

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 : Cisplatine – Vinblastine (Dillman)
(With sequential radiotherapy)

Date: September 2003

Revision: November 2015

MEDICATION	ADMINISTRATION
Cisplatin	Intravenous infusion over a few hours depending on the dose on day 1 and 29
Vinblastine	Intravenously in a few minutes every week
Radiotherapy	As of day 50
<i>A single 29-day cycle of chemotherapy prior to radiotherapy</i>	

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General Information associated with your treatment

- ❑ This treatment 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 medication might be adjusted or 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.
- ❑ For **male patients**, the sperm count may be affected. In fact, the production of spermatozooids may be reduced or completely absent during treatments. This reduction of **fertility** does not prevent erection or sexual activity. In certain patients, this reduction of fertility may be permanent, may ameliorate or return to normal after the treatments have stopped.
- ❑ In **pre-menopausal female patients**, chemotherapy may cause irregularities or cessation of the menstrual cycle during treatments. The menstrual cycle, after stopping chemotherapy, may restart or return to normal. It may also stop permanently. However, a pregnancy may be 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.
- ❑ 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.).
- ❑ Your **appetite may diminish**. Eat more often, in smaller quantities.
- ❑ Your **sense of taste may be altered**. Enhance foods with herbs or lemon juice. Eating fruits, 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.
- ❑ 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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Adverse Effects and Management

ADVERSE EFFECTS	MANAGEMENT
Severe nausea and vomiting may occur and persist up to 5 days following your treatment with cisplatin. Usually, vinblastine does not cause nausea.	<ul style="list-style-type: none">• You will be prescribed medication to prevent nausea to be taken prior to treatment. After the treatment, at home, you will take medication as needed for 1 or 2 days, or more, depending on your reaction.• Communicate with your doctor or pharmacist if the nausea or vomiting is not relieved by your medication.
A decrease in the white blood cells will occur in about 1 week following treatment and may persist up to 3 to 4 weeks after completion of your treatment. You may be at higher risk to contract infections during this period	<ul style="list-style-type: none">• Wash your hands often.• During this period, avoid coming into contact with people who have contagious diseases.• Quickly contact a member of your healthcare team if you notice any signs of infection (fever, chills, cough, sore throat, pain while urinating...).• 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.• In case of fever, do not take acetaminophen (ex.: Tylenol[®], Atasol[®]) and anti-inflammatory medication (ex.: Motrin[®], Advil[®]).
Depending on the individual, thinning of the hair may occur. In general, this happens 2 to 3 weeks after the treatment. However, don't worry, your hair will grow back after treatments have ended.	<ul style="list-style-type: none">• Use gentle shampoo.• Avoid brushing hair vigorously.• Avoid hair spray, dyes and perms.

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ADVERSE EFFECTS	MANAGEMENT
Cisplatin may affect your kidneys.	<ul style="list-style-type: none">• Drink lots of water and liquids (10-12 glasses of 230 ml or 8 oz a day) for 48 - 72 hours following your treatment (unless otherwise recommended by your doctor) and urinate frequently.• Communicate with a member of your healthcare team if you notice urinating less often.
Cisplatin may cause ringing in your ears or less frequently hearing problems.	<ul style="list-style-type: none">• If symptoms persist between treatments, speak to a member of your healthcare team at the time of your next treatment.
You may experience constipation and abdominal cramps. This phenomenon usually increases with the number of treatments received.	<ul style="list-style-type: none">• Consult a member of your healthcare team who will recommend appropriate laxatives if they are necessary.
Leg weakness, numbness or tingling of hand and feet may occur. These symptoms usually increase with the number of treatments given.	<ul style="list-style-type: none">• If you experience these symptoms, speak to a member of your healthcare team at your next visit.
Your skin may become more sensitive to the sun .	<ul style="list-style-type: none">• Avoid exposure to the sun.• Use sun screen SPF 30 or higher.• Wear a hat.
During your treatment, you may experience some pain, irritation, swelling or a burning sensation at the injection site	<ul style="list-style-type: none">• Notify your nurse immediately if you feel any of these symptoms during treatment.

Pharmacist: _____

Phone: _____

From ____h to ____h (Monday to Friday)