

### 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 FLOT

**Date:** *September 2018*

**Revision date:**

Medication	Administration
Docetaxel	Intravenous infusion over 1 hour.
Oxaliplatin	Intravenous infusion over 2 hours.
Folinic Acid	Intravenous infusion over 2 hours (at the same time as the oxaliplatin infusion).
Fluorouracil	Intravenous infusion over 24 hours.
<i>Treatment repeated every 2 weeks for _____ cycles</i>	

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## General Information associated with your treatment

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- › These medications are used to prevent the multiplication of abnormal cells and destroy them.
- › A **blood test** will be done prior to every treatment cycle. Depending on the results and side effects of the previous treatment, the dose of the medications might be adjusted or the treatment might be delayed.
- › Your **appetite may diminish**. Eat more often, in smaller quantities.
- › Your **sense of taste may be altered**. Enhance foods with *finer 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.)
- › 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 <b>nausea</b> and vomiting may occur mainly on the same day and the day following your treatment.	<ul style="list-style-type: none"><li>› 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.</li><li>› Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.</li></ul>
Depending on the individual, a <b>partial or total hair loss</b> may occur. In general, this happens 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"><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 1 to 2 weeks 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>› 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>› 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>› In case of fever, do not take acetaminophen (Ex: Tylenol®, Atasol®) and anti-inflammatory medication (Ex : Motrin®, Advil®, Aleve®, ...).</li></ul>
<b>Fever</b> may occur a few hours after your treatment and should not persist for more than 24 hours. This fever might be a reaction to your treatment and not an infection.	<ul style="list-style-type: none"><li>› If these symptoms bother you, your doctor or pharmacist may recommend a pain killer such as acetaminophen (Ex: Tylenol®, Atasol®).</li><li>› Fever which occurs more than 24 hours after treatment may be the sign of an infection. Consult immediately a member of your healthcare team or go to Emergency Room.</li></ul>

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A decrease in <b>platelets</b> will occur about 1 to 2 weeks following your treatment. You may bruise or bleed more easily than you normally do.	<ul style="list-style-type: none"><li>› Use a tooth brush with soft bristles.</li><li>› Check with your pharmacist before taking medications with Aspirin®, Ibuprofen or other anti-inflammatory drugs.</li><li>› 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.</li></ul>
You may experience <b>allergic reactions</b> during your treatment with docetaxel such as cutaneous eruptions, redness, itchiness, swelling or shortness of breath. These reactions are more frequent during the first few minutes of the infusion and more common during the first 2 infusions.	<ul style="list-style-type: none"><li>› Dexamethasone will be prescribed to prevent this reaction. Some other drugs may be prescribed, if necessary.</li><li>› Notify the nurse immediately if you have difficulty breathing or if you experience swelling of the tongue or throat during treatment.</li></ul>
You may experience <b>numbness or tingling of the hands and feet</b> . This phenomenon may start a few hours after the injection of oxaliplatin and persist for a few days afterwards. It may be triggered or aggravated by the cold and you may also experience a <b>painful sensation</b> when exposed to cold (liquids, food, air conditioned).	<ul style="list-style-type: none"><li>› Avoid exposing your hands or feet to the cold for a few days following your treatment.</li><li>› Wear gloves and socks to protect you from the cold for a few days following the treatment.</li><li>› Wear a scarf around your neck to protect against the cold if necessary.</li><li>› Avoid drinking and eating cold foods for a few days following the treatment.</li><li>› If symptoms persist between treatments, speak to a member of your healthcare team at the time of your next treatment.</li></ul>
During or immediately following your treatment with oxaliplatin, you may experience <b>the sensation of having difficulty swallowing or breathing</b> . This phenomenon is rare and disappears within a few hours after the start of the symptoms.	<ul style="list-style-type: none"><li>› Immediately notify your nurse if you experience this malaise during the administration of your medication.</li></ul>

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You may experience <b>fatigue</b> 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.
You may sometimes experience <b>diarrhea</b> after the treatment.	› 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. › If you have with diarrhea with fever, contact immediately a member of your health care team or go to Emergency Room.
You may experience <b>muscle and bone pain</b> that may occur a few days following your treatment. These symptoms usually last for 4 to 7 days.	› If this occurs, speak to a member of your healthcare team who will recommend analgesics.
<b>Ulcers in the mouth and the throat</b> may appear a few days following the start of your treatment. These ulcers can also appear in the throat.	› 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 <b>without alcohol</b> 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.
Gradual <b>fluid retention</b> may occur with consecutive treatments and may present itself by swelling of the feet and hands, shortness of breath or rapid weight gain.	› Dexamethasone will be prescribed to prevent this reaction. › Notify your doctor if you are gaining weight rapidly, if you experience some swelling or if you are easily short of breath.
<b>Nails changes</b> may occur.	› At your next visit, notify a member of your healthcare team if nails changes occur.

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A <b>skin rash</b> , usually mild, may occur following your treatment. This is a usually mild reaction that generally involves the feet and hands, and sometimes the arms, face and chest. This reaction might be associated with itchiness.	› Use non perfumed creams if needed.
Your skin may become more <b>sensitive to the sun</b> .	› Avoid sun exposure. › Wear a hat. › Use a broad-spectrum sunscreen (SPF of 30 or more).
Your <b>skin</b> may become <b>dryer</b> . <b>Redness</b> and <b>itchiness</b> may develop.	› If despite all these measures, skin reactions appear, consult a member of your healthcare team who will recommend appropriate measures.
Your <b>eyes</b> may become <b>excessively teary</b> , itchy and may or may not develop redness.	› Contact a member of your healthcare team who can recommend appropriate treatment.
<b>Pain, irritation, swelling or a burning sensation</b> at the injection site may occur during treatment.	› Immediately advise your nurse if you experience this malaise during infusion.
<b>Rare adverse effects that can be severe or serious to communicate quickly to your doctor</b>	
If you have <b>severe</b> nausea, vomiting, diarrhea, ulcers or pain in the mouth <b>during the first days after the start of your treatment</b> .	› Immediately consult your doctor or go to the Emergency Room.
You may experience <b>cough</b> or <b>feeling out of breath</b> .	› Immediately consult your doctor or go to the Emergency Room.
If you experience <b>palpitations</b> of the heart, <b>chest pain</b> and/or sudden <b>shortness of breath</b> .	› Immediately go to the Emergency Room.

### Special Consideration

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

Pharmacist: \_\_\_\_\_

Phone: \_\_\_\_\_

from \_\_\_\_ h to \_\_\_\_ h (Monday to Friday)