

**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 + Concomitant Radiotherapy

**Date:** November 2009

**Revision date:** August 2015

<b>MEDICATION</b>	<b>ADMINISTRATION</b>
Cisplatin	Intravenous infusion over about one hour , once a week for 6 weeks
<b><i>During Radiotherapy</i></b>	

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## General information associated with your treatment

- ❑ **Cisplatin** is 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, it is important to talk about it with your doctor or a member of your healthcare team. They will advise you on the optimal time to resume sexual activities and they might recommend some physiotherapy exercises. 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 treatment.
- ❑ 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>
Significant <b>nausea and vomiting</b> may occur and persist up to 5 days following your treatment of cisplatin.	<ul style="list-style-type: none"><li>• You will be prescribed medication to prevent nausea to be taken prior to treatment. 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 begin about 2 to 3 weeks following treatment et might persist for a few weeks after the end of your treatments. 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 in 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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A decrease in <b>platelets</b> might start about 2 to 3 weeks following treatment and could persist for a few weeks after the end of your treatments. 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<sup>®</sup>, 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>
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 you experience these symptoms, speak to a member of your healthcare team at your next visit.</li></ul>
<b>Diarrhea and abdominal cramps</b> mainly due to the radiotherapy might sometimes occur.	<ul style="list-style-type: none"><li>• Drink lots of liquids (unless otherwise instructed by your doctor).</li><li>• 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.</li><li>• If you have with diarrhea with fever, contact immediately a member of your health care team or go to the Emergency Room.</li></ul>

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

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

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