

### 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 Paclitaxel - Carboplatin - radiotherapy

**Date:** *October 2019*

**Revision date:**

Medication	Administration
Paclitaxel	Intravenous infusion over 1 hour.
Carboplatin	Intravenous infusion over 30 minutes.
<i>This treatment is associated with radiotherapy.</i>	
<i>Treatment repeated every week for the duration of radiotherapy (usually 6 weeks).</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 before each 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 canceled.
- › 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 herbs* 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.)
- › In **pre-menopausal female patients** chemotherapy may cause irregularities or cessation of the **menstrual cycle** during treatments. The menstrual cycle may restart or return to normal after the end of treatments. 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 treatments. Breast-feeding is contra-indicated during treatment.
- › For **male patients**, 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 **birth control method** 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 and vomiting</b> 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 and as needed 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>
A <b>partial or total hair loss</b> will gradually occur over several weeks (4 to 6 weeks). However, don't worry; your hair should grow back after treatments have ended.	<ul style="list-style-type: none"><li>› Use gentle shampoo.</li></ul>
A decrease in the <b>white blood cells</b> may occur during treatment. You may be at higher risk of infections.	<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>
A decrease in <b>platelets</b> may occur during 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>

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<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.
You may experience <b>allergic reactions</b> associated with paclitaxel during your treatment such as skin rash, 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.	› Medication to prevent allergic reactions will be prescribed prior to treatment. › Notify the nurse immediately if these symptoms occur during treatment.
You may experience <b>muscle and bone pain</b> that may occur a few days following your treatment. These symptoms usually last for 2 to 3 days.	› If this occurs, speak to a member of your healthcare team who will recommend analgesics.
<b>Pain, irritation, swelling or a burning sensation</b> at the injection site may occur during paclitaxel infusion.	› Immediately notify your nurse if you experience this reaction during infusion.
During radiotherapy, you may experience <b>local irritation of your digestive tract</b> (esophagus) that may cause stomach pain and heartburn. You may also experience <b>skin irritation</b> on your chest (redness, pain, burning).	› Consult a member of your radiotherapy healthcare team who will recommend appropriate measures to relieve your symptoms.

### Special considerations

- › After your treatment, it is recommended that you do not drive a vehicle or perform activities requiring attention, as you might feel sleepy or dizzy.
- › 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 paclitaxel.

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

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

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