

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 Carboplatine - Etoposide

Date : *February 2013*

Revision: *November 2015*

Medication	Administration
Carboplatine	Intravenous infusion over 30 to 60 minutes on day 1
Etoposide	Intravenous infusion over 60 minutes on day 1 AND Capsules to be taken by mouth, once or twice a day as prescribed, on days 2 and 3. To be taken at same time every day on an empty stomach, 1 hour before or 2 hours after a meal.
<i>Cycle repeated every 3 weeks</i>	

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General Information associated with your treatment

- › These medications are used to prevent multiplication of abnormal cells and destroy them.
- › A **blood test** will be done before each treatment. Depending on its results and side effects, the dose of the medication might be adjusted or the 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.
- › 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 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.)
- › For **male patients**, the sperm count may be affected and negative effect 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. It is recommended that an effective method of contraception be used.
- › 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 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.
- › 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.
- › Be sure to always have on 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
Moderate nausea and vomiting may occur mainly on the same day or the following your treatment.	<ul style="list-style-type: none">› You will be prescribed medication to prevent nausea to be taken prior to treatment. At home, you may have to take medication on a regular basis during 1 or 2 days following your treatment, depending on your need.› Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your 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 1 to 2 weeks following treatment. You may be at higher risk of 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, try not to take acetaminophen (ex.: Tylenol®, Atasol®, ...) and anti-inflammatory medication (ex. : Motrin®, Advil®, ...).
A decrease in platelets may occur about 1 to 2 weeks following treatment. You may bruise or bleed more easily than you normally do.	<ul style="list-style-type: none">› Use a toothbrush 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.

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Special Considerations

Take your Etoposide capsules, as prescribed once or twice a day, at same time every day. Take your capsules with a large glass of water on an empty stomach, 1 hour before or 2 hours after a meal.

Capsules must be swallowed whole. Do not open the capsules.

If you forget a dose, you may take it as soon as you remember but do not double your next dose. Try, however, to take your medication regularly at the same time every day.

Wash your hands immediately after handling your capsules.

Keep your capsules out of reach of children, at room temperature and protected from light, heat or moisture.

You must avoid consuming **grapefruit** juice or grapefruit because of an interaction that could increase the side effects of etoposide.

Don't throw away unused medication at home. Bring them back to your pharmacy to be destroyed safely.

Pharmacist : _____

Phone: _____

From _____ AM to _____ PM (Monday to Friday)