

**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 Patients***

**Protocol:** Cisplatin-topotecan

**Date:** October 2009

**Revision date:** August 2015

| <b>MEDICATION</b>                             | <b>ADMINISTRATION</b>  |
|---|--|
| Cisplatin                                     | Intravenous infusion over approximately 2 hours on day 1 of each cycle |
| Topotecan                                     | Intravenous infusion over 30 minutes on day 1, 2 and 3 of each cycle   |
| <b><i>Cycle is repeated every 21 days</i></b> |  |

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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 cycle. Depending on its results and side effects of the previous treatment, the dose of the medication might be adjusted or the treatment might be delayed.
- ❑ You may experience **fatigue** during your treatments. This is usually only temporary and may be related to different reasons (medication, stress, the disease). Maintain a good level of activity but rest when you feel the need to.
- ❑ Your **appetite may diminish**. Eat more often, in smaller quantities.
- ❑ Your **sense of taste may be altered**. Enhance foods with fine herbs or lemon juice. Eating fruits, chewing non-sugared gums, etc., may mask the metallic taste.
- ❑ Consumption of **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 various factors (fatigue, stress, etc.)
- ❑ For **pre-menopausal female patients**, chemotherapy may cause irregularities or cessation of the menstrual cycle during treatments. After stopping chemotherapy the menstrual cycle may restart or return to normal. It may also stop permanently. However, a pregnancy remains possible and a method of **contraception** is strongly recommended during treatments. Chemotherapy administered during pregnancy may harm the embryo. Breast-feeding is contra-indicated during chemotherapy.
- ❑ Consult your doctor or pharmacist before you take other medications (even over the counter medications available without a prescription) or natural products. 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 body fluids (for example urine, stools) in order to protect the environment and your relatives.
- ❑ Be sure to always have at hand the complete list of your medications, dietary supplements, vitamins and other natural health products. Give it to you doctor and your pharmacist. It is important to make them aware of any change.

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## Side Effects and Management

| <b>SIDE EFFECTS</b>   | <b>MANAGEMENT</b>  |
|---|--|
| Severe <b>nausea</b> and vomiting may occur and persist up to 5 days following your treatment.  | <ul style="list-style-type: none"><li>• You will be prescribed medication to prevent nausea to be taken prior to your treatment with cisplatin. At home, you will take medication on a regular basis and as needed for at least 2 days following your treatment.</li><li>• Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.</li></ul>   |
| Depending on the individual, <b>thinning of the hair</b> may occur. In general, this happens 2 to 3 weeks after the start of the treatment. However, don't worry; your hair will grow back after treatments have ended. | <ul style="list-style-type: none"><li>• Use gentle shampoo.</li><li>• Avoid brushing hair vigorously.</li><li>• Avoid hair spray, dyes and perms.</li></ul>  |
| A decrease in the <b>white blood cells</b> will occur about 1 to 2 weeks following treatment and could last for about 10 days. You may be at higher risk of infections during this period.                              | <ul style="list-style-type: none"><li>• Wash your hands often</li><li>• During this period, avoid coming into contact with people who have contagious diseases.</li><li>• Quickly contact a member of your healthcare team if you notice any signs of infection (fever, chills, cough, sore throat, pain while you urinate...)</li><li>• Consult your doctor or go immediately to the Emergency Room if you have a fever of 38,3 °C (101 °F) once or 38 °C (100.4 °F) twice one hour apart.</li><li>• In case of fever, do not take acetaminophen (ex.: Tylenol<sup>®</sup>, Atasol<sup>®</sup>) and anti-inflammatory medication (ex. : Motrin<sup>®</sup>, Advil<sup>®</sup>).</li></ul> |

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| <b>SIDE EFFECTS</b>  | <b>MANAGEMENT</b>   |
|--|---|
| A decrease in <b>platelets</b> may occur about 2 weeks following treatment and may last for about 10 days. You may bruise or bleed more easily than you normally do.   | <ul style="list-style-type: none"><li>• Use a tooth brush with soft bristles.</li><li>• Check with your pharmacist before taking medications with Aspirin®, ibuprofen or other anti-inflammatory drugs.</li><li>• 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</li></ul> |
| You may experience a decrease of <b>red blood cells</b> following your treatment. This phenomenon is called <b>anemia</b> and is characterised by signs of fatigue, pale color, dizziness and shortness of breath. | <ul style="list-style-type: none"><li>• Keep active but respect signs of fatigue your body gives you; rest when you feel the need to.</li><li>• If you notice one or any of these effects, contact a member of your healthcare team.</li></ul>  |
| <b>Fever</b> may occur a few minutes or a few hours following your treatment and should not last more than 24 hours after the last day of your treatment of topotecan.   | <ul style="list-style-type: none"><li>• Notify your pharmacist who will recommend appropriate measures to be taken.</li></ul>   |
| Cisplatin may affect your <b>kidneys</b>   | <ul style="list-style-type: none"><li>• Drink plenty of water or fluid (10-12 glasses (230ml-8oz.) daily for the 48 to 72 hours following your treatment. (unless otherwise instructed by your doctor) and urinate frequently.</li><li>• Notify a member of your healthcare team if you urinate less than normally.</li></ul>   |
| Cisplatin may cause <b>ringing</b> in your ears and rarely <b>hearing loss</b> .   | <ul style="list-style-type: none"><li>• Notify a member of your healthcare team at your next visit.</li></ul>   |
| <b>Leg weakness, numbness or tingling</b> of hand and feet may occur. These symptoms usually increase with the number of treatments given.   | <ul style="list-style-type: none"><li>• If these side effects impair your normal daily activities, speak to a member of your healthcare team at your next visit.</li></ul>  |

**Pharmacist:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**From \_\_\_\_ h to \_\_\_\_ h (Monday to Friday)**