

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: TCH

Date: May 2010

Revision: April 2016

| MEDICATION | ADMINISTRATION |
|---|--|
| Trastuzumab | <p>As an intravenous infusion according to two different schedules:</p> <ul style="list-style-type: none">○ Weekly over 30 minutes if no reaction occurred during the first infusion *○ Every 3 weeks over 30 minutes if no reaction occurred during the first infusion * <p><i>*The first infusion is always administered over 90 minutes.</i></p> |
| Docetaxel | Intravenous infusion over 60 minutes on day 2 for the first cycle and on day 1 for subsequent cycles |
| Carboplatin | Intravenous infusion over 30 to 60 minutes, according to the dose, on day 2 for the first cycle and on day 1 for subsequent cycles. |
| <p>Treatment repeated every 3 weeks for 6 doses</p> <p>Trastuzumab is administered every 3 weeks for a total duration of 51 weeks.</p> | |

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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. 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 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 Management

| ADVERSE EFFECTS | MANAGEMENT |
|--|--|
| <p>Moderate nausea and vomiting may occur mainly on the same day and the day following your treatment.</p> <p>With trastuzumab alone, slight nausea may occur the same day or the day following your treatment.</p> | <ul style="list-style-type: none">• 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.• Communicate with a member of your healthcare team if you have nausea or vomiting that is not relieved by medication. |
| <p>Total loss of body hair will occur, in general, 2-3 weeks after the treatment. However, don't worry; your hair will grow back after the end of treatments with docetaxel and carboplatin.</p> <p>There is no hair loss with trastuzumab. Therefore, your hair will grow back at the end of your chemotherapy treatment.</p> | <ul style="list-style-type: none">• Use a gentle shampoo.• Avoid brushing hair vigorously in order to slow down the hair loss. |
| <p>A decrease in the white blood cells will occur about 1 to 2 weeks following treatment with docetaxel and carboplatin. You may be at higher risk to contract infections during this period.</p> | <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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| A decrease in platelets may occur about 1 to 2 weeks after the start of your treatment with docetaxel and carboplatin and last a few weeks. You may bruise or bleed more easily than you normally do. | <ul style="list-style-type: none"> • Use a tooth brush with soft bristles. • Check with your pharmacist before taking medications with Aspirin[®], ibuprofen or other anti-inflammatory drugs. • 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. |
| You may experience reactions to perfusion with trastuzumab , usually during the first hour of the first infusion. These reactions more frequently consist of fever and chills but may also appear as skin rash, nausea, pain, cough, headaches, dizziness, trembling. | <ul style="list-style-type: none"> • Notify the nurse if these symptoms occur during the administration of the drug. Medication can be given to alleviate these symptoms. • If you had a reaction during the first infusion, medications might be prescribed before your next treatments to prevent these reactions to occur again. |
| <p>You may experience shortness of breath, swelling of the ankles and rapid heartbeats.</p> <p>This could be related to some harmful effects of trastuzumab on your heart.</p> | <ul style="list-style-type: none"> • If you notice any one these effects, contact a member of your healthcare team as soon as possible <p>Furthermore, you will have to do a test to evaluate your heart every 3 months.</p> |
| You may experience reactions to perfusion 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"> • Dexamethasone will be prescribed to prevent this reaction. Some other drugs may be prescribed, if necessary, • Notify the nurse immediately if you have difficulty breathing or if you experience swelling of the tongue or the throat during treatment. |
| 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"> • If this occurs, speak to a member of your healthcare team who will recommend analgesics. |

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| You may experience fatigue during your treatments with docetaxel and carboplatin. This is usually only temporary and may be related to different reasons (medication, stress, and the disease). | <ul style="list-style-type: none">• Maintain a good level of activity but rest when you feel the need to.• Maintain a good level of activity but rest when you feel the need to. |
| Ulcers in the mouth and the throat may appear approximately 7 to 10 days following the start of your treatments with docetaxel and carboplatin. | <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 also useful.• If you notice ulcers, redness or painful areas in your mouth, contact a member of your healthcare team. |
| You may experience numbness or tingling of the hands and feet . This phenomenon usually increases with the number of treatments with docetaxel received. | <ul style="list-style-type: none">• If you experience these symptoms, notify a member of your healthcare team at your next visit. |
| Nails changes may occur. | <ul style="list-style-type: none">• To prevent nails changes, soak your fingers into ice during the infusion of docetaxel or wear cold gloves if they are available at your cancer clinic.• At your next visit, notify a member of your healthcare team if nails changes occur. |

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| You may sometimes experience diarrhea , which may start approximately 5-8 days after the start of treatment with docetaxel. | <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 and go to the Emergency Room. |
| Gradual fluid retention may occur with consecutive treatments with docetaxel and may present itself by swelling of the feet and hands, shortness of breath or rapid weight gain. | <ul style="list-style-type: none">• Dexamethasone will be prescribed to prevent this reaction.• Notify your physician if you experience rapid weight gain, shortness of breath or if you feel swollen. |

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.
This consideration is not relevant while you are receiving trastuzumab alone.

Pharmacist: _____

Phone: _____

From ____ h to ____ h (Monday to Friday)