

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

Docetaxel – Prednisone

Date : July 2006

Revision : July 2017

Medication	Administration schedule
Docetaxel	Intravenous infusion over 1 hour on day 1
Prednisone	One tablet (5 mg) orally twice daily without interruption and with food
<i>Treatment repeated every 3 weeks</i>	

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General Information associated with your treatment

- › These medications are used together 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 docetaxel 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, 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.
- › 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.
- › 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.).
- › 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 Management

Adverse effects	Management
Nausea , usually light, may occur mainly on the same day and the day following your treatment with docetaxel.	<ul style="list-style-type: none">› Before your treatment, medication to prevent nausea may be prescribed. At home, you may also have to take medication for 1 or 2 days or more, as needed.› Communicate with a member of your healthcare team if your medication does not relieve your nausea.
Total loss of body hair will occur, in general, 2-4 weeks after the treatment. However, don't worry; your hair will grow back after the treatments have ended.	<ul style="list-style-type: none">› Use a gentle shampoo.
A decrease in white blood cells will occur 1 week 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 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®).
You may experience allergic reactions during your treatment with docetaxel such as cutaneous eruptions, redness, itchiness, swelling or shortness of breath. These reactions are more frequent during the first few minutes of the infusion and more common during the first 2 infusions.	<ul style="list-style-type: none">› Dexamethasone will be prescribed to prevent this reaction.› Notify the nurse immediately if you have difficulty breathing or if you experience swelling of the tongue or the throat during treatment.

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Prednisone may cause heartburn .	<ul style="list-style-type: none">› Take prednisone with food to minimize side effects.› Try to avoid beverages or food that could upset your stomach or cause a burning sensation.
Prednisone may increase appetite , nervousness , or cause sleep disturbances .	<ul style="list-style-type: none">› If you experience any of these symptoms, consult a member of your healthcare team who will recommend appropriate measures.
You may experience fatigue during your treatments. This is usually only temporary and may be related to different reasons (medication, stress, and the disease).	<ul style="list-style-type: none">› Maintain a good level of activity but rest when you feel the need to.
Mouth ulcers may appear following your treatment. These ulcers can also occur at the throat.	<ul style="list-style-type: none">› Gently and regularly brush your teeth after each meal and at bedtime.› 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.› Mouthwashes without alcohol found in stores are a good alternative.› If you notice ulcers, redness or painful areas in your mouth, contact a member of your healthcare team.
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 muscle and bone pain that may occur a few days following your treatment. These symptoms usually last for 4-7 days.	<ul style="list-style-type: none">› If this occurs, speak to a member of your healthcare team who will recommend analgesics.
Gradual fluid retention may occur with consecutive treatments and may present itself by swelling of the feet and hands, shortness of breath or rapid weight gain.	<ul style="list-style-type: none">› Dexamethasone will be prescribed to prevent this reaction.› Notify your physician if you experience rapid weight gain, shortness of breath or if you feel swollen.

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You may sometimes experience diarrhea .	<ul style="list-style-type: none">› Drink lots of liquids (unless otherwise instructed by your doctor).› Please contact a member of your healthcare team if you have significant diarrhea (more than 3 loose stools per day) for more than 24 to 48 hours.
Nails changes may occur.	<ul style="list-style-type: none">› To minimise nails changes soak your fingers in ice during the intravenous infusion of docetaxel.› Notify a member of your healthcare team at the time of your next treatment if nails changes occur.
A skin rash , usually mild, may occur following your treatment. It generally involves the trunk, the arms and legs and might be associated with itchiness.	<ul style="list-style-type: none">› 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 a cough, shortness of breath or sudden difficulty breathing.	<ul style="list-style-type: none">› Consult immediately a member of your healthcare team or go to the Emergency Room.

Special Considerations

- ❑ Take your **prednisone tablets**, as prescribed twice daily during your breakfast and your supper. If you forget a dose, you may take it as soon as you remember. Try, however, to take your pills **in a regular, routine manner**.
- ❑ Do not stop to take your prednisone without consulting your doctor or your pharmacist first. Prednisone should not be stopped suddenly but over a few days.
- ❑ Keep your medication at room temperature, out of the reach of children and protected from light, heat or moisture.
- ❑ You must avoid consuming **grapefruit**, Seville orange, starfruit, pomelo, pomegranate or foods containing the aforementioned fruits because of an interaction that could increase the side effects of your treatment.

Pharmacist : _____

Phone : _____ From ____ h ____ to ____ h ____ (Monday to Friday)