

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 Patients

Protocol: Cisplatin (ORL)
Concomitant Radiotherapy

Comité des pharmaciens, CEPO

Date: Juillet 2007

Revision date:

MEDICATION	ADMINISTRATION
Cisplatin	Intravenous infusion over 60 to 120 minutes, according to the dose
<i>Repeat the cycle every 3 weeks, on day 1, 22 and 43 of the treatment of radiotherapy</i>	

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General Information associated with your treatment:

- ❑ These medications are used to prevent 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 medication 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.
- ❑ During the complete duration of your treatment, **a good alimentation is essential**. A nutritionist or a member of your healthcare team will inform and guide you on the necessary changes to your usual diet.
- ❑ 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.)
- ❑ For **male patients**, the sperm count may be affected. In fact, the production of spermatozoids may be reduced or completely absent during treatments. This reduction of **fertility** does not prevent erection or sexual activity. In certain patients, this reduction of fertility may be permanent, may ameliorate or return to normal after the treatments have stopped.
- ❑ For the **pre-menopausal female patients**, chemotherapy may cause irregularities or cessation of the menstrual cycle during treatments. The menstrual cycle, after stopping chemotherapy, may restart or return to normal. The menstrual cycle may also stop permanently. However, a pregnancy may be possible and a method of **contraception** is strongly recommended during treatments. Chemotherapy administered during pregnancy may harm the embryo. Breast-feeding is contra-indicated during chemotherapy.
- ❑ Consult your doctor or pharmacist before you take other medications (even over the counter medications available without a prescription) or natural products. These may provoke an interaction with your treatment and diminish its efficacy.

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Side Effects and Management

<i>SIDE EFFECTS</i>	<i>MANAGEMENT</i>
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. At home, you will take medication on a regular basis and as needed for at least 2 days following your treatment.• Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.
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.	<ul style="list-style-type: none">• Use gentle shampoo• Avoid brushing hair vigorously• Avoid hair spray, dyes and perms
A decrease in the white blood cells will occur about <u>1 to 2 weeks</u> following treatment and may persist for about 10 days. You may be at higher risk to contract infections during this period.	<ul style="list-style-type: none">• Wash your hands often• During this period, avoid coming in contact with people who have contagious diseases.• Contact a member of your healthcare team quickly if you notice any signs of infection (fever, chills, cough, sore throat, pain while you urinate...)• Consult your doctor or go immediately to the Emergency Department if you have a fever of _____°C or _____°F)

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SIDE EFFECTS	MANAGEMENT
A decrease in platelets may occur about <u>1 to 2 weeks</u> following treatment and may persist up to 10 days. 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
Ulcers in the mouth and the throat may appear approximately 7 to 10 days following the start of your treatment. This problem will be increased by the radiotherapy. You could experience difficulty swallowing and eating. In certain cases, nutritional support (feeding tube) might be necessary during your treatment.	<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 many times a day – after every meal and at bedtime. Do not drink or eat for one hour after you gargle. • Avoid commercial mouthwash containing alcohol. Amosan and Oral-B without alcohol may be used. • If you notice ulcers, redness or painful areas in your mouth, 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 (230ml-8oz.) daily for the 48 to 72 hours following your treatment. (Unless your doctor tells you not to do it) • Notify your doctor if you urinate less than normally.
Cisplatin may cause ringing in your ears and rarely hearing loss .	<ul style="list-style-type: none"> • Notify your doctor at your next visit
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 these side effects impair your normal daily activities, speak to a member of your healthcare team at your next visit.

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Your skin may become drier . Redness and itchiness may develop.	<ul style="list-style-type: none">• Use a moisturizing cream as needed.
Your skin may become more sensitive to the sun .	<ul style="list-style-type: none">• Avoid exposure to the sun• Use sun screen SPF 30 or higher• Wear a hat

Pharmacist: _____

Phone: _____

From ____ h to ____ h (Monday to Friday)