

### 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 Vinorelbine

**Date:** *December 2002*

**Revision:** *May 2016*

Medication	Administration
Vinorelbine	Intravenous over a few minutes
<i>Treatment repeated every week</i> <i>or :</i> _____	

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## General Information associated with your treatment

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- › This medication is used to prevent the multiplication of abnormal cells and destroy them.
- › A **blood test** will be done prior to every treatment. Depending on its 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 *fines herbes* or lemon juice. Eating fruits and non sugared candies, 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. 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 treatment. The menstrual cycle may restart or return to normal after the end of treatment. The menstrual cycle may also stop permanently. However, a pregnancy remains possible and chemotherapy administered during pregnancy may harm the embryo. A birth control method is strongly recommended during treatment. 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 health 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 their management

Adverse effects	Management
Rarely, <b>slight nausea</b> may occur the same day or the day following your treatment.	<ul style="list-style-type: none"><li>› As deemed necessary, you may be prescribed medication to be taken prior to treatment for the prevention of nausea. You may also be prescribed medication to be taken at home as needed.</li><li>› Contact a member of your healthcare team if you have nausea that bothers you.</li></ul>
Depending on the individual, <b>thinning of the hair</b> 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"><li>› Use gentle shampoo.</li><li>› Avoid brushing hair vigorously.</li><li>› Avoid hair spray, dyes and perms.</li></ul>
A decrease in the <b>white blood cells</b> will occur about 7 to 10 days following treatment. You may be at higher risk of 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>› Contact a member of your healthcare team quickly 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®, Atasol®) and anti-inflammatory medication (ex : Motrin®, Advil®).</li></ul>

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Adverse effects	Management
You may experience <b>constipation</b> and <b>abdominal cramps</b> . This usually increases with the number of treatments received.	<ul style="list-style-type: none"><li>› Exercise if possible.</li><li>› Drink lots of liquids (at least 8 glasses a day unless otherwise instructed by your doctor).</li><li>› Eat foods that are rich in fibre (cereals, fruits and vegetables).</li><li>› Communicate with a member of your healthcare team who, if necessary, will prescribe appropriate laxatives.</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>pain at the tumour site</b> usually about 30 minutes following the administration of vinorelbine. The duration of pain may vary from 1 hour to 2 days.	<ul style="list-style-type: none"><li>› If you experience this pain, speak to a member of your healthcare team who will recommend the appropriate analgesic.</li></ul>
<b>Pain, irritation, swelling or a burning sensation</b> at the injection site may occur during treatment.	<ul style="list-style-type: none"><li>› Immediately advise your nurse if you experience this malaise during infusion.</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)