

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 : Vinorelbine (Navelbine)

Date: September 2003

Revision: November 2015

MEDICATION	ADMINISTRATION
Vinorelbine	Intravenously in a few minutes
<i>Treatment repeated every week</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
Rarely, slight nausea may occur the same day or the day following your treatment	<ul style="list-style-type: none">As deemed necessary, you may be prescribed medication to be taken prior to treatment for the prevention of nausea. You may also be prescribed medication to be taken at home as needed.Call your doctor or pharmacist if you have nausea that bothers you.
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 sprays, dyes and permanents.
A decrease in the white blood cells will occur 7 to 10 days following treatment. You may be at higher risk to contact 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[®]).

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ADVERSE EFFECTS	MANAGEMENT
You may experience numbness or tingling of the hands and feet . This usually increases with the number of treatments received but should disappear after treatment ends, sometimes many months later.	<ul style="list-style-type: none">• If you experience these symptoms, notify a member of your healthcare team at your next visit.
You may experience constipation and abdominal cramps. This usually increases with the number of treatments received.	<ul style="list-style-type: none">• Eat foods that are rich in fibre (ex.: fruits and vegetables) and products that contain whole wheat.• Increase your liquid intake (unless it is not recommended by your doctor).• Consult a member of your healthcare team who will recommend appropriate laxatives if they are necessary
Pain may appear at the tumour site about 30 minutes after infusion. Pain may last from an hour to 2 days.	<ul style="list-style-type: none">• Consult a member of your healthcare team who will recommend appropriate medication to alleviate pain.
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)