

Temozolomide

Temodal®

Chemotherapy capsules

Understanding your treatment

What is chemotherapy?

Chemotherapy is a treatment against cancer that uses drugs to kill cancer cells. Chemotherapy can be used alone or in combination with other treatments such as radiotherapy.

How can chemotherapy help you?

Depending on your type of cancer and the stage of the disease, chemotherapy can be used to :

- **Destroy** cancer cells
- **Stop** the cancer from spreading
- **Slow** the growth of cancer cells

How will you feel while on chemotherapy?

Chemotherapy is used to kill abnormal cells in your body. It can also damage healthy cells that divide quickly. Side effects occur when healthy cells are damaged.

Not everyone has side effects and each person's experience may differ. Side effects and their severity are not representative of the treatment's effect or lack thereof.

This document presents the most frequent side effects that your treatment causes.

Medication

Temozolomide

Capsules to take by mouth

Administration

During radiotherapy

To be taken once daily 1 hour before radiotherapy and in the morning on days without radiotherapy.

Take on an empty stomach: 1 hour before a meal or 2 hours after.

Daily total dose:

- ___ 140 mg capsules with
- ___ 100 mg capsules with
- ___ 20 mg capsules with
- ___ 5 mg capsules with

Medication

Temozolomide

Capsules to take by mouth

Administration

To start 1 month after the end of radiotherapy

To be taken once daily at bedtime for 5 days.

Take on an empty stomach: 1 hour before a meal or 2 hours after.

Daily total dose:

____ 250 mg capsules with

____ 140 mg capsules with

____ 100 mg capsules with

____ 20 mg capsules with

____ 5 mg capsules with

Repeat the cycle every 4 weeks for 6 cycles.



A **blood test** will be done once a week during radiotherapy and thereafter, prior to every treatment cycle. Depending on the results and side effects of the previous treatment, the dose of the medication might be adjusted or the treatment might be delayed.

How to take your medication ?

- Take your temozolomide capsules, as prescribed once a day. During radiotherapy days, take your capsules 1 hour before radiotherapy. After the end of radiotherapy, take your capsules at bedtime to reduce the risk of nausea. Take your temozolomide on an empty stomach with a large glass of water, 1 hour before a meal or 2 hours after.
- Capsules must be taken whole. Do not open the capsules.
- **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 at the same time every day and in the same way (on an empty stomach).

Storing and handling your medicines



- Wash your hands immediately after handling your capsules.
- Keep your capsules at room temperature, out of the reach of children and pets as well as protected from light, heat or moisture. Do not keep medicines in the bathroom.
- Don't throw away unused medication at home. Bring it back to your pharmacy to be destroyed safely. You may dispose of the empty containers in your home garbage can.
- If it inadvertently comes in contact with the surrounding surface, wash and rub the surface with water and soap.
- Caregivers should wear disposable gloves if they prepare medication for you. You can find disposable gloves at your local community pharmacy.
- Keep your medications in their original container and do not mix them with other drugs.

How can this treatment affect your daily life ?

Appetite

- Your **appetite may diminish**. Eat more often, in smaller quantities.
- Your **sense of taste may be altered**. Enhance foods with *fines herbes* or lemon juice. Eating fruits and unsweetened candies, chewing non-sugared gums, etc., may mask the metallic taste.
- **Alcohol** in small quantities is allowed and will not affect the efficacy of the treatments.

Sex life and birth control

- 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.).
- It's safe to kiss, to touch, to hold hands, to sleep in the same bed and to cuddle.
- For **male patients**, the production of spermatozooids may be reduced or completely

absent during treatments. 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 and a pregnancy remains possible.

- The treatment may affect the sperm and it may be harmful to the embryo :
 - If you have sex with a woman of child-bearing age, a birth control method is strongly recommended during treatments and up to 6 months after the end of the treatment.
 - Notify your doctor immediately if you had unprotected sex and your partner is pregnant.
- In **pre-menopausal female patients** chemotherapy may cause the **menstrual cycle** to be irregular or stop completely 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 treatments and up to 6 months after the end of treatment.
- Breast-feeding is not recommended during treatment.

Tips and precautions



- **Sit down to urinate and fold down the toilet lid**
Women as well as men should sit down to urinate and fold down the toilet lid before flushing in order to avoid splashing. Flush twice to make sure everything has been flushed away. Follow these precautions during your treatments and up to 48 hours after (or according to instructions from your cancer center).
- **Bodily fluids**
The treatment you're receiving stays in your body for a few days. During that period, it's possible that a certain quantity is found in some bodily fluids or secretions that you produce, such as urine, stools, vomit, sperm and vaginal discharge. In order to protect the environment and those living with you, follow the instructions given by your cancer center about the right way to handle and dispose of the bodily fluids.



- **Over the counter medicines, natural health products and vaccines**
Consult your healthcare team :
 - if you intend to take any other medication (with or without a prescription) or natural health products.
 - if you need to receive a vaccine.This could decrease your treatment's efficacy or increase its side effects.
- **Always have on hand the complete list of your medications**
Be sure to always have on hand the complete list of your medications, dietary supplements, vitamins and other natural health products. Give it to you doctor and your pharmacist. It is important to make them aware of any change.



What are the side effects of your treatment?

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.

ADVERSE EFFECTS

MANAGEMENT

Fatigue

Significant fatigue and weakness may occur during your treatments. This is usually 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.

Nausea

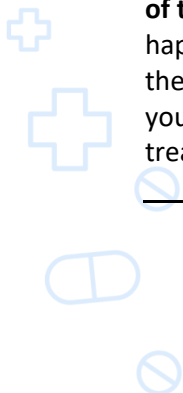
Significant **nausea** and vomiting may occur while you are taking temozolomide.

- You will be prescribed medication to prevent nausea to be taken prior to temozolomide.
- You will be prescribed medication to be taken as needed if you have nausea.
- Take temozolomide on an empty stomach 1 hour before a meal or 2 hours after with a glass of water. This could help reducing nausea.
- ✓ **Continue your treatment if:** you have light nausea that does not prevent you entirely from eating. Make sure to continue your medication prescribed for your nausea.
- ⚠ **Continue your treatment and call your healthcare team as soon as possible if:** you have significant nausea, experience vomiting that is partially preventing you from eating. Make sure to continue your medication prescribed for your nausea.
- ✗ **Stop your treatment and call your healthcare team as quickly as possible or go to the Emergency Room if:** you have severe nausea or repeated vomiting that prevents you completely from eating.

Hair loss

Depending on the individual, **thinning of the hair** may occur. In general, this happens 2 to 3 weeks after the start of the treatment. However, don't worry; your hair will grow back after treatments have ended.

- Use gentle shampoo.
- In order to slow hair loss, avoid brushing hair vigorously.
- Avoid hair spray, dyes and perms.



ADVERSE EFFECTS

MANAGEMENT

Headaches

You may experience **headaches**.

- If this happens and is bothering you, talk to a member of your healthcare team who will recommend a medication for pain.

Constipation

You may experience **constipation**.

- Exercise if possible.
- Drink lots of fluids (at least 8 glass a day unless otherwise instructed by your doctor).
- Eat foods that are rich in fibre (cereals, fruits and vegetables).
- Communicate with a member of your healthcare team who, if necessary, will recommend the appropriate laxatives.

Decrease in white blood cells

A decrease in the **white blood cells** might occur about 3 to 4 weeks following the beginning of your 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.
- Contact a member of your healthcare team quickly if you notice any signs of infection (chills, cough, sore throat, pain while urinating, etc.).
- If you have a fever, do not take acetaminophen (Ex: Tylenol®, Atasol®) and anti-inflammatory medication (Ex : Motrin®, Advil®, Aleve®, etc.).
- You could be prescribed an antibiotic to decrease the risk of developing an infection.

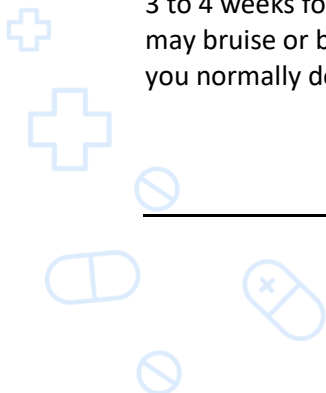
⊖ Stop temozolomide and go the Emergency Room if :

- you have a fever of 38,3°C (101°F) or above
or
- you have fever of 38°C (100,4°F) twice an hour apart.

Decrease in platelets

A decrease in platelets may occur about 3 to 4 weeks following treatment. You may bruise or bleed more easily than you normally do.

- Use a tooth brush with soft bristles.
- Consult your pharmacist before taking over the counter medications containing Aspirin® or other anti-inflammatory medication (e.g. Advil®, Motrin®, Aleve®, etc.).
- 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.



PHARMACIST : _____

PHONE : _____

FROM ____ H____ TO ____ H____ (MONDAY TO FRIDAY)

This fact sheet has been prepared by a sub-committee of the Comité national de l'évolution de la pratique des soins pharmaceutiques of the Programme québécois de cancérologie of the Ministry of Health and Social Services in consultation with the Comité de l'évolution de la pratique en oncologie of the Institut national d'excellence en santé et en services sociaux.




DEVELOPED JANUARY 2006 | REVISED OCTOBER 2019







Treatment Diary | Temozolomide with radiotherapy (page 1 of 2)

CYCLE START DATE :

LEGEND

-  Continue your treatment.
-  Continue your treatment and contact your healthcare team as soon as possible.
-  Stop your treatment and contact your healthcare team without delay or go to the Emergency Room.

Refer to the information sheet for more details.

		TREATMENT																				
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
(Record the number of capsules taken)	140 mg																					
	100 mg																					
	20 mg																					
	5 mg																					
Date (dd-mm)																						
NAUSEA AND VOMITING		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
	Light nausea that does not prevent you entirely from eating.																					
	Significant nausea or if you experience vomiting that is partially preventing you from eating.																					
	Severe nausea or repeated vomiting that prevents you completely from eating.																					
DECREASE IN WHITE BLOOD CELLS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
	You have a fever of 38,3°C (101°F) or above or you have a fever of 38°C (100,4°F) twice an hour apart with or without symptoms of infection.																					

CONTINUE NEXT PAGE

TREATMENT

(Record the number of capsules taken)

140 mg

100 mg

20 mg

5 mg

Date (dd-mm)

22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42

NAUSEA AND VOMITING

22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42



Light nausea that does not prevent you entirely from eating.



Significant nausea or if you experience vomiting that is partially preventing you from eating.



Severe nausea or repeated vomiting that prevents you completely from eating.

DECREASE IN WHITE BLOOD CELLS

22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42






You have a fever of 38,3°C (101°F) or above or you have a fever of 38°C (100,4°F) twice an hour apart with or without symptoms of infection.





Treatment Diary | Temozolomide after radiotherapy

CYCLE START DATE :

LEGEND

-  Continue your treatment.
-  Continue your treatment and contact your healthcare team as soon as possible.
-  Stop your treatment and contact your healthcare team without delay or go to the Emergency Room.

Refer to the information sheet for more details.

		TREATMENT					REST																						
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
(Record the number of capsules taken)	250 mg																												
	140 mg																												
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	Light nausea that does not prevent you entirely from eating.																												
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DECREASE IN WHITE BLOOD CELLS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	You have a fever of 38,3°C (101°F) or above or you have a fever of 38°C (100,4°F) twice an hour apart with or without symptoms of infection.																												