

#### 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***

**Protocol** : CMF IV

**Date:** September 2003

**Revision:** November 2015

MEDICATION	ADMINISTRATION
Cyclophosphamide	Intravenous infusion over 20 to 30 minutes
Methotrexate	Intravenously in a few minutes
Fluorouracil (5-FU)	Intravenously in a few minutes
<b><i>Treatment repeated every 21 days</i></b>	

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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.
- ❑ For **male patients**, 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, may ameliorate or return to normal after the treatments have stopped.
- ❑ 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 chemotherapy.
- ❑ 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.).
- ❑ 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.
- ❑ 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 body fluids (for example urine, stools) in order to protect the environment and your relatives.
- ❑ Be sure to always have at 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 <b>nausea</b> and vomiting may occur mainly on the same day and the day following your treatment.	<ul style="list-style-type: none"><li>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.</li><li>Communicate with your doctor or pharmacist if you have nausea or vomiting that is not relieved by medication.</li></ul>
Depending on the individual, a <b>partial or total hair loss</b> may occur. In general, this happens 2 to 3 weeks after the treatment. However, don't worry, your hair will grow back after treatments have ended.	<ul style="list-style-type: none"><li>Use gentle shampoo.</li><li>Avoid brushing hair vigorously.</li><li>Avoid hair spray, dyes and perms.</li></ul>
A decrease in the <b>white blood cells</b> will occur 1 to 2 weeks following treatment. You may be at higher risk to contact infections during this period.	<ul style="list-style-type: none"><li>Wash your hands often.</li><li>During this period, avoid coming into contact with people who have contagious diseases.</li><li>Quickly contact a member of your healthcare team if you notice any signs of infection (fever, chills, cough, sore throat, pain while urinating...).</li><li>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.</li><li>In case of fever, do not take acetaminophen (ex.: Tylenol<sup>®</sup>, Atasol<sup>®</sup>) and anti-inflammatory medication (ex.: Motrin<sup>®</sup>, Advil<sup>®</sup>).</li></ul>

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A decrease in <b>platelets</b> will occur 1 to 2 weeks following treatment. You may bleed more easily than you normally do.	<ul style="list-style-type: none"><li>• Use a tooth brush with soft bristles.</li><li>• Check with your pharmacist before taking medications with Aspirin®, Ibuprofen or other anti-inflammatory drugs.</li><li>• Consult us if you bruise more easily than you normally do or if you have a tendency to bleed easily from the nose or the gums.</li></ul>
Cyclophosphamide may <b>irritate</b> your <b>bladder</b> .	<ul style="list-style-type: none"><li>• Drink lots of water and liquids (10-12 glasses of 230 ml or 8 oz a day) for 48 hours following your treatment (unless otherwise recommended by your doctor) and urinate frequently.</li><li>• If you experience any of these symptoms: difficulty urinating, pain while you urinate, and/or blood in your urine, consult a member of your healthcare team as soon as possible.</li></ul>
<b>Mouth ulcers</b> may appear approximately 7 to 10 days following the start of your treatment.	<ul style="list-style-type: none"><li>• Gently and regularly brush your teeth after each meal and at bedtime.</li><li>• 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.</li><li>• Mouthwashes without alcohol found in stores are a good alternative.</li><li>• If you notice ulcers, redness or painful areas in your mouth, contact a member of your healthcare team.</li></ul>

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Your <b>eyes</b> may become <b>excessively teary</b> , itchy and may or may not develop redness.	<ul style="list-style-type: none"><li>• Contact a member of your healthcare team who can recommend appropriate treatment.</li></ul>
Your <b>skin</b> may become <b>drier</b> . Redness and itchiness may develop.	<ul style="list-style-type: none"><li>• Use a moisturizing cream as needed.</li></ul>
Your skin may become more <b>sensitive to the sun</b> .	<ul style="list-style-type: none"><li>• Avoid exposure to the sun.</li><li>• Use sun screen SPF 30 or higher.</li><li>• Wear a hat.</li></ul>

Pharmacist: \_\_\_\_\_

Phone: \_\_\_\_\_

From \_\_\_\_h to \_\_\_\_h (Monday to Friday)