

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 Cyclophosphamide (high dose)

Date: *February 2017*

Revision:

Medication	Administration
Cyclophosphamide	Intravenous infusion over 2 hours
Mesna	Intravenous infusion or by mouth as follows:
Filgrastim	Subcutaneous injection 1 to 2 times a day starting 24 hours after cyclophosphamide until stem cells collection.

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General Information associated with your treatment

- › These medications are used to prepare yourself for stem cells collection before a transplantation.
- › A **blood test** will be done regularly.
- › Your **appetite may diminish**. Eat more often, in smaller quantities.
- › You may experience **fatigue** during your treatment. 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 **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. However, a decrease in your sexual drive may occur during this period. This may also be influenced by different factors (fatigue, stress, etc.).
- › 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.
- › 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.
- › Consult your doctor or pharmacist before you take other medications (even over the counter medications available without a prescription) or **natural health products** or if you need to receive a **vaccine**. 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
Significant nausea and vomiting may occur mainly on the same day and 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 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, 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 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 after the 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.› 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.› Contact a member of your healthcare team quickly if you notice any signs of infection (fever, chills, cough, sore throat, pain while urinating...).› In case of fever, do not take acetaminophen (ex.: Tylenol®, Atasol®) and anti-inflammatory medication (ex. : Motrin®, Advil®, Aleve®,...).
You may experience bone pain during treatment with filgrastim.	<ul style="list-style-type: none">› You could be prescribed medication to control this pain.› If this occurs or if the pain is not relieved, consult a member of your healthcare team for advice.

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Cyclophosphamide 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.› 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.› You will be prescribed mesna, a medication, to prevent this effect.› Mesna may be given intravenously or by mouth. When given by mouth, it may be taken with or without food. It is best to mix it with juice such as grape juice or cranberry juice or another drink such as cola (Coke®, Pepsi®,...). Once mixed, mesna must be taken immediately and completely.› You have to take mesna at the times mentionned by your health care team. If you forget a dose, take it as soon as you remember.› If vomiting occurs within 2 hours after taking mesna, communicate with a member of your healthcare team immediately or go to the Emergency Room.
You could experience nasal congestion (stuffy nose), headache or a burning sensation on your face during or immediately after your intravenous treatment (cyclophosphamide).	<ul style="list-style-type: none">› Notify the nurse if these symptoms occur during the administration of the drug and are bothering you.

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Ulcers in the mouth and the throat may appear approximately 7 to 10 days after your treatment.	<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 a good alternative.› If you notice ulcers, redness or painful areas in your mouth, contact a member of your healthcare team.

Pharmacist: _____

Phone: _____ from _____ h to _____ h (Monday to Friday)