

#### 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 :**      **TAC**

**Date:** July 2009

**Revision:** April 2016

MEDICATION	ADMINISTRATION
Doxorubicine	Intravenously in a few minutes
Cyclophosphamide	Intravenous infusion over 20 to 30 minutes
Docetaxel	Intravenous infusion over 60 minutes
<b><i>Treatment repeated every 3 weeks</i></b>	

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## General Information associated with your treatment

- ❑ This treatment is 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. 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.
- ❑ 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, increase its toxicity or bring other significant problems.
- ❑ 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
Severe <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. At home, you will take medication on a regular basis during 1 or 2 days following your treatment, depending on your need.</li><li>Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.</li></ul>
A decrease in the <b>white blood cells</b> will occur about 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>
A decrease in <b>platelets</b> will occur about <u>1 to 2 weeks</u> following treatment. You may bruise or 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<sup>®</sup>, Ibuprofen or other anti-inflammatory drugs.</li><li>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.</li></ul>

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<b>Total loss of body hair</b> will occur, in general, 2-3 weeks after the treatment. However, don't worry, in the vast majority of patients hair will grow back after the treatments have ended.	<ul style="list-style-type: none"><li>• Use a gentle shampoo.</li><li>• Avoid brushing hair vigorously in order to slow down the hair loss.</li></ul>
Significant <b>fatigue</b> and weakness may occur during your treatments. it is usually temporary and may be related to many factors ( medication, stress, disease...).	<ul style="list-style-type: none"><li>• Maintain a good level of activity but take some rest when you feel tired.</li></ul>
<b>Ulcers in the mouth and the throat</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 also useful.</li><li>• If you notice ulcers, redness or painful areas in your mouth, contact a member of your healthcare team.</li></ul>
You may sometimes experience <b>diarrhea</b> , which may start approximately 5-8 days after the start of treatment.	<ul style="list-style-type: none"><li>• Drink lots of liquids (unless otherwise instructed by your doctor).</li><li>• Please contact a member of your healthcare team if you have significant diarrhea (more than 3 loose stools per day) for more than 24 to 48 hours.</li><li>• If you have diarrhea with fever, contact immediately a member of your health care team and go to the Emergency Room.</li></ul>

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Gradual fluid retention may occur with consecutive treatments and may present itself by swelling of the feet and hands, shortness of breath or rapid weight gain.	<ul style="list-style-type: none"><li>• Dexamethasone will be prescribed to prevent this reaction</li><li>• Notify your physician if you experience rapid weight gain, shortness of breath or if you feel swollen.</li></ul>
You may experience muscle and bone pain that may occur a few days following your treatment. These symptoms usually last for 4-7 days.	<ul style="list-style-type: none"><li>• If this occurs, speak to a member of your healthcare team who will recommend analgesics.</li></ul>
You may experience <b>numbness or tingling of the hands and feet</b> . This phenomenon usually increases with the number of treatments received.	<ul style="list-style-type: none"><li>• If you experience these symptoms, notify a member of your healthcare team at your next visit.</li></ul>
You may experience <b>allergic reactions</b> during your treatment with docetaxel (cutaneous eruptions, redness, itchiness, shortness of breath). These reactions are more frequent during the first 2 infusions.	<ul style="list-style-type: none"><li>• Dexamethasone will be prescribed to prevent this reaction. Some other drugs may be prescribed, if necessary.</li><li>• Notify the nurse immediately if you have difficulty breathing or if you experience swelling of the tongue or the throat during treatment.</li></ul>
<b>Nails changes</b> may occur.	<ul style="list-style-type: none"><li>• To prevent nails changes, soak them into ice during the infusion of docetaxel or wear cold gloves if they are available at your cancer clinic.</li><li>• At your next visit, notify a member of your healthcare team if nails changes occur.</li></ul>

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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>
During your treatment, you may experience some <b>pain, irritation, swelling or a burning sensation at the injection site</b> .	<ul style="list-style-type: none"><li>• Notify your nurse immediately if you feel any of these symptoms during treatment.</li></ul>
You may experience shortness of breath, swelling of the ankles and rapid heartbeats.	<ul style="list-style-type: none"><li>• If you notice any one of these effects, contact a member of your healthcare team as soon as possible.</li></ul>
You may experience cough, and/ or feeling out of breath.	<ul style="list-style-type: none"><li>• Consult immediately a member of your healthcare team or go to the Emergency Room.</li></ul>

### Special Consideration

Your **urine** may be a **reddish color** the same day or the day following your treatment. This is normal and corresponds to the elimination of Doxorubicine. Don't worry, it is not blood.

You must avoid consuming grapefruit, Seville orange, starfruit, pomelo, pomegranate or foods containing the aforementioned fruits because of an interaction that could increase the side effects of your treatment.

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

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

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