

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 Temsirolimus

Date : *May 2013*

Revision: *February 2018*

Medication	Administration
Temsirolimus	Intravenous infusion over 30 minutes
<i>Repeated every week</i>	

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General Information associated with your treatment

- › This medication is 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 and have a negative effect on the embryo. 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.
- › 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 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
Nausea , usually light, may occur the same day or the day following your treatment.	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. Communicate with a member of your healthcare team if your medication does not relieve your nausea.
Usually there is no hair loss with this treatment.	
A decrease in the white blood cells count is unlikely during your treatment. Nevertheless, you could 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, do not take acetaminophen (ex.: Tylenol®, Atasol®) and anti-inflammatory medication (ex.: Motrin®, Advil®, Aleve®).
You may experience a decrease in the red blood cells count during your treatment. This phenomenon is called anemia and is characterised by signs of fatigue, pale skin color, dizziness and shortness of breath.	<ul style="list-style-type: none">› Keep active but respect the signs of fatigue that 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.
You may experience fatigue during your treatments. This is usually only temporary and may be related to different reasons (medication, stress, disease, anemia, dehydration, etc.).	<ul style="list-style-type: none">› Maintain a good level of activity but rest when you feel the need to.

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<p>Skin reactions may occur sometime after starting your treatment. These reactions may present as:</p> <ul style="list-style-type: none"> › A skin rash might appear mainly in the face, the neck, and the upper part of the body. This reaction looks like acnea and usually disappears within a few weeks after the end of the treatment. › Your skin may become drier. Redness and itchiness may develop. › Your skin may become more sensitive to the sun. 	<p>To help prevent or decrease these reactions:</p> <ul style="list-style-type: none"> › Use fragrance-free, alcohol-free mild soap or cleaning products. Also use bath or shower oils to avoid skin dryness. › Moisturize your skin twice a day with fragrance-free, thick, emollient-based creams like Aveeno^{MD}, Neutrogena^{MD} or Vaseline Intensive Care^{MD} lotion. › Use non perfumed creams and cosmetics without alcohol or dye. Use make up recommended by dermatologists for masking skin problems. › Remove make up with a mild cleaning product. › Avoid sun exposure. › In case of unavoidable sun exposure, wear a hat and clothes with long sleeves. › Avoid over the counter acne care that can dry the skin › Use a broad-spectrum sunscreen (SPF of 30 or more) for up to 2 months after the end of your treatment. <p>If despite all these measures, skin reactions appear:</p> <ul style="list-style-type: none"> › Contact a member of your healthcare team who will recommend appropriate measures.
You may experience muscle and bone pain a few days following your treatment.	<ul style="list-style-type: none"> › If this occurs, speak to a member of your healthcare team who will recommend analgesics.
You may sometimes experience diarrhea .	<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.
A gradual fluid retention may occur with consecutive treatments and may present itself by swelling of hands, ankles and feet.	<ul style="list-style-type: none"> › Raise your feet while sitting. › Avoid wearing tight clothes or shoes. › Notify your doctor if you are gaining weight rapidly, if you experience some swelling or if you are easily short of breath.

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Ulcers in the mouth may appear. They can also be present in the throat .	<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.› Contact a member of your healthcare team if you notice more than 3 lesions (ulcers), if the lesions last more than 3 days or if pain is severe or if you cannot eat.
You may experience constipation .	<ul style="list-style-type: none">› Exercise if possible.› Drink lots of liquids (at least 8 glasses a day, unless otherwise instructed by your doctor).› Eat foods that are rich in fibre (cereals, fruits and vegetables)› Communicate with a member of your healthcare team who, if necessary, will prescribe the appropriate laxatives.
You may experience allergic reactions during your treatment with temsirolimus such as a rash, redness, itchiness or swelling of the tongue or throat and shortness of breath.	<ul style="list-style-type: none">› Notify the nurse immediately if you experience these symptoms during the administration of the drug. Medication can be given to alleviate these symptoms.› Medication to prevent allergic reactions could be prescribed prior to treatment.
Rare adverse effects that can be severe or serious to communicate quickly to your doctor	
You may experience cough, shortness of breath, fever and/or feeling out of breath.	<ul style="list-style-type: none">› Consult your doctor or go immediately to the Emergency Department.

Special consideration

- › You must avoid consuming **grapefruit** juice or grapefruit, Seville orange, starfruit, pomelo and pomegranate because of an interaction that could increase the side effects of temsirolimus.

Pharmacist : _____

Phone: _____

From _____ AM to _____ PM (Monday to Friday)