

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-Vinorelbine (adjuvant)

Date: May 2010

Revision: November 2015

MEDICATION	ADMINISTRATION
Cisplatin	Intravenous infusion over a few hours, depending on the dose, on day 1 and 8 of each cycle.
Vinorelbine	Intravenously over a few minutes weekly.
<i>Cycle repeated every 4 weeks for a total of 4 cycles</i>	

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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 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	MANAGEMENT
<p>Severe nausea and vomiting may occur and persist up to 5 days following your treatment with cisplatin.</p> <p>Nausea, usually light, may occur mainly on the same day and the day following your treatment with vinorelbine only.</p>	<ul style="list-style-type: none">• 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 for at least 2 days following your treatment and then as needed.• Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.
<p>Depending on the individual, thinning of the hair 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.</p>	<ul style="list-style-type: none">• Use gentle shampoo.• Avoid brushing hair vigorously.• Avoid hair spray, dyes and perms.
<p>A decrease in the white blood cells will occur about 1 week following the start of your treatment and may persist for a few weeks. You may be at higher risk to contract 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.• 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[®]).

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A decrease in platelets may occur about 1 week following the start of your treatment and may persist for a few weeks. You may bruise or bleed more easily than you normally do.	<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.
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 and rarely hearing loss .	<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.
You may experience pain at the tumour site usually about 30 minutes following the administration of vinorelbine. The duration of this pain may vary from 1 hour to 2 days.	<ul style="list-style-type: none">• If you experience this pain, speak with a member of your healthcare team who will recommend the appropriate analgesic.

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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)