

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 Cisplatine/gemcitabine

Date: February 24, 2012

Revision: December 2015

Medication	Administration
Cisplatine	Intravenous infusion over 60 minutes on day 1 and 8
Gemcitabine	Intravenous infusion over 30 minutes on day 1 and 8
<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, 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 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 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.
- › 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 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
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, 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.	<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 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 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®).
Significant fatigue with or without dizziness and weakness may occur during your treatments. It is usually temporary and may be related to many factors (medication, stress, the disease...).	<ul style="list-style-type: none">Maintain a good level of activity but take some rest when you feel tired.If you feel tired, talk to your doctor during your next visit.

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Flu-like symptoms may occur shortly after your treatment. You may experience mild to moderate symptoms consisting mainly of fever but also chills, headache, muscle or bone pain. These symptoms usually last only a few hours.	<ul style="list-style-type: none">• If these symptoms bother you, your doctor or pharmacist may recommend a pain killer such as acetaminophen (Tylenol®, Atasol®).• If you experience fever and chills more than 48 hours after your treatment, you may have an infection. Consult immediately a member of your healthcare team or go to the Emergency Room.
A gradual fluid retention may occur with consecutive treatments and may present itself by swelling of hands, ankles and feet.	<ul style="list-style-type: none">• Raise your feet while sitting.• Avoid wearing tight clothes or shoes.• Notify your doctor if you are gaining weight rapidly, if you experience some swelling or if you are easily short of breath.
A usually mild skin rash may occur following your treatment. It generally involves the trunk and extremities and might be associated with itchiness.	<ul style="list-style-type: none">• Consult a member of your healthcare team who will recommend appropriate measures.
Cisplatin may affect your kidneys .	<ul style="list-style-type: none">• Drink plenty of water or fluid (10-12 glasses (230 ml – 8 oz.) daily for the 48 to 72 hours following your treatment (unless your doctor tells you not to) and urinate frequently.• Notify a member of your healthcare team if you urinate less than normally.
Cisplatin may cause ringing in your ears and rarely hearing loss .	<ul style="list-style-type: none">• Notify a member of your healthcare team at your next visit.
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 these side effects impair your normal daily activities, speak to a member of your healthcare team at your next visit.

Pharmacist: _____

Phone: _____

From ____ h to ____ h (Monday to Friday)