

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 patient Protocol Carboplatin - Etoposide

Date: February 2013

Revision: November 2015

Medication	Administration
Carboplatin	Intravenous infusion over 60 minutes On day 1
Etoposide	Intravenous infusion over 60 minutes On days 1, 2 and 3
<i>Cycle repeated every 3 weeks</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, 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 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.
- › 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.).
- › 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.
- › For the **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 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.
- › 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 their management

Adverse effects	Management
Moderate nausea and vomiting may occur mainly on the same day and the day following your treatment.	<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 a member of your healthcare team if you have nausea or vomiting that is not relieved by medication.
Depending on the individual, a partial or total hair loss 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">› Use gentle shampoo.› Avoid brushing hair vigorously.› Avoid hair spray, dyes and perms.
A decrease in the white blood cells will occur about <u>1 to 2 weeks</u> following 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 you urinate...).› 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.› 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 <u>1 to 2 weeks</u> following treatment. 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.

Pharmacist: _____

Phone: _____

from _____ h to _____ h (Monday to Friday)