

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 DHAP

Date: *October 2018*

Revision:

Medication	Administration
Dexamethasone	10 tablets of 4 mg (40 mg) to be taken once a day in the morning with food, on days 1 through 4. OR Intravenous infusion once a day, on days 1 through 4.
Cisplatin	Intravenous infusion over 24 hours on day 1.
Cytarabine	Intravenous infusion over 3 hours every 12 hours, on day 2 (total of 2 doses).
Filgrastim	Subcutaneous injection once daily or _____ starting on day _____.
<i>Cycle repeated every 3 weeks</i>	

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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 *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 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

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Severe nausea and vomiting may occur and persist up to 5 days following your treatment.	<ul style="list-style-type: none">› You will be prescribed medication to prevent nausea to be taken prior to treatment. In addition, you will have to take medication as needed.› Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.
Usually, 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 about 1 to 2 weeks following treatment. You may be at higher risk of infections during this period.	<ul style="list-style-type: none">› Wash your hands often.› 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 (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®..).› Injections of a medication will be prescribed for a few days following your treatment to help the production of your white blood cells.
A decrease in platelets will occur about 1 to 2 weeks following treatment. 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.

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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 the 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.
Cisplatin may affect your kidneys .	<ul style="list-style-type: none"> › 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.
Dexamethasone tablets may cause heartburn, increased appetite, nervousness and sleep disturbances .	<ul style="list-style-type: none"> › If you are taking the pills, to minimize these side effects, take the tablets with food in the morning. › Notify a member of your healthcare team if these symptoms occur and affect your daily activities. Some measures can be recommended.
Ulcers in the mouth and the throat may appear a few 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.
Leg weakness, numbness or tingling of hand and feet may occur. These symptoms usually increase with the number of treatments given.	<ul style="list-style-type: none"> › If you experience these symptoms, speak to a member of your healthcare team at your next visit.
Cisplatin may cause ringing in your ears and rarely hearing loss .	<ul style="list-style-type: none"> › Notify a member of your healthcare team at your next visit.

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You may experience bone pain that may occur during your treatment with filgrastim.	<ul style="list-style-type: none">› You could be prescribed analgesics to control this pain.› If this occurs or if the pain is not relieved, consult a member of your healthcare team for advice.
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 eyes drops.› If you notice one or any of these effects, inform a member of your healthcare team.
Rare adverse effects that can be severe or serious to communicate quickly to your doctor	
You may experience cough , shortness of breath or feeling out of breath .	<ul style="list-style-type: none">› Consult immediately a member of your healthcare team or go to the Emergency Room.
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.

Special Considerations

- › It is very important to drink plenty of fluids, especially during the first cycle. Furthermore, a medication (allopurinol), could be prescribed to decrease the risks of experiencing problems associated with the rapid destruction of abnormal cells.
- › You must avoid consuming **grapefruit**, Seville orange, starfruit, pomelo, pomegranate or foods containing them because of an interaction that could increase the side effects of your treatment.
- › If you take dexamethasone tablets, take them as prescribed, preferably in the morning during your meal. If you forget a dose, you may take it as soon as you remember but do not double your next dose. Try, however, to take your pills in a regular, routine manner.

Pharmacist: _____ Phone: _____

From ____ h to ____ h (Monday to Friday)