

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 FLAG-IDA

Date: *November 2017*

Revision:

Medication	Administration
Filgrastim	Subcutaneous injection once daily Days: _____
Fludarabine	Intravenous infusion over 30 minutes on days 1 to 5
Cytarabine	Intravenous infusion over 4 hours on days 1 to 5
Idarubicin	Intravenous infusion over 30 minutes on days 1 to 3

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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 regularly during your treatment.
- › Your **appetite may diminish**. Eat more often, in smaller quantities.
- › Your **sense of taste may be altered**. Enhance foods with *finest 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 treatment. 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 days of treatment and a few days after.	<ul style="list-style-type: none">› You will be prescribed medication to prevent nausea to be taken prior to treatment.› You will also be prescribed medication to be taken as needed if nausea occurs. Do not hesitate to ask for them if you feel nauseous.› If nausea occurs or is not relieved by the medication you are taking, tell a member of your healthcare team in order to allow them to adjust your medication to provide relief.
Usually, a total hair loss will occur. In general this may happen 2 to 4 weeks after the start of the treatment. However, don't worry; your hair should grow back after treatments have ended.	<ul style="list-style-type: none">› Use a gentle shampoo.
<p>A decrease in the white blood cells will occur following your treatment. You may be at higher risk of infections during this period.</p> <p>This decline is inevitable and will be important and extended (3 to 4 weeks). In order to prevent you from becoming infected, you will be isolated throughout this period. The nursing staff will monitor your temperature and you will be administered antibiotics if required.</p>	<ul style="list-style-type: none">› Wash your hands often.› During this period, avoid coming into contact with people who have contagious diseases.› You will be prescribed a medication to stimulate your immune system (system that protects you from infections).› You may be prescribed a few medications (antibiotics, antivirals) to decrease the risk of infection.› Inform a member of your healthcare team quickly if you notice any signs of infection (fever, chills, cough, sore throat, pain while urinating...).
A decrease in platelets will occur following your treatment. This decline will be important and prolonged (4 weeks). 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.› You may need transfusions.

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You may experience a decrease in 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. › You may need transfusions.
Ulcers in the mouth and the throat may appear approximately 7 to 10 days following the start of your treatment. These ulcers can also appear 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. › If you notice ulcers, redness or painful areas in your mouth, inform a member of your healthcare team.
You may experience irritation with or without redness and swelling in your eyes , excessive tearing , foreign body sensation and sometimes intolerance to light and blurred vision .	<ul style="list-style-type: none"> › Eye drops will be prescribed to prevent these effects. › If you are wearing contact lenses, avoid wearing them when using the eye drops. › If you notice one or any of these effects, inform a member of your healthcare team.
You may experience numbness or tingling in your hands and feet with or without redness and swelling. This is called hand and foot syndrome and is rarely painful.	<ul style="list-style-type: none"> › Notify a member of your healthcare team if these symptoms occur and affect your daily activities. Some measures can be recommended.
A skin rash , usually mild, may occur following your treatment. It might be associated with itchiness.	<ul style="list-style-type: none"> › If this happens, talk to a member of your healthcare team who will recommend appropriate measures.
You may experience bone pain that may occur during your 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.
Pain, irritation, swelling or a burning sensation at the injection site may occur during treatment.	<ul style="list-style-type: none"> › Immediately advise your nurse if you experience this malaise during infusion.

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Rare adverse effects that can be severe or serious to communicate quickly to your doctor

You may experience cough, shortness of breath or you may suddenly experience difficulty breathing .	› Communicate immediately with a member of your health care team.
You may experience shortness of breath, swelling of the ankles and rapid heartbeats .	› If you notice any one of these effects, communicate a member of your healthcare team as soon as possible.
This medication may cause severe headaches, difficulty talking, loss of coordination of muscles, involuntary eye movements, drowsiness, confusion, hallucinations and convulsions .	› Communicate immediately with a member of your health care team.

Special Considerations

It is very important to drink plenty of fluid during your treatment. Furthermore, a medication, allopurinol, could be prescribed to decrease the risks of experiencing problems associated with the rapid destruction of abnormal cells.

Your **urine** may be a **reddish color** the first 3 days of your treatment. This is normal and corresponds to the elimination of idarubicin. Don't worry, it is not blood.

Pharmacist: _____

Phone: _____

from ____ h to ____ h (Monday to Friday)