

#### 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:** TC

**Date:** October 2009

**Revision:** April 2016

MEDICATION	ADMINISTRATION
Docetaxel	Intravenous infusion over 60 minutes
Cyclophosphamide	Intravenous infusion over 20-30 minutes
<b><i>Cycle repeated every 3 weeks</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.
- ❑ 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 the **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. The menstrual cycle may also stop permanently. However, a pregnancy may be 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.
- ❑ For **male patients**, the sperm count may be affected and negative effects on the embryo may occur. In fact, the production of spermatozoids 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 birth control method during the 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.
- ❑ 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 <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 a member of your healthcare team if you have nausea or vomiting that is not relieved by medication.</li></ul>
<b>Total loss of body hair</b> will occur, in general, 2-3 weeks after the treatment. However, don't worry; your 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>
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 contract 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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You may experience <b>fatigue</b> during your treatments. This is usually only temporary and may be related to different reasons (medication, stress, and the disease).	<ul style="list-style-type: none"><li>• Maintain a good level of activity but rest when you feel the need to.</li></ul>
<b>Ulcers in the mouth and the throat</b> may appear approximately 7 to 10 days after 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 <b>without</b> 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>
Gradual <b>fluid retention</b> 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 <b>muscle and bone pain</b> 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>allergic reactions</b> during your treatment with docetaxel such as cutaneous eruptions, redness, itchiness, shortness of breath. These reactions are more frequent during the first few minutes of the infusion and more common 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>

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<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>
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>• Consult a member of your healthcare team as soon as possible if you experience any of these symptoms: difficulty urinating, pain while you urinate, and/or blood in your urine.</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

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)**