

### 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 Cisplatin and Pemetrexed

**Date :** February 21<sup>st</sup>, 2014

**Revision date:** November 2015

Medication	Administration
Pemetrexed	Intravenous infusion over 10 minutes
Cisplatin	Intravenous infusion over a few hours, depending on the dose
<i>Cycle is repeated every 3 weeks</i>	

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## General Information associated with your treatment

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- › 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 its results and side effects of the previous treatment, the dose of medication might be adjusted or treatment might be delayed.
- › 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, 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. Your partner will not be exposed to, nor harmed by chemotherapy effects. However, a decrease in your sexual drive may occur during this period. This may also be influenced by different factors (fatigue, stress etc.). Furthermore, do not forget that you must use appropriate methods of contraception as this medication may cause **birth defects** or fetal death. Notify your doctor immediately if you had unprotected sex or if your partner is pregnant.
- › For **male patients**, the sperm count may be affected and negative effects on the embryo may occur. In fact, the production of spermatozooids 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.
- › In **pre-menopausal female patients**, chemotherapy may cause irregularities or cessation of the **menstrual cycle** during treatments. The menstrual cycle may restart or return to normal after the end of treatments. It 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 treatments. 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 health products. These may provoke an **interaction** with your treatment and diminish its efficacy or increase side effects.
- › 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.
- › 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.

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## Adverse effects and management

Adverse effects	Management
<b>Severe 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 treatment. At home, you will take medication on a regular basis and others 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 8 to 10 days following your treatment. 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>› Contact a member of your healthcare team quickly if you notice any signs of infection (fever, chills, cough, sore throat, pain while urinating...)</li><li>› 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.</li><li>› In case of fever, try not to take acetaminophen (ex. Tylenol®, Atasol®) and anti-inflammatory medication (ex. : Motrin®, Advil®, Aleve®).</li></ul>
You may experience <b>fatigue</b> during your treatments. This is usually only temporary and may be related to different reasons (medication, stress, the disease).	<ul style="list-style-type: none"><li>› Maintain a good level of activity but rest when you feel the need to.</li></ul>

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Cisplatin may <b>affect your kidneys</b> .	<ul style="list-style-type: none"><li>› Drink plenty of water or fluid (10 - 12 glasses of 230 ml or 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>
You may experience <b>constipation</b> .	<ul style="list-style-type: none"><li>› Exercise if possible.</li><li>› Drink lots of fluids (at least 8 glasses a day). (unless otherwise instructed by your doctor).</li><li>› Eat foods that are rich in fiber (cereals, fruits and vegetables).</li><li>› Communicate with a member of your healthcare team who, if necessary, will prescribe the appropriate laxatives.</li></ul>
<b>Leg weakness, numbness or tingling</b> of hands 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 happen speak to a member of your healthcare team at your next visit.</li></ul>
<b>Ulcers in the mouth and the throat</b> may appear approximately 7 to 10 days following the start of your treatment.	<ul style="list-style-type: none"><li>› Gently and regularly brush your teeth after each meal and at bedtime.</li><li>› Rinse your mouth with a solution of water and salt with or without baking soda. Gargle 4 times a day – after every meal and at bedtime. Do not drink or eat for one hour after you gargle.</li><li>› Mouthwashes <b>without alcohol</b> found in stores are also useful.</li><li>› If you notice ulcers, redness or painful areas in your mouth, contact a member of your healthcare team.</li></ul>
Cisplatin may cause <b>ringing in your ears</b> and rarely <b>hearing loss</b> .	<ul style="list-style-type: none"><li>› If you experience these symptoms, notify a member of your healthcare team at your next visit.</li></ul>

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A <b>skin rash</b> , usually mild, may occur following your treatment. It generally involves the trunk, the arms and legs and might be associated with itchiness.	› Dexamethasone will be prescribed to decrease this effect. › If this occurs and bothers you, consult a member of your healthcare team who will recommend appropriate measures.
Rare adverse effects that can be severe or serious to communicate quickly to your doctor	
If you experience <b>cough</b> and/or <b>persisting fever</b> and sudden <b>shortness of breath</b> .	› Communicate immediately with a member of your health care team or present to Emergency Room.

### Special Considerations

You have been prescribed two medications to be taken all along your treatment. Folic Acid has to be taken orally once a day and Vitamin B<sub>12</sub> is an intramuscular injection to be administered every 9 weeks. It is important that you take them in order to decrease certain adverse effects of pemetrexed. These medications have to be started one week prior to the start of your treatment and up to three weeks after the completion of your treatment.

Check with a member of your oncology team before taking anti-inflammatory medications like ibuprofen (Advil<sup>®</sup>, Motrin<sup>®</sup>) and naproxen (Aleve<sup>®</sup>), since they can modify the effect of your treatment.

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

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

From \_\_\_\_\_ AM to \_\_\_\_\_ PM (Monday to Friday)