

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 CyBorD

Date : October 25th, 2013

Revision: May 2016

Medication	Administration
Bortezomib	Intravenous over 3 to 5 seconds or by subcutaneous injection On days 1, 8, 15 and 22
Cyclophosphamide	___ tablets of 50 mg + ___ tablets of 25 mg once On days 1, 8, 15 and 22
Dexamethasone	___ tablets of 4 mg to be taken once daily with food Cycles 1 and 2: on days 1 to 4, 9 to 12 and 17 to 20 Cycles 3 and 4: days 1, 8, 15 and 22
<i>Cycle is repeated every 28 days</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 before each treatment. Depending on its results and side effects, the dose of medication might be adjusted or treatment might be delayed.
- › 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. It is recommended that an effective method of contraception be used.
- › 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 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 or increase side effects.
- › Follow the instructions given by your cancer center about the correct 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 you doctor and your pharmacist. It is important to make them aware of any change.

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Adverse effects and management

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Moderate nausea and vomiting may occur mainly on the same day or the day following 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 may have to 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, thinning of the hair 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 the 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 may 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 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, try not to take acetaminophen (Tylenol®, Atasol®,...) and anti-inflammatory medication (Ex : Motrin®, Advil®,...).› Some medications (antibiotics, antivirals) may be prescribed to decrease the risk of developing an infection.

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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 toothbrush 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 numbness or tingling of the hands and feet . This phenomenon usually increases with the number of treatments received.	<ul style="list-style-type: none">› If you experience these symptoms, notify a member of your healthcare team at your next visit.
Fatigue with or without dizziness 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">› Maintain a good level of activity but rest when you feel the need to.› If you feel tired, talk to a member of your healthcare team who will recommend appropriate measures.
Cyclophosphamide may irritate your bladder .	<ul style="list-style-type: none">› Drink lots of water or liquids (10 - 12 glasses of 230 ml/8 oz. a day) while taking Cyclophosphamide and for 48 hours thereafter unless otherwise recommended by your doctor.› 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.
Dexamethasone tablets may cause heartburn, increased appetite, nervousness, sleep disturbances and muscle weakness .	<ul style="list-style-type: none">› To minimize these side effects, take the tablets with food in the morning.› Notify a member of your healthcare team if these symptoms occur and affect your daily activities. Some measures can be recommended.

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Redness, pain, sensitivity, swelling or reaction at the injection site may occur during your treatment if you receive bortezomib by subcutaneous injection.	<ul style="list-style-type: none">› Apply lukewarm or cold compresses for 15 to 20 minutes many times per day on the injection site.› If you notify any of these effects and they persist despite the application of compresses, communicate with a member of your healthcare team.

Special Considerations

For Cyclophosphamide:

- › Take your Cyclophosphamide tablets, as prescribed once a day, **preferably in the morning**. You may take your pills before or during your meals with a large glass of water or juice. If you have difficulty tolerating them, take them while you eat.
- › Tablets must be swallowed whole. Do not chew, cut or crush tablets. Wash your hands immediately after handling your tablets.
- › Keep your Cyclophosphamide tablets out of reach of children, at room temperature and protected from light, heat or moisture.

For Dexamethasone:

- › Take your Dexamethasone tablets, as prescribed once a day, **preferably in the morning**. You have to take your tablets with food.
- › If you forget a dose of Dexamethasone, you may take it as soon as you remember but do not double your next dose. Try, however, to take your pills at the same time every day and in the same way as prescribed.
- › Keep your Dexamethasone tablets out of reach of children, at room temperature and protected from light, heat or moisture.
- › Don't throw away unused medication at home. Bring them back to your pharmacy to be destroyed safely.

For Bortezomib:

- › **Bortezomib** might cause low blood pressure that may lead to tiredness, dizziness, fainting, or blurred vision. Do not drive or operate any dangerous tools or machines if you experience such side effects.

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- › Green tea or vitamin C modifies bortezomib's action. Avoid green tea and drinks or food that contain green tea or vitamin C supplements for the whole duration of your treatment with bortezomib.

Pharmacist : _____

Phone: _____

From _____ AM to _____ PM (Monday to Friday)