

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 Hyper-CVAD arm B

Date: May 2018

Revision:

ARM B

| Medication | Administration |
|--------------------|--|
| Methylprednisolone | Intravenous over a few minutes every 12 hours on days 1 to 3. |
| Methotrexate | Intravenous infusion over 24 hours on day 1. |
| Cytarabine | Intravenous infusion over 2 hours every 12 hours on days 2 and 3. |
| Folinic acid | Starting 12 hours after the end of methotrexate infusion: - Intravenous infusion over a few minutes every 6 hours or - Tablets to be taken by mouth according to the following schedule: _____ tablets of 5 mg _____ |
| Filgrastim | Subcutaneous injection once daily starting on day 4. |

Alternating with arm A for a total of 8 cycles (4 cycles of arm A and 4 cycles of arm B)

* Medications (methotrexate and cytarabine) will be given intrathecally (administration in spinal cord) during your treatment.

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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. Depending on the results and side effects of the previous treatment, the dose of the medication might be adjusted.
- › 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 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.› You will be prescribed medications to take during 1 to 2 days as needed 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. |
| Usually, a total hair loss will occur. In general this may happen 2 to 3 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. |
| A decrease in the white blood cells will occur after the start of treatment. You may be at higher risk of infections during this period. This decline is inevitable and will be important and extended. | <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, antifungals) 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...)› <u>If you receive this treatment in outpatient clinic</u>, 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®..). |

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| Adverse effects | Management |
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| A majority of patients who receive this treatment will develop a fever at some point. Blood will be drawn to check for bacteria. Having a fever does not necessarily mean that you have an infection, but you will nonetheless be given an antibiotic as a precautionary measure. Even with antibiotics, fever may last until your white blood cell level comes back normal. At that moment, antibiotics can be discontinued. | <ul style="list-style-type: none">› Tell a member of your healthcare team if you notice any sign of infection (fever, chills, cough, throat pain, pain when urinating...). |
| A decrease in platelets will occur following your treatment. This decline will be important. 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. |
| You may experience a decrease in red blood cells following your treatment. This phenomenon is called anemia and is characterized 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. |

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|--|---|
| 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. |
| Methotrexate may affect your kidneys . | <ul style="list-style-type: none">› You will receive a lot of intravenous fluids. Drink plenty of water or fluid (10-12 glasses of 230ml or 8oz.) daily for the 48 to 72 hours following your treatment unless otherwise instructed by your doctor and urinate frequently.› Notify a member of your healthcare team if you urinate less than normally. |
| 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. |
| Methylprednisolone may cause an increase in appetite , nervousness and sleep disturbances . | <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. |
| 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. |
| Rare adverse effects that can be severe or serious to communicate quickly to your doctor | |
| Cytarabine may cause severe headaches , difficulty talking , loss of coordination of muscles, involuntary eye movements , drowsiness , confusion , hallucinations and convulsions . | <ul style="list-style-type: none">› Communicate immediately with a member of your health care team or go immediately to Emergency Room. |
| If you experience a cough and/or persistent fever with sudden difficulty breathing . | <ul style="list-style-type: none">› Consult immediately a member of your healthcare team or go to the Emergency Room. |

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Special Considerations

- › Verify with a member of your oncology team before taking any medication. Some antibiotics and anti-inflammatory drugs such as ibuprofen (Advil[®], Motrin[®]), naproxen (Aleve[®]) can modify the effect of your treatment and increase side effects.
- › It is very important to drink plenty of fluid, especially during the first days of treatment. Furthermore, you will receive a lot of intravenous fluids and a medication, allopurinol, could be prescribed to decrease the risks of experiencing problems associated with the rapid destruction of abnormal cells.

Pharmacist: _____

Phone: _____

From ____ h to ____ h (Monday to Friday)