

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

Fluorouracil – Mitomycin in combination with Radiotherapy

Date: December 14, 2012

Revision date: May, 2016

Medication	Administration
Mitomycin	Intravenous infusion over 10 to 30 minutes on day 1 and 29
Fluorouracil	Intravenous infusion over 96 hours (day 1 to 4 and day 29 to 32)

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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 (day 1 and day 29). Depending on its 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 fine herbs or lemon juice. Eating fruits, chewing non-sugared gums, etc., may mask the metallic taste.
- › Consumption of **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 various 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.
- › For **pre-menopausal female patients**, chemotherapy may cause irregularities or cessation of the menstrual cycle during treatments. After stopping chemotherapy, the menstrual cycle 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 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 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 your doctor and your pharmacist. It is important to make them aware of any change.

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Adverse effects	Management
Significant nausea and vomiting may occur mainly on the same day and during the intravenous infusion. This nausea may sometimes persist for up to one day following the end of the infusion.	<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 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, 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 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.› Quickly contact a member of your healthcare team if you notice any signs of infection (fever, chills, cough, sore throat, pain while you urinate...).› Consult your doctor or go immediately to the Emergency Room if you have a fever of 38,3 °C (101 °F) once or 38 °C (100.4 °F) twice one hour apart.› In case of fever, do not take acetaminophen (ex.: Tylenol[®], Atasol[®]) and anti-inflammatory medication (ex. : Motrin[®], Advil[®]).
A skin rash may occur following your treatment. It might be associated with itchiness.	<ul style="list-style-type: none">› If this bothers you, consult a member of your healthcare team who will recommend appropriate measures.
You may sometimes experience diarrhea , which may start approximately 5-8 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.

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During the radiotherapy, you may experience a local irritation in the rectum or the anus which may become severe.	› Consult a member of your healthcare team who will recommend appropriate measures to relieve your symptoms.
Ulcers in the mouth and the throat may appear approximately 7 to 10 days following the start of your treatment.	› 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 more sensitive to the sun .	› Avoid exposure to the sun. › Use sun screen SPF 30 or higher. › Wear a hat.
Your skin may become drier . Redness and itchiness may develop.	› Use a non-perfumed moisturizing cream as needed.
Rarely, difficulty breathing accompanied by a dry cough might occur.	› Contact a member of your healthcare team.
During your treatment, you may experience some pain, irritation, swelling or a burning sensation at the injection site .	› Notify your nurse immediately if you feel any of these symptoms during treatment.

Pharmacist: _____

Phone: _____

from ____ h to ____ h (Monday to Friday)