

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 Standard CMF (Bonadonna)

Date: *December 2002*

Revision date: *June 2015*

Medication	Administration
Cyclophosphamide	Tablets to be taken once daily, preferably in the morning, on the first 14 days of the cycle
Methotrexate	Intravenous over a few minutes on days 1 and 8 of each cycle
Fluorouracil (5-FU)	Intravenous over a few minutes on days 1 and 8 of each cycle
<i>Cycle repeated every 28 days</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 intravenous treatment. Depending on the results and side effects of the previous treatment, 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 *fines herbes* 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.)
- › For **male patients**, the sperm count may be affected and negative effects on the embryo may occur. In fact, the production of spermatozoids 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 treatment. The menstrual cycle may restart or return to normal after the end of treatment. The menstrual cycle 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 treatment. 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.
- › 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 your doctor and your pharmacist. It is important to make them aware of any change.

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Adverse effects and their management

Adverse effects	Management
Nausea , usually light, may occur during your treatment.	<ul style="list-style-type: none">› Before your intravenous treatment, medication to prevent nausea may be prescribed.› At home, you may also have to take medication as needed or regularly if you have nausea during your treatment.› Contact a member of your healthcare team if your medication does not relieve your nausea.
Depending on the individual, a partial 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 the start of each cycle of 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.› Contact a member of your healthcare team quickly 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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A decrease in platelets will 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 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.
Cyclophosphamide may irritate your bladder .	<ul style="list-style-type: none">› Drink lots of water or liquids (10-12 glasses of 230 ml or 8 oz. a day) while taking Cyclophosphamide and for 48 hours thereafter unless otherwise recommended by your doctor.› Consult a member of your healthcare team as soon as possible if you experience any of these symptoms: difficulty urinating, pain while you urinate, and/or blood in your urine.
Ulcers in the mouth and the throat may appear approximately 7 to 10 days after the start of your treatment. They may also appear in the throat.	<ul style="list-style-type: none">› Suck on ice cubes 5 minutes before, during and 30 minutes after your treatment has ended.› 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.

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You may sometimes experience diarrhea , which may start approximately 5 to 8 days after the start of treatment.	<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 hours.› If you have diarrhea with fever, contact immediately a member of your health care team or go to Emergency Room.
Your eyes may become excessively teary , itchy and may or may not develop redness.	<ul style="list-style-type: none">› Contact a member of your healthcare team who can recommend appropriate treatment.
Your skin may become drier . Redness and itchiness may develop.	<ul style="list-style-type: none">› Use a non-perfumed moisturizing cream as needed.
Your skin may become more sensitive to the sun .	<ul style="list-style-type: none">› Avoid going into the sun.› Use sun screen with SPF 30 or higher.› Wear a hat.
Rare adverse effects that can be severe or serious to communicate quickly to your doctor	
If you experience fluttering of the heart, chest pain and/or shortness of breath.	<ul style="list-style-type: none">› Immediately go to the Emergency Room.

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Special Considerations

Take your cyclophosphamide tablets as prescribed once a day **preferably in the morning**. Take your tablets with a large glass of water or juice with or without food. If you don't tolerate your treatment, take it with food.

If you forget a dose, you may take it as soon as you remember, but don't double your next dose. Try to take your medication as regularly as possible at same time each day.

Tablets must be taken whole. Do not chew, split or open your tablets.

Wash your hands immediately after handling your tablets.

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

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

Pharmacist: _____

Phone: _____

from ____ h to ____ h (Monday to Friday)