

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 Procarbazine, Lomustine and Vincristine (PCV)

Date: December 2015

Revision date: July 2017

Medication	Administration
Lomustine	Capsules to be taken by mouth on an empty stomach (2 hours before or after a meal) on day 1. _____ capsule(s) of 10 mg _____ capsule(s) of 40 mg _____ capsule(s) of 100 mg
Procarbazine	_____ capsules to be taken by mouth once daily with or without food during 14 days on days 8 to 21.
Vincristine	Intravenous over a few minutes on days 8 and 29.
<i>Cycle repeated every 6 to 8 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 regularly during your treatment. 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.
- › 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 and non sugared candies, chewing non-sugared gums, etc., may mask the metallic taste.
- › **Alcohol** should be avoided while taking procarbazine on days 8 to 21.
- › 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 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. 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. It 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.
- › 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.
- › 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.

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Adverse effects and their management

Adverse effects	Management
<p><u>On day 1</u>, significant nausea and vomiting may occur mainly on the same day and the day following your treatment.</p> <p><u>On days 8 to 21</u>, significant nausea and vomiting may also occur during treatment with procarbazine.</p> <p><u>On day 29</u>, slight nausea may occur the same day or the day following your treatment.</p>	<ul style="list-style-type: none">› Before you treatment on days 1 and 8 to 21, medication to prevent nausea may be prescribed. At home, you may also have to take medication on a regular basis or as needed.› Contact a member of your healthcare team if your medication doesn't relieve your nausea.
<p>Depending on the individual, thinning of the hair 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.</p>	<ul style="list-style-type: none">› Use gentle shampoo.› Avoid brushing hair vigorously.› Avoid hair spray, dyes and perms.
<p>A decrease in the white blood cells will occur about 3 to 4 weeks following the start of treatment and may persist a few weeks. You may be at higher risk of infections during this period.</p>	<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®, Aleve®, ..).

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A decrease in platelets may occur about 4 weeks following the start of your 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.
You may experience constipation and abdominal cramps following the administration of vincristine. This usually increases with the number of treatments received.	<ul style="list-style-type: none">› Consult a member of your healthcare team who will recommend appropriate laxatives if necessary.
You may experience numbness or tingling of the hands and feet . This phenomenon usually increases with the number of treatments received.	<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 jaw pain a few hours following the administration of vincristine.	<ul style="list-style-type: none">› If you experience this pain, speak with a member of your healthcare team who will recommend an analgesic.
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.
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 a cough and/or sudden difficulty breathing .	Consult immediately a member of your healthcare team or go to the Emergency Room.

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Special considerations

- › Take your **lomustine** capsules, as prescribed once a day, **preferably in the evening**. You may take your capsules on an empty stomach, 2 hours before or after a meal.
- › Take your **procarbazine** capsules, as prescribed once a day. You may take your capsules with or without food with a large glass of water or juice. If you have difficulty tolerating it, take it while you eat.
- › **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 capsules at the same time every day and in the same way (i.e. with or without food).
- › Capsules must be taken whole. Do not open capsules.
- › Wash your hands immediately after handling your capsules.
- › Keep your medication at room temperature, out of the 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.
- › Your skin may become darker in certain areas of your body. This is due to **procarbazine**. The look of your skin will return to its normal color after the end of your treatment.
- › While taking **procarbazine**, you must avoid foods containing tyramine (see table) to prevent severe reactions like high blood pressure, headaches, heart palpitations, nausea, vomiting and diarrhea.
 - Note that cooking doesn't destroy tyramine.
 - At the grocery store, always check the expiry date of foods (*BEST BEFORE* on package). Do not eat any foods past their expiry date (*BEST BEFORE* date).

General recommendations:

Only consume fresh food:

- › For meat, poultry, eggs and fish:
 - Upon purchase, prepare and consume on same day or freeze immediately.
 - If you prepare large amount of food containing meat, poultry, eggs and fish, freeze immediately leftovers. Do not consume meals kept in the refrigerator for more than 48 hours (2 days).
 - Canned meat, poultry or fish must be consumed as soon as possible after opening.
- › For fruits and vegetables:

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- Do not eat overripe or spoiled fruits or vegetables.
- Do not eat unpasteurized fruits or vegetables, unless home-made and eaten soon after preparation.
- › For milk and milk products:
 - Do not consume raw (unpasteurized) milk products.
- › Avoid fermented, pickled, aged, spoiled or smoked food.

You must follow these diet recommendations (including information in the table below) while taking **procarbazine** and until 7 days after medication is stopped.

Note that this list is not complete. For more information, speak to your pharmacist or nutritionist.

Pharmacist: _____

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

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Table of foods allowed and foods to avoid

	Allowed	To avoid
Cheese, milk, dairy products and substitutes	Fresh milk. Non-aged cheeses (e.g. cottage, ricotta, cream cheese and processed cheese). Cream, sour cream, yogurt	All other mature or aged hard cheeses: (e.g. Blue, Swiss, Camembert, Cheddar, Emmental, Parmesan, Gruyere, Roquefort, Romano, etc.) and food containing them (ex.: pizza, cheese fondue) Soy beverage.
Breads and cereals	Bread and bagels purchased in stores. Hot or cold cereals (ex.: puffed rice, corn flake, oatmeal). Whole grain cereals (ex.: barley, brown rice, whole wheat pasta). Regular crackers.	Home-made yeast bread. Sourdough bread. Bread made with aged cheese, aged meat or yeast extracts. All bakery products made with restricted ingredients.
Meat and substitutes	All following fresh food : meat, poultry, fish and food containing eggs. Cooked beans, lentils and peas.	All pickled, smoked, aged, dried, fermented meat, poultry and fish, game. Smoked or processed meat: sausage, pepperoni, salami, etc. Broad beans, fava beans, soy beans. Tofu. Tempeh.
Fruits and vegetables	All fresh fruits and vegetables, except restrictions.	Sauerkraut, overripe avocado, Kimchi (Korean pickled vegetables), pickled vegetables, snow peas. Dried fruits. Banana or plantain peel.
Others	Coffee and tea (with moderation).	Deserts containing restricted ingredients.

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	Allowed	To avoid
	Chocolate.	Soy sauce, miso, fish or shrimp sauce.
	Mustard, ketchup.	Dehydrated soup mix or stock powder. Gravy sauce and sauce containing meat extracts.
	Dressing without aged cheese. Vegetable oils, butter, margarine.	Meat tenderizers.
		Yeast extracts, Marmite, Vegemite. Yeast-based protein supplements.
		Dressing made with aged cheese.
Alcool	None.	All : beer, wine, spirits.

Adapted from Dietitians of Canada, Eating for a Low Tyramine Diet, August 2013.

Note that this list is not complete. For more information, speak to your pharmacist or nutritionist.