

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: **Carboplatin – 5-FU continuous infusion (ORL)**
Concomittant Radiotherapy

Date: July 2007

Revision: October 2015

MEDICATION	ADMINISTRATION
Carboplatin	Intravenous infusion over 15-30 minutes, according to the dose, daily for 4 consecutive days
Fluorouracil (5-FU)	Continuous intravenous infusion over 4 days
<i>Repeat the cycle every 3 weeks, on days 1, 22 and 43 while receiving radiotherapy</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.
- ❑ During the complete duration of your treatment, **good nutrition is essential**. A nutritionist or a member of your healthcare team will inform and guide you on the necessary changes to your usual diet.
- ❑ 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. 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.
- ❑ 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 nausea and vomiting may occur mainly on treatment days and may persist up to 5 days following your treatment.	<ul style="list-style-type: none">• You will be prescribed medication to prevent nausea to be taken prior to treatment. At home, you will take medication on a regular basis and as needed for at least 2 days following your treatment.• Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your 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 <u>1 to 2 weeks</u> following treatment and may persist for about 10 days. 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[®]).

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Ulcers in the mouth and the throat may appear approximately 7 to 10 days following the start of your treatment. This problem will be increased by the radiotherapy. You could experience difficulty swallowing and eating. In certain cases, nutritional support (feeding tube) might be necessary during your treatment.	<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.
Your skin may become drier . Redness and itchiness may develop.	<ul style="list-style-type: none">• Use a moisturizing cream as needed.
Your skin may become more sensitive to the sun .	<ul style="list-style-type: none">• Avoid exposure to the sun• Use sun screen SPF 30 or higher• Wear a hat
You may experience numbness or tingling in your hands and feet with or without redness and swelling. This is called hand and foot syndrome and is rarely painful.	<ul style="list-style-type: none">• Notify a member of your healthcare team if these symptoms occur and affect your daily activities. Some measures can be recommended

Pharmacist: _____

Phone: _____

From ____ h to ____ h (Monday to Friday)