

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 Protocol ICE

Date: june 2011

Revision date: may 2016

Medication	Administration
Etoposide	Intravenous infusion over 60 minutes on days 1, 2 and 3
Carboplatin	Intravenous infusion over 60 minutes on day 2
Ifosfamide	Intravenous infusion over 24 hours on day 2
Mesna	Intavenous infusion over 24 hours with ifosfamide on day 2, followed by an intravenous infusion over 15 minutes or oral dose every 4 hours for 3 doses starting on day 3
<i>Cycle repeated every 2 weeks</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 the 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 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. 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. 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.
- › 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 may be possible and chemotherapy administered during pregnancy may harm the embryo. A method of **contraception** is strongly recommended during treatments. 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 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
Significant nausea and vomiting may occur mainly on the same days as your treatment as well as the day following the end of 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 during 1 or 2 days following your treatment, depending on your need.› Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.
Depending on the individual, a partial or total 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 week following treatment. 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®).
A decrease in platelets will occur about 1 to 2 weeks following treatment. 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.

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You may experience a decrease of red blood cells following your treatment. This phenomenon is called anemia and is characterised by signs of fatigue, pale color, dizziness and shortness of breath.	<ul style="list-style-type: none">› Keep active but respect signs of fatigue your body gives you; rest when you feel the need to.› If you notice one or any of these effects, contact a member of your healthcare team.
Ifosfamide may irritate your bladder .	<ul style="list-style-type: none">› 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.› Medication (Mesna) has been prescribed to prevent this side effect.› 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.
Rarely, abdominal pain or cramps may occur, especially at the beginning of the treatment.	<ul style="list-style-type: none">› Quickly notify a member of your healthcare team and consult a physician.

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)