

### 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 TIP (Paclitaxel-ifosfamide-cisplatin)

**Date:** April 2019

**Revision date:**

Medication	Administration
Paclitaxel	Continuous intravenous infusion over 24 hours starting on day 1.
Ifosfamide	Intravenous infusion over 2 hours, once daily on days 2 to 6.
Mesna	Intravenous infusion over 15 minutes before ifosfamide, then :  Intravenous infusion or orally 4 and 8 hours after the start of ifosfamide.  On days 2 to 6.
Cisplatin	Intravenous infusion over about 1 hour, once daily on days 2 to 6.
Filgrastim	Subcutaneous injection once daily for 10 days starting on day 7.
<i>Cycle repeated every 3 weeks for a total of 4 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 regularly during treatment. 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.
- › 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 *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 treatments. However, a decrease in your sexual drive may occur during this period. This may also be influenced by different factors (fatigue, stress etc.)
- › 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
On day 1, <b>nausea</b> , usually light, may occur.	› You will be prescribed medication to prevent nausea to be taken prior to treatment. Following your treatment, you will take medication on a regular basis and others as needed for at least 3 days.
On days 2 to 6, <b>severe nausea</b> and vomiting may occur and persist up to 5 days following the last day of treatment.	› Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.
Usually, a <b>total hair loss</b> 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.	› Use gentle shampoo.
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.	› Wash your hands often. › During this period, avoid coming into contact with people who have contagious diseases. › A medication (filgrastim) given by injection will be prescribed to help the production of white blood cells (system that protects you against infections). › Contact a member of your healthcare team quickly 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®,...).

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A decrease in <b>platelets</b> 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"><li>› Use a tooth brush with soft bristles.</li><li>› Check with your pharmacist before taking medications with Aspirin<sup>®</sup>, 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 a decrease in <b>red blood cells</b> following your treatment. This is called <b>anemia</b> and is characterized by signs of fatigue, pale color, dizziness and shortness of breath.	<ul style="list-style-type: none"><li>› Keep active but respect signs of fatigue your body gives you; rest when you feel the need to.</li><li>› If you notice one or any of these effects, contact a member of your healthcare team.</li></ul>
You may experience <b>allergic reactions</b> associated with paclitaxel such as cutaneous eruptions, redness, itchiness, swelling, shortness of breath and chest, abdominal, back or pelvic pain. These reactions usually occur within the first 10 to 15 minutes of the infusion and are more common with the first few treatments.	<ul style="list-style-type: none"><li>› Medication to prevent allergic reactions will be prescribed prior to treatment.</li><li>› Notify the nurse immediately if these symptoms occur during treatment.</li></ul>

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Cisplatin may affect your <b>kidneys</b> .	› 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. Urinate frequently.
Ifosfamide may <b>irritate</b> your <b>bladder</b> .	› Urine test will be done prior to every dose of ifosfamide. › You will be prescribed <b>mesna</b> , a medication, to prevent the effect of ifosfamide on your bladder. › <b>Mesna</b> may be given intravenously or by mouth. When given by mouth, it may be taken with or without food. It is best to mix it with juice such as grape juice or cranberry juice or another drink such as cola (Coke®, Pepsi®,...). Once mixed, mesna must be taken immediately and completely. › <u>If you receive this treatment in outpatient clinic</u> : If vomiting occurs within 2 hours after taking mesna, immediately communicate with a member of your healthcare team or go to the Emergency Room. › Notify a member of your healthcare team if you urinate less than normally, if you have difficulty urinating, pain while you urinate, and/or blood in your urine.
You may experience <b>muscle and bone pain</b> that may occur a few days following your treatment with paclitaxel. These symptoms usually last for 4 to 7 days.	› If this occurs, speak to a member of your healthcare team who will recommend analgesics.
You may experience <b>bone pain</b> that may occur during your treatment with filgrastim.	
Cisplatin may cause <b>ringing</b> in your ears and rarely <b>hearing loss</b> .	› If you experience these symptoms, notify a member of your healthcare team at your next visit.

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Adverse effects	Management
<b>Leg weakness, numbness or tingling</b> of hand and feet may occur. These symptoms usually increase with the number of treatments given.	› If you experience these symptoms, speak to a member of your healthcare team at your next visit.
<b>Pain, irritation, swelling or a burning sensation</b> at the injection site may occur during paclitaxel infusion.	› 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>	
Ifosfamide may cause <b>vertigo, drowsiness, severe headaches, difficulty talking, loss of coordination of muscles, involuntary eye movements, confusion, hallucinations and convulsions.</b>	› Communicate immediately with a member of your health care team or go immediately to Emergency Room.

### Special consideration

- › 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.

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

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

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