itchiness, swelling, shortness of breath. These reactions usually occur within the first hour of the infusion and are more common with the first few treatments.	› Medication to prevent allergic reactions will be prescribed prior to treatment. › Notify the nurse immediately if you have difficulty breathing or if you experience swelling of the tongue or throat during treatment.
You may experience muscle and bone pain that may occur a few days following your treatment. These symptoms usually last for 2 to 3 days.	› If this occurs, speak to a member of your healthcare team who will recommend pain medication.
Pain, irritation, swelling or a burning sensation at the injection site may occur during treatment.	› Immediately advise your nurse if you experience this malaise during infusion.

Special Consideration

After your treatment, it is recommended that you do not drive a vehicle or perform activities requiring attention, as you might feel sleepy or dizzy.

Pharmacist: _____ **Phone:** _____
from ___ h to ___ h (Monday to Friday)