

Anastrozole

Other name: *Armidedx, Anabrez*

Anastrozole is a drug that is used to treat breast cancer.

- It only works in women who are post-menopausal and producing estrogen outside the ovaries
- Many cancers are hormone sensitive (estrogen or progesterone receptor positive) and their growth can be affected by lowering estrogen levels in the body
- Anastrozole is used to help reduce the amount of estrogen produced by your body and decrease the growth of hormone sensitive tumours. Anastrozole is a tablet that you take by mouth

It is important to take anastrozole exactly as directed by your doctor. Make sure you understand the instructions. Anastrozole may be taken with food or on an empty stomach with a glass of water or juice.

If you miss a dose of anastrozole, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.

Store anastrozole tablets out of the reach of children, at room temperature, away from heat, light and moisture.

Anastrozole is usually well tolerated and serious side effects are rare.

Side effects and tips to help manage the side effects are listed in the following table in the order in which they may occur.

Side Effects	Management
<p>Nausea (upset stomach) may occur when you first start taking anastrozole. This usually improves as your body adjusts to anastrozole. Most people have little or no nausea.</p>	<p>If nausea is a problem:</p> <ul style="list-style-type: none"> ● Take your anastrozole after eating
<p>Hot flashes (sudden sweating and feelings of warmth) can sometimes occur when you first start taking anastrozole. This usually improves as your body adjusts to anastrozole.</p>	<p>If hot flashes are troublesome:</p> <ul style="list-style-type: none"> ● Take your anastrozole at bedtime ● If night sweats interfere with sleep, try taking anastrozole in the morning ● Some people find it helpful by avoiding alcohol, spicy food, caffeine intake (coffee, tea, colas, chocolate) ● Follow a regular exercise program ● Try staying in a cool environment ● Wear layers so that if you do experience a hot flash, the outer layers may be removed

Muscle or joint pain may occur a few days after your treatment.	You may take paracetamol or ibuprofen for mild to moderate pain. Tell your doctor if the pain interferes with your activity.
Headache may occur.	You may take a paracetamol or ibuprofen to decrease or stop headache.
Swelling of hands, feet or lower legs may occur if your body retains extra fluid.	If swelling is a problem: <ul style="list-style-type: none"> • Elevate your feet when sitting • Avoid tight clothing • Tell your doctor if this continues to bother you
Hair loss is rare with anastrozole. Your hair will grow back once you stop treatment with anastrozole. Colour and texture may change.	Use a gentle shampoo and soft brush. <ul style="list-style-type: none"> • Care should be taken with use of hair spray, bleaches, dyes and perms
Bone loss (osteoporosis) may occur over time.	
Increase in cholesterol or triglycerides may occur	Discuss this with your doctor if you have: <ul style="list-style-type: none"> • A history of heart disease • High blood pressure • Elevated triglycerides You may need to have your cholesterol level checked a few months after starting anastrozole.

STOP TAKING ANASTROZOLE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

Signs of a blood clot such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain or shortness of breath.

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting, constipation or diarrhea
- Hot flashes that are troublesome
- Vaginal bleeding, discomfort or discharge
- Excessive swelling of hands, feet or lower legs
- Headache not controlled with acetaminophen
- Skin rash
- Depression
- Significant weight gain
- Significant persisting aches and pains

Report additional problems to your doctor:.....

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Bleomycin

Other name: *Bleochem, Bleomycin*

Bleomycin is a drug that is used to treat many kinds of cancer. It is a clear liquid that is usually injected into a vein.

Before Chemotherapy

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

Oxygen may increase the risk of lung problems during and after treatment with bleomycin. Lung problems can occur months or years after treatment. Avoid activities which use increased oxygen pressure, such as scuba diving, for the rest of your life.

Side effects and tips to help manage the side effects are listed in the following table in the order in which they may occur.

Side Effects	Management
<p>Allergic reactions may rarely occur. Signs of an allergic reaction are dizziness, confusion and wheezing.</p> <p>This can occur immediately or several hours after receiving bleomycin and usually only with the first or second dose.</p>	<p>Tell your nurse if this happens while you are receiving bleomycin or contact your oncologist immediately if this happens after you leave the clinic.</p>
<p>Nausea and vomiting may occur after your treatment.</p>	<p>You may be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts
<p>Skin rashes may occur.</p>	<p>To help itching:</p> <ul style="list-style-type: none"> • You can use calamine lotion • If very irritating, call your doctor during office hours • Otherwise make sure to mention it at your next visit

<p>Fever and chills may occur shortly after treatment with bleomycin. Fever should last no longer than 24 hours.</p>	<ul style="list-style-type: none"> • Take paracetamol every 3-4 hours. • Fever which occurs more than a few days after treatment may be the sign of an infection. See details below.
<p>Loss of appetite and weight loss are common and may persist long after discontinuation of bleomycin</p>	<p>Try High Energy High Protein diet. Your nutritionist will help you on this.</p>
<p>Sore mouth may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. Mouth sores or bleeding gums can lead to an infection.</p>	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste • Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day • Try soft, bland foods like puddings, milkshakes and cream soups • Avoid spicy, crunchy or acidic food and very hot or cold foods • Try easy to chew, easy to swallow foods. Your nutritionist will help you on this.
<p>Hair loss or hair thinning sometimes occurs with bleomycin. Your hair will grow back once you stop treatment with bleomycin. Colour and texture may change.</p>	<p>Use a gentle shampoo and soft brush.</p>
<p>Your skin may darken in some areas such as your hands, elbows and knees.</p>	<p>This will slowly return to normal once you stop treatment with bleomycin.</p>

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer); chills; cough; pain or burning when you pass urine.

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE

- Signs of lung problems such as shortness of breath, wheezing or coughing
- Severe skin reaction
- Signs of heart problems such as shortness of breath or difficulty breathing, swelling of feet or lower legs
- Signs of liver problems such as yellow eyes or skin, white or clay-coloured stools
- Signs of kidney problems such as lower back or side pain, swelling of feet or lower legs

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting.

Cetuximab

Other name: *Erbix*

Cetuximab is a drug that is used to treat some types of cancer. It is a monoclonal antibody, a type of protein designed to target and interfere with the growth of cancer cells. It is a clear liquid that is injected into a vein.

Before Chemotherapy

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects

Side effects and tips to help manage the side effects are listed in the following table in the order in which they may occur.

Side Effects	Management
Chills, fever, and swelling commonly occur during the first cetuximab infusion. You may also experience shivering, problems breathing, dizziness, headache, or hoarseness. Reactions are less common with later treatments.	<p>Tell your nurse or doctor immediately if you have a reaction during your treatment. Your cetuximab may be temporarily stopped and then given more slowly.</p> <ul style="list-style-type: none"> You may be given other drugs to treat the reaction.
Pain or tenderness may occur where the needle was placed.	Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
Nausea and vomiting may occur after your treatment.	<ul style="list-style-type: none"> You may be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely Drink plenty of fluids Eat and drink often in small amounts
Skin reactions such as acne, rash, dryness or itchiness commonly occur.	<ul style="list-style-type: none"> Avoid direct sunlight and tanning salons during treatment and for 2 months following treatment Wear a hat, long sleeves, and long pants outside on sunny days Wear a sunscreen that blocks both UVA and UVB and has a sun protection factor (SPF) of at least 30. Apply liberally, 30 minutes before

	<p>exposure. Re-apply every 2 hours and after swimming</p> <ul style="list-style-type: none"> • If skin reaction persists or get worse, call your doctor. Otherwise, be sure to mention it at your next visit
Diarrhea may sometimes occur.	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> • Drink plenty of fluids • Eat and drink often in small amounts
Constipation may sometimes occur.	<ul style="list-style-type: none"> • Exercise if you can • Drink plenty of fluids
Increased bone pain may sometimes occur.	You may take paracetamol every 4-6 hours to a maximum of 4 g (4000 mg) per day for mild to moderate pain. Tell your doctor if the pain interferes with your activity.
Swelling of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.	<p>If swelling is a problem:</p> <ul style="list-style-type: none"> • Elevate your feet when sitting • Avoid tight clothing
You may have trouble sleeping.	<p>Talk to your doctor if you continue to have trouble sleeping.</p> <ul style="list-style-type: none"> • This will return to normal when you stop taking cetuximab
Loss of appetite and weight loss are common.	
Tiredness and lack of energy may occur.	Do not drive a car or operate machinery if you are feeling tired.
Hair loss is rare with cetuximab. If you lose hair, it will grow back once you stop treatment with cetuximab. Colour and texture may change.	

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an allergic reaction soon after a treatment including fever, dizziness, fast heart beat, face swelling, chills or breathing problems
- Signs of heart or lung problems such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of feet or lower legs, or fainting
- Seizures or loss of consciousness
- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores

Bortezomib

Other name: *Velcade, Borviz, Myezom*

Bortezomib is a drug that is used to treat many types of cancer. It is a clear liquid that is injected into a vein.

Before Chemotherapy

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

Your doctor may tell you to drink plenty of liquids e.g., 8-12 cups (2000-3000 mL or 70-100 oz) a day. This helps prevent dehydration.

Green tea and preparations made from green tea should be avoided throughout the entire time of treatment. These have been found to severely decrease the effectiveness of bortezomib, and might make it have no effect at all.

Side effects and tips to help manage the side effects are listed in the following table in the order in which they may occur.

Side Effects	Management
Pain or tenderness may occur where the needle was placed.	Apply cool compresses or soak in cool for 15-20 minutes several times a day.
Nausea and vomiting may occur after your treatment and may last for 24 hours. Most people have little or no nausea.	You may be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely. <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts
Diarrhea may occur.	Diarrhea must be treated immediately with loperamide 2 mg tablets: <ul style="list-style-type: none"> • Take ONE tablet at the first sign of loose or more frequent stools than usual • Then take ONE tablet every TWO hours until diarrhea has stopped for 12 hours • At night, you may take ONE tablet every FOUR hours (set your alarm) during the time you usually sleep • Always keep a supply of loperamide (e.g., have 48 tablets on hand). You can buy

	<p>loperamide at any pharmacy without a prescription.</p> <p>To help diarrhea:</p> <ul style="list-style-type: none">• Drink plenty of liquids• Eat and drink often in small amounts• Avoid high fiber foods• A dietitian can give you more suggestions for dealing with diarrhea <p>If diarrhea does not improve 24 hours after starting loperamide or lasts more than 36 hours, call your doctor.</p>
<p>Skin rashes and itching may occur.</p>	<p>To help itching:</p> <ul style="list-style-type: none">• You can use calamine lotion• If very irritating, call your doctor during office hours• Otherwise make sure to mention it at your next visit
<p>Your white blood cells may decrease during or after your treatment. They usually return to normal after your last treatment. White blood cells protect your body by fighting bacteria that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none">• Wash your hands often and always after using the bathroom• Avoid crowds and people who are sick
<p>Your platelets may decrease 7-14 days after your first treatment. They usually return to normal after your last treatment. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none">• Try not to bruise, cut, or burn yourself• Clean your nose by blowing gently. Do not pick your nose• Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene <p>Some medications such as ASA (e.g., ASPIRIN) or ibuprofen may increase your risk of bleeding.</p> <ul style="list-style-type: none">• Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart)• For minor pain, try paracetamol first, but occasional use of ibuprofen may be acceptable.

Constipation may occur.	<p>To help constipation:</p> <ul style="list-style-type: none"> • Exercise if you can • Drink plenty of fluids (8 cups a day)
Fever may occur shortly after treatment with bortezomib. Fever should last no longer than 24 hours.	<ul style="list-style-type: none"> • Take paracetamol every 4-6 hours, to a maximum of 4 g (4000 mg) per day • Fever which occurs more than a few days after treatment may be the sign of infections.
Minor bleeding, such as nosebleeds, may occur.	<p>Sit up straight and tip your head slightly forward. Tilting your head back may cause blood to run down your throat.</p> <ul style="list-style-type: none"> • Pinch your nostrils shut between your thumb and forefinger or apply firm pressure against the bleeding nostril for 10 full minutes • After 10 minutes, check to see if your nose is still bleeding. If it is, hold it for 10 more minutes • Stay quiet for a few hours and do not blow your nose for at least 12 hours after the bleeding has stopped • Get emergency help if a nosebleed lasts longer than 20 minutes
Headache, bone pain and/or muscle pain may occur.	Take paracetamol every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day
Swelling of hands, feet, or lower legs may occur if your body retains extra fluid.	<p>If swelling is a problem:</p> <ul style="list-style-type: none"> • Elevate your feet when sitting • Avoid tight clothing
You may have trouble sleeping.	<ul style="list-style-type: none"> • Talk to your doctor if your trouble in sleeping continues to bother you • This will return to normal when you stop taking bortezomib
Loss of appetite and weight loss are common and may persist long after discontinuation of bortezomib.	
Taste alteration may occur.	
Numbness, tingling or pain may develop in your hands and feet. This may slowly return to normal once your treatments are over. This may take several months.	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot or cold • Tell your doctor at you next visit, especially if you have trouble with buttons, writing, picking up small objects, or pain

Cytarabine

Other name: *Cytosar, Arasid, Ara-C, Cytarine*

Cytarabine is a drug that is used to treat many types of cancer. It is a clear liquid that is injected into a vein, muscle, or under the skin.

Before Chemotherapy

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

Changes in Blood Counts

Cytarabine may cause temporary changes in your blood counts. Your doctor will be following these changes carefully by performing blood tests. Adjustment of your treatment may be needed in certain circumstances.

Blood Counts	Management
<p>Normal white blood cells protect your body by fighting bacteria that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom • Avoid crowds and people who are sick
<p>Normal platelets help your blood to clot normally after an injury (e.g., cut). When the platelet count is low, you may be more likely to bruise or bleed.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself • Clean your nose by blowing gently. Do not pick your nose • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily
	<p>Some medications such as ASA (e.g., ASPIRIN) or ibuprofen may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart), but do discuss this with your doctor • For minor pain, try paracetamol

Side effects and tips to help manage the side effects are listed in the following table in the order in which they may occur.

Side Effects	Management
Pain or tenderness may occur where the needle was placed.	Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
Nausea and vomiting may occur after your treatment and may last for 48 hours. Most people have little or no nausea. Nausea and vomiting are more common with higher doses.	You may be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely. <ul style="list-style-type: none"> • Drink plenty of fluids • Eat and drink often in small amounts
Fever may commonly occur shortly after treatment with cytarabine. Fever should last no longer than 24 hours.	<ul style="list-style-type: none"> • Take paracetamol every 4-6 hours, to a maximum of 4 g (4000 mg) per day • Fever which occurs more than a few days after treatment may be the sign of infections.
Sore mouth may sometimes occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. Mouth sores or bleeding gums can lead to an infection. Sore mouth is more common with higher doses.	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste • Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day
Confusion, memory loss, and/or abnormal speech or body movements may sometimes occur. These symptoms are more common with higher doses and usually go away without any treatment in 5-10 days.	Call your doctor during office hours to report these symptoms.
Loss of appetite may sometimes occur and may persist after discontinuation of cytarabine.	
Hair loss is rare with cytarabine. Hair loss is more common with higher doses. Your hair will grow back once you stop treatment with cytarabine. Colour and texture may change.	<ul style="list-style-type: none"> • Use a gentle shampoo and soft brush.

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; cough, severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine;

Leucovorin Injection

Other name: *Calcium folinate, Leucovorin Calcium, Folinic acid.*

Leucovorin is a drug that is used with anticancer drugs to treat some kinds of cancer. It is used to “rescue” normal cells (but not cancer cells) from the effects of an anti-cancer drug called methotrexate. This helps to prevent harmful side effects. Leucovorin is also used to increase the anti-cancer effects of a drug called fluorouracil. It is a clear liquid that is injected into a vein.

- Tell your doctor if you have ever had an unusual or allergic reaction to leucovorin before taking leucovorin
- Other drugs may interact with leucovorin. Tell your doctor if you are taking any other drugs as you may need extra blood tests or your dose may need to be changed. Check with your doctor or pharmacist before you start taking any new drugs

Side effects and tips to help manage the side effects are listed in the following table in the order in which they may occur.

Side Effects	Management
Pain or tenderness may occur where the needle was placed.	Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
Nausea does not occur with leucovorin.	
Hair loss does not occur with leucovorin.	

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an allergic reaction (rare) soon after a treatment including dizziness, fast heart beat, face swelling, or breathing problems

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Redness, swelling, pain, or sores where the needle was placed
- Skin rash or itching

Report additional problems to your doctor.....

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Dactinomycin

Other name: *Dacmozen, Actinomycin D*

Dactinomycin is a drug that is used to treat many types of cancer. It is a clear, gold-coloured liquid that is injected into a vein

Before Chemotherapy

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

Side effects and tips to help manage the side effects are listed in the following table in the order in which they may occur.

Side Effects	Management
Dactinomycin burns if it leaks under the skin.	Tell your nurse or doctor immediately if you feel burning, stinging, or any other change while the drug is being given.
Pain or tenderness may occur where the needle was placed.	Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
Nausea and vomiting may occur after your treatment and may last for 24 hours.	You will be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely. <ul style="list-style-type: none"> • Drink plenty of fluids • Eat and drink often in small amounts
Your white blood cells may decrease 7-14 days after your treatment. They usually return to normal 21-25 days after your last treatment. White blood cells protect your body by fighting bacteria that cause infection. When they are low, you are at greater risk of having an infection.	To help prevent infection: <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom. • Avoid crowds and people who are sick
Your platelets may decrease 7-14 days after your treatment. They usually return to normal 21-25 days after your last treatment. Platelets help to make your blood clot when you hurt yourself.	To help prevent bleeding problems: <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself • Clean your nose by blowing gently. Do not pick your nose

<p>You may bruise or bleed more easily than usual.</p>	<ul style="list-style-type: none"> • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene <p>Some medications such as ASA (e.g., ASPIRIN) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart) • For minor pain, try paracetamol first, to a maximum of 4 g (4000 mg) per day
<p>Sore mouth may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. Mouth sores or bleeding gums can lead to an infection.</p>	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste • Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day
<p>Tiredness and lack of energy may occur.</p>	<p>Do not drive a car or operate machinery if you are feeling tired.</p>
<p>Hair loss sometimes occurs with dactinomycin. Hair will grow back once you stop treatment with dactinomycin. Colour and texture may change.</p>	
<p>Your skin may sunburn more easily than usual.</p>	<p>After sun exposure, if you have a severe sunburn or skin reaction such as itching, rash, or swelling, contact your doctor.</p>
<p>A flu-like illness may occur shortly after your treatment. You may have fever, chills, headache, muscle aches, and joint aches. Flu-like symptoms usually disappear on their own.</p>	<ul style="list-style-type: none"> • Take paracetamol every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day • Fever (over 100°F or 38°C by an oral thermometer) which occurs more than a few days after treatment may be a sign of infections. Report this to your doctor immediately.

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores
- Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising
- Signs of an allergic reaction (rare) soon after a treatment including dizziness, fast heart beat, face swelling, or breathing problems

Pegylated Liposomal Doxorubicin

Other name: *Lipodox, Caelyx*

Pegylated liposomal doxorubicin (PLD) is a drug that is used to treat many types of cancers.

Side effects and tips to help manage the side effects are listed in the following table in the order in which they may occur.

Side Effects	Management
<p>Infusion reactions may rarely occur. Early signs of an infusion reaction are shortness of breath, dizziness and sweating.</p> <p>This can occur immediately after you begin to receive the drug and usually only with the first dose.</p>	<p>Tell your nurse or doctor immediately if you have a reaction during treatment.</p> <ul style="list-style-type: none"> • Your PLD may be given more slowly • You may be given other drugs to treat the reaction
<p>PLD may irritate the vein.</p>	<p>Tell your nurse or doctor immediately if there is any discomfort while the drug is being given.</p>
<p>Nausea and vomiting may occur after your treatment. Most people have little or no nausea.</p>	<p>You may be given a prescription for anti-nausea drugs to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts
<p>Pain or tenderness may occur where the needle was placed.</p>	<p>Apply cool compresses or soak in cool water for 15-20 minutes several times a day.</p>
<p>Hand-foot skin reaction may occur during PLD treatment. The palms of your hands and soles of your feet may tingle, become red, numb, painful, or swollen. Skin may also become dry or itchy. You may not be able to do your normal daily activities if blisters, severe pain or ulcers occur.</p>	<p>Avoid tight-fitting shoes or rubbing pressure to hands and feet, such as that caused by heavy activity.</p> <ul style="list-style-type: none"> • Avoid tight-fitting jewellery • Clean hands and feet with lukewarm water and gently pat to dry; avoid hot water • Apply lanolin-containing creams to hands and feet, liberally and often • Take pyridoxine (vitamin B6) 50-150 mg orally

	<p>daily as directed by your doctor</p> <ul style="list-style-type: none"> • Tell your doctor or your nurse at the next visit if you have any signs of hand-foot skin reaction as your dose may need to be changed
Skin rashes may occur.	<p>To help itching:</p> <ul style="list-style-type: none"> • You can use calamine lotion • If very irritating, call your doctor during office hours • Otherwise make sure to mention it at your next visit
Diarrhea may occur.	<p>To help diarrhea:</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts • Avoid high fibre foods
Constipation may occur.	<p>To help constipation:</p> <ul style="list-style-type: none"> • Exercise if you can • Drink plenty of fluids (8 cups a day)
Your white blood cells may decrease 10-14 days after your treatment. They usually return to normal 21-28 days after your last treatment. White blood cells protect your body by fighting bacteria that cause infection. When they are low, you are at greater risk of having an infection.	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom • Take care of your skin and mouth • Avoid crowds and people who are sick
Your platelets may decrease 10-14 days after your treatment. They usually return to normal 21-28 days after your last treatment. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself • Clean your nose by blowing gently. Do not pick your nose • Avoid constipation • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene <p>Some medications such as ASA (e.g., ASPIRIN)</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart) • For minor pain, try paracetamol first
Sore mouth may occur a few days after treatment. Mouth sores can occur on the tongue,	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your

the sides of the mouth or in the throat. Mouth sores or bleeding gums can lead to an infection.	gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste <ul style="list-style-type: none"> • Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day • Try soft, bland foods like puddings, milkshakes and cream soups • Avoid spicy, crunchy or acidic food, and very hot or cold foods
Muscle or joint pain may occur a few days after your treatment.	You may take paracetamol. Tell your doctor if the pain interferes with your activity.
Swelling of hands, feet or lower legs may occur if your body retains extra fluid.	If swelling is a problem: <ul style="list-style-type: none"> • Elevate your feet when sitting • Avoid tight clothing
Tiredness and lack of energy may occur.	Do not drive a car or operate machinery if you are feeling tired.
Hair loss is rare with PLD. Your hair will grow back once you stop treatment with PLD. Colour and texture may change.	<ul style="list-style-type: none"> • Use a gentle shampoo and soft brush • Care should be taken while using hairspray, bleaches and dyes
Loss of appetite and weight loss may occur.	Try High Energy High Protein Foods. Your nutritionist will help you on this.

CALL YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of heart problems such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty breathing, swelling of ankles or fainting
- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer); chills; cough; pain or burning when you pass urine
- Signs of bleeding problems such as black, tarry stools; blood in urine or stools; pinpoint red spots on skin, extensive bruising
- Signs of an allergic reaction (rare) soon after a treatment including dizziness, fast heart beat, face swelling or breathing problems

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Painful hand-foot skin reaction such as painful redness, peeling, tingling, numbness, swelling or blistering of the palms of your hands and/or the bottoms of your feet
- Painful redness, swelling or sores on your lips, tongue, mouth or throat
- Signs of liver problems such as yellow eyes or skin, white or clay-coloured stools

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Painless hand-foot skin reaction such as redness, peeling, tingling, numbness, swelling or blistering of the

Erlotinib

Other name: *Erlocip, Tarceva*

Erlotinib is a drug that is used to treat a type of lung cancer. It is a tablet that you take by mouth.

Erlotinib should be taken with a glass of water, on an empty stomach, either one hour before or two hours after eating.

If you vomit within 30 minutes of taking erlotinib, you can repeat the dose. Let the doctor know as a medication to prevent nausea may be required for future doses.

If you miss a dose of erlotinib, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.

Store erlotinib tablets out of the reach of children, at room temperature, away from heat, light and moisture

Side effects and tips to help manage the side effects are listed in the following table in the order in which they may occur.

Side Effects	Management
Nausea and vomiting may occur.	<p>You may be given a prescription for anti-nausea drug(s) to take before your treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts
Skin reactions such as rash, dryness, or itching are common.	<ul style="list-style-type: none"> • Moisturizing creams can help prevent or reduce skin dryness • If skin reactions persist or get worse, contact the doctor
Diarrhea may occur.	<p>To help diarrhea:</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts • Avoid high fibre foods • A prescription for loperamide is sometimes required
Sore mouth may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. Mouth sores or bleeding gums can lead to an infection.	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste

	<ul style="list-style-type: none"> • Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day • Try soft, bland foods like puddings, milkshakes and cream soups • Avoid spicy, crunchy or acidic food, and very hot or cold foods
Tiredness and lack of energy may occur.	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired • If tiredness persists or gets worse, tell your doctor at your next visit
Hair loss does not occur with erlotinib.	
Your skin may darken in some areas such as your hands, elbows and knees.	<p>This will slowly return to normal once you stop treatment with erlotinib. Exposure to the sun might make this worse, so:</p> <ul style="list-style-type: none"> • Avoid direct sunlight • Wear a hat, long sleeves and long pants or skirt outside on sunny days • Apply a sun block lotion with an SPF (sun protection factor) of at least 15
Decreased appetite sometimes occurs.	Try to eat regular meals and consult your nutritionist if your weight is starting to decrease

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of lung problems that are new or suddenly getting worse, such as dry cough or shortness of breath.
- Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin, extensive bruising
- Signs of liver problems such as yellow eyes or skin, white or clay-coloured stools
- Eye irritation or changes in eyesight

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting or diarrhea
- Redness, swelling, pain or sores on your lips, tongue, mouth or throat
- Skin rash or itching

Report additional problems to your doctor.....

Gefitinib

Other name: *Iressa, Xefta, Kabigef, Geffy.*

Gefitinib is a drug that is used to treat a type of lung cancer. It is a tablet that you take by mouth.

Gefitinib can be taken with food or on an empty stomach with a glass of water.

Take your tablets at the same time each day in the morning exactly as directed by your doctor.

Do not crush the tablet. If unable to swallow the tablet whole, it should be dropped in a 1-2 oz (50 mL) glass of lukewarm water, allowed to dissolve, and swallowed. Another 50 mL of water should be used to rinse the glass and then it should be swallowed to ensure that all of the drug has been taken.

If you vomit the dose of gefitinib within 30 minutes of taking it, you can repeat the dose and let the doctor know as a medication to prevent nausea will be required.

If you miss a dose of gefitinib, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.

Store tablets out of the reach of children, at room temperature, away from heat, light and moisture.

Side effects and tips to help manage the side effects are listed in the following table in the order in which they may occur.

Side Effects	Management
Skin reactions such as rash, dryness, or itchiness may be common.	<ul style="list-style-type: none"> Moisturizing creams can help prevent or reduce skin dryness If skin reactions persist or get worse, contact the doctor
Diarrhea may occur.	<p>To help with diarrhea:</p> <ul style="list-style-type: none"> Drink plenty of liquids Eat and drink often in small amounts Avoid high fibre foods A prescription for Loperamide is sometimes required to treat diarrhea
Nausea and vomiting may occur.	<p>You may be given a prescription for anti-nausea drug(s) to take at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> Drink plenty of liquids Eat and drink often in small amounts

Imatinib

Other name: *Glivec, Imicap, Imanib*

Imatinib is a drug that is used to treat blood cancer (eg, leukemia) and other types of cancer. It is a tablet that you take by mouth.

Blood tests will be taken. The dose of your imatinib may be changed based on the test results and/or other side effects.

Take imatinib with food and a large glass of water.

If you vomit after taking imatinib, do not take a second dose.

If you are taking imatinib once a day and miss a dose, take it as soon as you can if it is within 12 hours of the missed dose; if you are taking imatinib twice a day, take it as soon as you can if it is within 6 hours of the missed dose. Otherwise, skip the missed dose and go back to your usual dosing times. Let your doctor know about the missed dose.

Store imatinib capsules out of the reach of children, at room temperature, away from heat, light and moisture.

Side effects and tips to help manage the side effects are listed in the following table in the order in which they may occur.

Side Effects	Management
Nausea and vomiting may sometimes occur.	<p>You may be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts
Diarrhea may occur.	<p>To help diarrhea:</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts • Avoid high fibre foods
Skin rashes may occur.	<p>To help itching:</p> <ul style="list-style-type: none"> • You can use calamine lotion • If very irritating, call your doctor during office hours • Otherwise make sure to mention it at you next visit

Your skin may sunburn easily.	To help prevent sunburn: <ul style="list-style-type: none"> • Avoid direct sunlight • Wear a hat, long sleeves and long pants or skirt outside on sunny days • Apply a sun block lotion with an SPF (sun protection factor) of at least 15
Headache may occur.	Try taking paracetamol at the usual recommended dose to stop or decrease your headache. If more than the occasional use is needed, check with your doctor.
Swelling around your eyes, in your feet or lower legs may occur if your body retains extra fluid.	Contact your doctor if you experience a rapid unexplained weight gain. If swelling in your feet or lower legs is a problem: <ul style="list-style-type: none"> • Elevate your feet when sitting • Avoid tight clothing
Tiredness and lack of energy may occur.	Do not drive a car or operate machinery if you are feeling tired.

STOP TAKING IMATINIB AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer); chills; cough; pain or burning when you pass urine
- Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin
- Signs of serious fluid retention such as an unexpected rapid weight gain
- Signs of an allergic reaction (rare) soon after a dose including dizziness, fast heart beat, face swelling or breathing problems

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of anemia such as unusual tiredness or weakness
- Signs of heart problems such as shortness of breath or difficulty breathing, swelling of feet or lower legs
- Signs of liver problems such as yellow eyes or skin, white or clay-coloured stools
- Signs of kidney problems such as lower back or side pain, swelling of feet or lower legs

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting or diarrhea
- Easy bruising or bleeding
- Skin rash or itching
- Muscle cramps or pain or joint aches

Report additional problems to your doctor.....
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Sorafenib

Other name: *Nexvaar*

Sorafenib is a drug that is used to treat many types of cancer. It is a tablet that you take by mouth.

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

Take sorafenib on an empty stomach. If you get nauseated from taking it on an empty stomach, try a small low-fat meal with it.

If you miss a dose of sorafenib, take it as soon as you can if it is within 6 hours of the missed dose. If it is over 6 hours since your missed dose, skip the missed dose and go back to your usual dosing times.

If you vomit the dose of sorafenib within 30 minutes of taking it, repeat the dose. Let your doctor know as a medication to prevent nausea may be required for future doses.

If you are planning to have major surgery (e.g., joint replacement), tell your surgeon that you are taking sorafenib. You may need to stop taking sorafenib at least 2 weeks prior to surgery. Restart it only after your doctor says your wounds have healed

Side effects and tips to help manage the side effects are listed in the following table in the order in which they may occur.

Side Effects	Management
Skin rashes, dryness or itching may sometimes occur.	<ul style="list-style-type: none"> • Wear loose cotton clothes • Urea-containing lotions may be helpful, particularly if the skin is very dry • If very irritating, call your doctor. Otherwise, make sure to mention it at your next visit
Hand-foot skin reaction may sometimes occur during sorafenib treatment. The palms of your hands and soles of your feet may tingle, become red, numb, painful, or swollen. Skin may also become dry or itchy. You may not be able to do your normal daily activities if blisters, severe pain, or ulcers occur.	<ul style="list-style-type: none"> • Avoid tight-fitting shoes or rubbing pressure to hands and feet, such as that caused by heavy activity • Avoid tight-fitting jewellery. • Clean hands and feet with lukewarm water and gently pat to dry; avoid hot water • Apply lanolin-containing creams to hands and feet, liberally and often
	<ul style="list-style-type: none"> • Tell your cancer doctor or your nurse at the next visit if you have any signs of hand-foot skin reaction as your dose may need to be changed

<p>Diarrhea may sometimes occur.</p>	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> ● Drink plenty of fluids ● Eat and drink often in small amounts ● Avoid high fibre foods
<p>Constipation may sometimes occur.</p>	<ul style="list-style-type: none"> ● Exercise if you can ● Drink plenty of fluids
<p>Nausea does not usually occur with sorafenib.</p>	
<p>Headache or pain may sometimes occur.</p>	<p>Take paracetamol every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.</p>
<p>Your white blood cells may decrease during your treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> ● Wash your hands often and always after using the bathroom ● Avoid crowds and people who are sick
<p>Your platelets may decrease during your treatment. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</p>	<ul style="list-style-type: none"> ● Try not to bruise, cut, or burn yourself ● Clean your nose by blowing gently. Do not pick your nose ● Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene Some medications such as ASA (e.g., ASPIRIN) may increase your risk of bleeding. ● Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart) ● For minor pain, try paracetamol first
<p>Tiredness and lack of energy may sometimes occur.</p>	<p>Do not drive a car or operate machinery if you are feeling tired.</p>
<p>Hair loss sometimes occurs with sorafenib.</p>	<ul style="list-style-type: none"> ● Use a gentle shampoo and soft brush ● Care should be taken with use of hair spray, bleaches, dyes, and perms
<p>Numbness or tingling of the fingers or toes may sometimes occur.</p>	<p>Be careful when handling items that are sharp, hot or cold</p> <p>Tell your doctor at your next visit, especially if you have trouble with buttons, writing or picking up small objects</p>

High blood pressure may sometimes occur. This can happen very quickly after starting treatment.

Your blood pressure will be checked during your visits to your doctor.

- You may be asked to check your blood pressure frequently between visits
- Your doctor may give you medication if your blood pressure is high
- Tell your doctor if you are already on blood pressure medication. Your doctor may have to adjust your dose

STOP TAKING SORAFENIB AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of a stroke such as sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg
- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores
- Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising
- Signs of a blood clot such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath
- Signs of heart or lung problems such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of ankles, or fainting

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of liver problems such as yellow eyes or skin, white or clay-coloured stools
- Numbness or tingling in feet or hands
- Skin rash or itching
- Signs of anemia such as unusual tiredness or weakness
- Headache or pain not controlled with paracetamol

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Easy bruising or minor bleeding
- Redness, swelling, pain, or sores on your lips, tongue, mouth, or throat
- Skin rash or itching
- Impotence (loss of sexual ability)
- Weight loss or trouble eating

Report additional problems to your doctor.....
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Procarbazine

Other name: *P- Carzine*

Procarbazine is a drug that is used to treat many types of cancer. It is a capsule that you take by mouth. A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

Procarbazine may be taken with food or on an empty stomach with a glass of water or juice. Take the daily dose all at once at bedtime unless you are told otherwise by your doctor.

If you miss a dose of procarbazine, call your doctor during office hours to ask about making up the missed dose.

If you vomit the dose of procarbazine within 1 hour of taking it, do not take a second dose. Call your doctor during office hours for advice. You will be told whether you need to take another dose.

Other drugs such as cough and cold products, certain antidepressants, and allergy and weight reducing remedies may interact with procarbazine. Tell your doctor if you are taking these or any other drugs as your dose may need to be changed.

Avoid certain foods which contain tyramine as they may interact with procarbazine. These foods may cause headache, flushing, fast or uneven heartbeat, nausea and vomiting, or a significant rise in blood pressure. Eat only fresh foods, especially if they have meat, fish, or poultry in them. Avoid foods that are aged, spoiled, fermented, or pickled. Avoid the following products in these food categories while taking procarbazine:

- Milk products: Any outdated or non-pasteurized dairy products, all cheeses
- Grains: any containing cheese
- Meat, fish, poultry: smoked or pickled fish, non-fresh meat and poultry, any leftover food containing meat, fish, or poultry
- Fruits and vegetables: any overripe, spoiled or fermented fruit or vegetable, broad beans
- Soups: any containing meat extracts or cheese
- Fats and oils: gravies and sauces containing meat extracts
- Other: soy products, protein dietary supplements, meat extracts, yeast extracts (eg. brewers yeast)

For further information, talk to your dietitian.

Follow the drug and food warnings for a further week after you stop taking procarbazine.

Store procarbazine capsules out of the reach of children, at room temperature, away from heat, light, and moisture.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
<p>Nausea and vomiting may occur after your treatment and may last for 24 hours. This usually improves within a few days as your body adjusts to procarbazine.</p>	<p>You will be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of fluids • Eat and drink often in small amounts
<p>Your white blood cells may decrease 2-4 weeks after your treatment. They usually return to normal 4-6 weeks after your last treatment. White blood cells protect your body by fighting bacteria that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom • Avoid crowds and people who are sick
<p>Your platelets may decrease 2-4 weeks after your treatment. They usually return to normal 4-6 weeks after your last treatment. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself • Clean your nose by blowing gently. Do not pick your nose • Avoid constipation • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene <p>Some medications such as ASA (e.g., ASPIRIN) may increase your risk of bleeding</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart) • For minor pain, paracetamol first, to a maximum of 4g per day, but occasional use of ibuprofen may be acceptable
<p>Your skin may darken in some areas such as your hands, elbows, and knees. Your skin may sunburn more easily than usual.</p>	<p>This will slowly return to normal once you stop treatment with procarbazine. After sun exposure, if you have a severe sunburn or skin reaction such as itching, rash or swelling, contact your doctor.</p>
<p>Hair loss is rare with procarbazine. If you lose hair, it will grow back once you stop treatment with procarbazine. Colour and texture may change.</p>	

Sunitinib

Other name: *Sutent*

Sunitinib is a drug that is used to treat different types of cancer. It is a capsule that you take by mouth. A blood test and blood pressure measurement may be taken. The dose of sunitinib may be changed based on the test results and/or other side effects.

It is important to take sunitinib exactly as directed by your doctor. Make sure you understand the directions. You may be given more than one capsule in different strengths to make up your dose.

You may take sunitinib with food or on an empty stomach.

If you miss a dose of sunitinib, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing time.

If you vomit the dose of sunitinib within 30 minutes of taking it, you can repeat the dose. Let your doctor know as a medication to prevent nausea may be required for future doses.

Store sunitinib capsules out of the reach of children, at room temperature, away from heat, light, and moisture.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
Nausea and vomiting may sometimes occur.	<p>You may be given a prescription for antinausea drug(s) to take before your sunitinib dose. Take only antinausea medication prescribed by your oncologist. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts
Indigestion/heartburn may sometimes occur.	<ul style="list-style-type: none"> • Avoid fatty, fried, or spicy foods • Talk to your doctor about taking antacids
Diarrhea may sometimes occur.	<p>To help diarrhea:</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts • Avoid high fibre foods
Constipation may sometimes occur.	<p>To help constipation:</p> <ul style="list-style-type: none"> • Exercise if you can

	<ul style="list-style-type: none"> • Drink plenty of fluids (8 cups a day)
Fever may sometimes occur.	<p>Take paracetamol every 4-6 hours, to a maximum of 4g (4000 mg) per day.</p> <ul style="list-style-type: none"> • If you have fever plus another sign of infection, call your doctor immediately. Other signs of infection include chills, cough, or burning when you pass urine.
Your white blood cells may decrease during your treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.	<p>To help prevent infection:</p> <p>Wash your hands often and always after using the bathroom. Avoid crowds and people who are sick.</p>
Your platelets may decrease during your treatment. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself • Clean your nose by blowing gently. Do not pick your nose • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene Some medications such as ASA (e.g., ASPIRIN) may increase your risk of bleeding. • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart) • For minor pain, try paracetamol first, but occasional use of ibuprofen may be acceptable.
Tiredness and lack of energy are common.	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired • Your doctor may do a blood test to make sure your thyroid gland is working properly
Sore mouth may sometimes occur during your treatment. Mouth sores may occur on the tongue, the sides of the mouth, or in the throat. Mouth sores or bleeding gums can lead to an infection.	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste • Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day
Taste alteration or loss of sensation of taste may sometimes occur.	

<p>Loss of appetite may sometimes occur.</p>	
<p>Skin reactions such as rash, redness or dryness may sometimes occur.</p>	<p>Moisturizing creams can help prevent or reduce skin dryness. Wear loose-fitting cotton clothing. If skin reactions persist or get worse, contact your doctor.</p>
<p>Hand-and-foot skin reaction may sometimes occur during sunitinib treatment. The palms of your hands and soles of your feet may tingle, become red, numb, painful, or swollen. Skin may also become dry or itchy. You may not be able to do your normal daily activities if blisters, severe pain, or ulcers occur.</p>	<p>Avoid tight-fitting shoes or rubbing pressure to hands and feet, such as that caused by heavy activity.</p> <ul style="list-style-type: none"> ● Avoid tight-fitting jewellery ● Avoid shaving off blisters ● Clean hands and feet with lukewarm water and gently pat to dry; avoid hot water ● Apply a sunscreen with an SPF (Sun Protection Factor) of at least 30 ● Apply lanolin-containing creams to hands and feet, liberally and often ● Tell your cancer doctor or your nurse at the next visit if you have any signs of hand and foot skin reaction as your dose may need to be changed.
<p>Skin or urine may sometimes become yellowish in colour. Hair may sometimes lose its natural colour and become grey or white.</p>	<p>This will return to normal once you stop treatment with sunitinib.</p>
<p>Hair loss is rare with sunitinib. If you lose hair, it will back once you stop treatment with sunitinib.</p>	<p>If hair loss is a problem:</p> <ul style="list-style-type: none"> ● Use a gentle shampoo and soft brush ● Avoid use of hair spray, bleaches, dyes and perms.
<p>Sugar control may sometimes be affected in diabetics.</p>	<p>Check your blood sugar regularly if you are diabetic.</p>
<p>High blood pressure may sometimes occur. This can happen very quickly after starting treatment.</p>	<p>Your blood pressure will be checked during your visits to your doctor.</p> <ul style="list-style-type: none"> ● You may be asked to check your blood pressure frequently between visits ● Your doctor may give you medication if your blood pressure is high ● Tell your doctor if you are already on blood pressure medication. Your doctor may have to adjust your dose

Temozolomide

Other name: *Temodal, Gliotem, Glioz, Zolotem, Temozam*

Temozolomide is a drug that is used to treat cancer. It is a capsule that you take by mouth.

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on your test results and/or other side effects.

- It is important to take temozolomide exactly as directed by your doctor
- You may be given capsules of more than one strength to make the right dose. Make sure you understand the directions
- Temozolomide may be taken with food or on an empty stomach with a glass of water or juice. However, it is best to take your dose at the same time each day relative to when you eat (ie, try not to take it with a meal one day, and on an empty stomach the next day). Taking your dose on an empty stomach (at least one hour before or after you eat) or at bedtime may help reduce nausea
- Swallow the capsules whole. Do not open or chew the capsules

If you vomit after taking temozolomide, do not take a second dose. Store temozolomide capsules out of the reach of children, at room temperature, away from heat, light and moisture.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
Nausea and vomiting may occur.	<p>You may be given a prescription for anti-nausea drug(s) to take before your treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Taking your dose on an empty stomach, at least one hour before or after you eat, or at bedtime may help to reduce nausea • Drink plenty of liquids • Eat and drink often in small amounts
Your white blood cells will decrease 3-4 weeks after your treatment. They usually return to normal within 2 weeks. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom • Take care of your skin and mouth • Avoid crowds and people who are sick

<p>Your platelets may decrease 3-4 weeks after your treatment. They usually return to normal within 2 weeks. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself • Clean your nose by blowing gently. Do not pick your nose • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene Some medications such as ASA (e.g., ASPIRIN) may increase your risk of bleeding. • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart) • For minor pain, try paracetamol first
<p>Constipation or diarrhea may occur.</p>	<p>To help constipation:</p> <ul style="list-style-type: none"> • Exercise if you can • Drink plenty of fluids (8 cups a day) <p>To help diarrhea:</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts • Avoid high fibre foods
<p>Headache may occur.</p>	<p>Take paracetamol every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.</p>
<p>Sugar control may be affected in diabetics.</p>	<p>Check your blood sugar regularly if you are diabetic.</p>
<p>Tiredness and lack of energy may occur.</p>	<p>Do not drive a car or operate machinery if you are feeling tired.</p>
<p>Hair loss is rare with temozolomide. Your hair will grow back once you stop treatment with temozolomide. Colour and texture may change.</p>	<p>Use a gentle shampoo and soft brush.</p>

STOP TAKING TEMOZOLOMIDE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer); chills; cough; sore throat; pain or burning when you pass urine
- Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin
- Signs of a blood clot such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain or shortness of breath

CONTINUE TAKING TEMOZOLOMIDE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IF YOU HAVE:

- Seizures or loss of consciousness

Rituximab

Other name: *Mabthera, Reditux*

Rituximab is a drug that is used to treat some kinds of lymphomas. Rituximab is a clear liquid that is injected slowly into a vein.

Drugs that lower your blood pressure may interact with rituximab. Tell your doctor if you are taking these or any other drugs as you may need to skip your dose of blood pressure drug.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
Chills or fever and swelling of tongue or throat are common during the first treatment. Less common are nausea, vomiting, hives, tiredness, headache, itching, problems breathing, runny nose, dizziness, flushing and pain during the infusion. These reactions usually occur during or 24 hours after the infusion. Reactions are less common with later treatments even if you have a reaction with the first treatment.	<p>You will take paracetamol and diphenhydramine before your treatment to help prevent a reaction. Tell your nurse or doctor immediately if you have a reaction during the treatment.</p> <ul style="list-style-type: none"> • Your rituximab may be stopped and then given more slowly • You may be given other drugs to treat the reaction
Hives, a type of allergic reaction, may occur. Hives are red or pale raised patches on your skin and are usually itchy. These reactions usually occur during or 24 hours after the infusion.	Take diphenhydramine 25 or 50 mg capsule up to 4 times a day (Note: diphenhydramine causes drowsiness).
Nausea may occur during your treatment. Most people have little or no nausea.	<p>You may be given a prescription for anti nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts
Your white blood cells may decrease after your treatment. They usually return to normal after your last treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom • Take care of your skin and mouth • Avoid crowds and people who are sick

Goserelin

Other name: *Zoladex*

Goserelin is a drug that is used to treat prostate cancer, breast cancer, and other cancers. In men, goserelin decreases testosterone (a male sex hormone). In women, goserelin decreases estrogen and progesterone (female sex hormones). Goserelin consists of one small rod that is injected under the skin.

Tell your doctor if you have ever had an unusual or allergic reaction to goserelin, busserelin, or leuprolide, before taking goserelin.

Try to adhere to the schedule recommended by your doctor. If your scheduled dose is changed by a few days, the medication will still be effective.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
Pain or tenderness may occur where the needle was placed.	Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
Nausea does not usually occur with goserelin.	
Increased bone pain may occur for the first 1-2 weeks if your cancer has spread to your bones.	This should improve as your body adjusts to goserelin. You may take paracetamol for mild to moderate pain. Tell your doctor if the pain interferes with your activity.
Hot flashes (sudden sweating and feelings of warmth) may commonly occur when you first start taking goserelin.	<p>If hot flashes are troublesome:</p> <ul style="list-style-type: none"> • Some people find it helpful to avoid alcohol, spicy food, and caffeine (coffee, tea, colas, chocolate) • Follow a regular exercise program <p>Try staying in a cool environment.</p> <ul style="list-style-type: none"> • Wear layers so that if you do experience a hot flash, the outer layers may be removed • Ask your doctor for more advice if your hot flashes continue to bother you
Tiredness and lack of energy may commonly occur.	Do not drive a car or operate machinery if you are feeling tired.
Impotence (loss of sexual ability) may commonly occur.	Sexual ability may return when you stop taking goserelin.

Decreased libido (loss of sexual desire) may commonly occur.	Sexual desire may return when you stop taking goserelin.
Headache may commonly occur.	Take paracetamol every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.
Weight changes may rarely occur. A small amount of weight gain may occur.	To maintain your weight: <ul style="list-style-type: none"> • Keep active • Modify your diet as necessary
Sugar control may be affected in diabetics. Some people may be at risk for developing problems with blood sugar over time.	Check your blood sugar regularly if you are diabetic. Talk to your doctor if you feel an unusual degree of thirst and experience frequent urination, as these can be signs of high blood sugar.
Hair loss is rare with goserelin. If you lose hair, it will usually grow back once you stop treatment with goserelin. Colour and texture may change.	If hair loss is a problem: <ul style="list-style-type: none"> • Use a gentle shampoo and soft brush
Increase in cholesterol or triglycerides may rarely occur.	Discuss this with your doctor if you have: <ul style="list-style-type: none"> • A history of heart disease, high blood pressure, or elevated triglycerides • You may need to have your cholesterol and triglyceride levels checked a few months after starting goserelin
Bone loss happens gradually and normally with age, but may happen more quickly with this medication. Over time, your risk of breaking a bone may be higher.	

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an allergic reaction (rare) soon after a treatment including dizziness, fast heart beat, face swelling, or breathing problems
- Signs of heart or lung problems such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of ankles, or fainting
- For men: Signs of an increase in the size of the cancer in your prostate such as blood in urine, problems passing urine, sudden back or trunk pain, or weakness in your legs, especially during the first month of the treatment. This is also called a flare reaction

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Changes in eyesight
- Ringing in your ears or hearing problems
- For women: Ongoing menstrual flow that occurs after three to four months of treatment

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting, or heartburn
- Uncontrolled constipation or diarrhea

Tamoxifen

Other name: *Nolvadex, Tamoxifen*

Tamoxifen is a drug that is used to treat many types of cancers. Some cancers are hormone sensitive (estrogen or progesterone receptor positive) and their growth can be affected by blocking the effect of the hormone estrogen. Tamoxifen blocks the effect of estrogen produced by your body and decreases the growth of hormone sensitive tumours. Tamoxifen may also have anti-cancer effects not related to the hormone estrogen. It is a tablet that you take by mouth.

Tamoxifen may be taken with food or on an empty stomach with a glass of water or juice. Tamoxifen may be taken at any time of the day but should be taken at the same time each day.

For once a day dosing: If you miss a dose of tamoxifen, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.

For twice a day dosing: Take your tamoxifen at evenly spaced times during the day. If you miss a dose of tamoxifen, take it as soon as you can. Take the rest of the day's dose at your usual time. If you remember at the time for the next dose, take both doses and return to your usual dosing times.

Because tamoxifen works by blocking the effects of estrogen in your body, it is recommended that you avoid using estrogen replacement therapy such as conjugated estrogens or birth control pills (Please consult your Gynecologist). However, estradiol vaginal ring may be used in some cases to treat vaginal dryness as directed by your doctor.

Tamoxifen will not induce menopause unless you are approaching the age of your natural menopause. It may cause your period to become irregular.

Store tamoxifen tablets out of the reach of children, at room temperature, away from heat, light, and moisture.

Tamoxifen is usually well tolerated and serious side effects are rare.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
Hot flashes (sudden sweating and feelings of warmth) may commonly occur when you first start taking tamoxifen. This usually improves as your body adjusts to tamoxifen.	If hot flashes are troublesome: <ul style="list-style-type: none">• Take your tamoxifen at bedtime• If night sweats interfere with sleep, try taking tamoxifen in the morning• Some people find it helpful to avoid alcohol, spicy food, caffeine intake (coffee, tea, colas, chocolate)

	<ul style="list-style-type: none"> • Follow a regular exercise program • Try staying in a cool environment • Wear layers so that if you do experience a hot flash, the outer layers may be removed • Talk to your doctor if your hot flashes continue to bother you. There may be medications available to lessen them
<p>Vaginal discharge or dryness may rarely occur</p>	<p>If vaginal dryness is bothersome:</p> <ul style="list-style-type: none"> • Try a water based lubricants • Ask your doctor for more advice if vaginal dryness continues to bother you • If vaginal discharge is bothersome make sure to mention it at your next visit
<p>Nausea (upset stomach) may sometimes occur when you first start taking tamoxifen. This should improve as your body adjusts to the tamoxifen. Most people have little or no nausea.</p>	<p>If nausea is a problem:</p> <ul style="list-style-type: none"> • Take your tamoxifen after eating
<p>Headache may sometimes occur.</p>	<p>Take paraceamol every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.</p>
<p>Muscle or joint pain may sometimes occur.</p>	<ul style="list-style-type: none"> • You may take paracetamol for mild to moderate pain. Tell your doctor if the pain interferes with your activity
<p>Skin rashes may rarely occur.</p>	<p>If the rash is bothersome:</p> <ul style="list-style-type: none"> • Call your doctor during office hours • Otherwise make sure to mention it at your next visit
<p>Tiredness and lack of energy may sometimes occur.</p>	
<p>Swelling of hands, feet, or lower legs may rarely occur if your body retains extra fluid.</p>	<p>This is usually mild. If swelling is a problem:</p> <ul style="list-style-type: none"> • Elevate your feet when sitting • Avoid tight clothing
<p>High blood pressure may rarely occur with long-term use.</p>	<p>Check your blood pressure regularly.</p>
<p>Blood clots may rarely occur, usually in the leg. This is more likely to happen if you have had blood clots before. Signs to watch for include tenderness or hardness over a vein, calf tenderness, sudden onset of cough, chest pain,</p>	<p>Tell your doctor if you have ever had treatment for a blood clot.</p> <p>To help prevent blood clots:</p> <ul style="list-style-type: none"> • Keep active • Drink plenty of fluids

or shortness of breath.	<ul style="list-style-type: none"> • Avoid tight clothing • Do not sit with your legs crossed at the knees for long periods of time
Weight changes may sometimes occur. A small amount of weight gain or loss may occur.	<p>To maintain your weight:</p> <ul style="list-style-type: none"> • Keep active • Modify your diet as necessary
Hair thinning may rarely occur. Your hair will grow back once you stop treatment with tamoxifen. Colour and texture may change.	<p>To minimize thinning:</p> <ul style="list-style-type: none"> • Use a gentle shampoo and soft brush
Changes in cholesterol or triglycerides may rarely occur.	<p>Discuss this with your doctor if you have:</p> <ul style="list-style-type: none"> • A history of heart disease. High blood pressure • Elevated triglycerides • You may need to have your cholesterol and triglycerides levels checked a few months after starting tamoxifen
Endometrial cancer: cancer of the lining of the uterus (womb) may rarely occur with prolonged use of tamoxifen.	<p>Tell your doctor if you have:</p> <ul style="list-style-type: none"> • Any unexpected bleeding from the vagina, persistent abdominal pain and/ or pressure or discomfort in the pelvis <p>There is no risk of this cancer to women who have had a hysterectomy (uterus removed).</p>
Cataracts may rarely occur.	<p>See an eye doctor if your vision becomes cloudy or blurred</p>
Depression may rarely occur.	<p>If you become unusually sad, or tearful, and lose interest in the usual things that give you pleasure, speak to your doctor</p>

STOP TAKING TAMOXIFEN AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of a stroke such as sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg
- Signs of a blood clot such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath
- Signs of an allergic reaction including dizziness, fast heart beat, face and tongue swelling, and breathing problems with or without a rash

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of anemia such as unusual tiredness or weakness

Nanoparticle, Albumin-bound Paclitaxel (Nab-paclitaxel)

Other name: *Abraxane*

Nanoparticle, albumin-bound paclitaxel is a drug that is used to treat some types of cancer. It is a liquid that is injected into a vein.

Tell your doctor if you have ever had an unusual or allergic reaction to nab-paclitaxel, paclitaxel, or human albumin before receiving nab-paclitaxel.

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
<p>Allergic reactions may rarely occur. Signs of an allergic reaction may include flushing, dizziness, breathing problems, fast or uneven heart beat, or chest pain.</p> <p>This can occur immediately or several hours after receiving nab-paclitaxel.</p>	<p>Tell your nurse if this happens while you are receiving nab-paclitaxel or contact your oncologist immediately if this happens after you leave the hospital.</p>
<p>Nab-paclitaxel burns if it leaks under the skin.</p>	<p>Tell your nurse or doctor immediately if you feel burning, stinging, or any other change while the drug is being given.</p>
<p>Pain or tenderness may occur where the needle was placed.</p>	<p>Apply cool compresses or soak in cool water for 15-20 minutes several times a day.</p>
<p>Nausea and vomiting may occur after your treatment. Most people have little or no nausea.</p>	<p>You may be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <p>Drink plenty of fluids.</p> <p>Eat and drink often in small amounts.</p>
<p>Fever may sometimes occur.</p>	<p>Take paracetamol every 4-6 hours, to a maximum of 4 g (4000 mg) per day.</p>
<p>Diarrhea may sometimes occur.</p>	<p>If diarrhea is a problem: Drink plenty of fluids.</p> <ul style="list-style-type: none"> • Eat and drink often in small amounts

Constipation may sometimes occur.	<ul style="list-style-type: none"> • Avoid high fibre foods • Exercise if you can • Drink plenty of fluids
Your white blood cells may decrease 8-11 days after your treatment. They usually return to normal 21 days after your last treatment. White blood cells protect your body by fighting bacteria that cause infection. When they are low, you are at greater risk of having an infection.	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom • Avoid crowds and people who are sick
Muscle or joint pain may sometimes occur a few days after your treatment.	You may take paracetamol every 4-6 hours to a maximum of 4g (4000 mg) per day for mild to moderate pain. Tell your doctor if the pain interferes with your activity.
Swelling of hands, feet, or lower legs may rarely occur if your body retains extra fluid.	<p>If swelling is a problem:</p> <ul style="list-style-type: none"> • Elevate your feet when sitting • Avoid tight clothing
Loss of appetite sometimes occurs.	
Tiredness and lack of energy may sometimes occur.	Do not drive a car or operate machinery if you are feeling tired.
Hair loss is common and may begin within a few days or weeks of treatment. Your hair may thin or you may lose it completely. Your scalp may feel tender. Hair loss may occur on your face and body. Hair usually grows back once your treatments are over and sometimes between treatments. Colour and texture may change.	<ul style="list-style-type: none"> • Apply mineral oil to your scalp to reduce itching. • If you lose your eyelashes and eyebrows, protect your eyes from dust with a broad-rimmed hat and glasses
Numbness or tingling of the fingers or toes commonly occurs. This will slowly (over several weeks) return to normal once your treatments are over.	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot, or cold • Tell your doctor at your next visit, especially if you have trouble with buttons, writing, or picking up small objects

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an allergic reaction (rare) soon after a treatment including flushing, dizziness, breathing problems, fast or uneven heart beat, or chest pain

Etoposide Capsules

Other name: *Etosid*

Etoposide is a drug that is used to treat many types of cancers. It is a pink capsule that you take by mouth. Etoposide is preferably taken on an empty stomach with a glass of water; it may be taken with food if needed.

If you vomit within 1 hour of taking etoposide, check with your doctor. You will be told whether to take the dose again or to wait until the next scheduled dose.

For once a day dosing: If you miss a dose of etoposide, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.

Store etoposide capsules out of the reach of children, at room temperature, away from heat, light and moisture.

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
Nausea and vomiting may occur after your treatment. Many people have little or no nausea.	<p>You may be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts
Loss of appetite and weight loss may occur.	Try High Energy High Protein diet – consult your dietician.
Taste alteration may occur.	
Diarrhea may occur.	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts • Avoid high fibre foods
Constipation may occur.	<ul style="list-style-type: none"> • Exercise if you can • Drink plenty of fluids (8 cups a day)

<p>Tiredness and lack of energy may occur.</p>	<p>Do not drive a car or operate machinery if you are feeling tired.</p>
<p>Your white blood cells will decrease 7-14 days after your treatment. They usually return to normal 3 weeks after your last treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> ● Wash your hands often and always after using the bathroom ● Take care of your skin and mouth ● Avoid crowds and people who are sick
<p>Your platelets may decrease 9-16 days after your treatment. They usually return to normal 3 weeks after your last treatment. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> ● Try not to bruise, cut, or burn yourself ● Clean your nose by blowing gently. Do not pick your nose ● Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene <p>Some medications such as ASA (e.g., ASPIRIN) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> ● Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart) ● For minor pain, paracetamol first
<p>Sore mouth may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. Mouth sores or bleeding gums can lead to an infection.</p>	<ul style="list-style-type: none"> ● Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste ● Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day ● Try soft, bland foods like puddings, milkshakes and cream soups ● Avoid spicy, crunchy or acidic food, and very hot or cold foods
<p>Hair loss is common and may begin within a few days or weeks of treatment. Your hair may thin or you may become totally bald. Your scalp may feel tender. You may lose hair on your face and body. Your hair will grow back once your treatments are over and sometimes between treatments. Colour and texture may change.</p>	<ul style="list-style-type: none"> ● Apply mineral oil to your scalp to reduce itching. <p>You lose your eyelashes and eyebrows, protect your eyes from dust with a broad-rimmed hat and glasses.</p>

Cyclophosphamide Tablets

Other name: *Endoxan Asta*

Cyclophosphamide is a drug that is used to treat many types of cancers. It is a tablet that you take by mouth.

You may be given tablets of more than one strength to make the right dose. Take your dose early in the day (preferably no later than 3 pm). If you are taking one dose daily, take it at breakfast. Cyclophosphamide may be taken with food or on an empty stomach with a glass of water.

If you vomit right after taking the medication call your doctor.

Your doctor may tell you to drink plenty of liquids e.g., 8-12 cups (2000-3000 ml or 70-100 oz) a day. Depending on your dose, you may be told to empty your bladder (pass urine) frequently, every 2 hours while you are awake and at bedtime for at least 24 hours after your dose. Your doctor may also tell you to get up in the night to empty your bladder. This helps prevent bladder and kidney problems.

Store cyclophosphamide tablets out of the reach of children, at room temperature, away from heat, light and moisture.

Changes in blood counts

This drug may cause temporary changes in your blood counts. Your doctor will be following these changes carefully by performing blood tests. Adjustment of your treatment may be needed in certain circumstances.

Blood Counts	Management
<p>Your white blood cells may decrease 8-15 days after your treatment has started. They usually return to your previous levels 17-28 days after your last treatment.</p> <p>Normal white blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> ● Wash your hands often and always after using the bathroom ● Take care of your skin and mouth ● Avoid crowds and people who are sick
<p>Your platelets may decrease 10-15 days after your treatment has started. They usually return to your previous levels 17-28 days after your last treatment.</p> <p>Normal platelets help your blood to clot normally after an injury (e.g., cut). When the platelet count is low you may be more likely to bruise or bleed.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> ● Try not to bruise, cut, or burn yourself ● Clean your nose by blowing gently. Do not pick your nose ● Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene

	<p>Some medications such as ASA (e.g., ASPIRIN) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart) • For minor pain, paracetamol first
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Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
Nausea and vomiting may occur after your treatment. Some people have little or no nausea.	<p>You may be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts
Headache may occur.	Take paracetamol to decrease or stop headache.
Diarrhea may occur.	<p>To help diarrhea:</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts • Avoid high fibre foods
Sore mouth may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. Mouth sores or bleeding gums can lead to an infection.	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste • Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day • Try soft, bland foods like puddings, milkshakes and cream soups • Avoid spicy, crunchy or acidic food, and very hot or cold foods
Hair loss is common and may begin within a few days or weeks of treatment. Your hair may thin or you may become totally bald. Your scalp may feel tender. You may lose hair on your face and body. Your hair will grow back once your	<ul style="list-style-type: none"> • Use a gentle shampoo and soft brush. • Care should be taken with use of hair spray, bleaches, dyes and perms • Protect your scalp with a hat, scarf or wig in cold weather. Some extended health plans

Lomustine

Other name: *CCNU, Lomitin*

Lomustine is a drug that is used to treat many types of cancer. It is a capsule that you take by mouth.

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

You may be given capsules of more than one strength to make the right dose. There may be two or more different types and colours of capsules in the container given to you by the pharmacist.

Unless your doctor gives you other directions, take all the capsules as a single dose at bedtime, on an empty stomach, with a glass of water.

If you vomit the dose of lomustine, call your doctor during office hours for advice. You will be told whether you need to take another dose.

Store lomustine capsules out of the reach of children, at room temperature, away from heat, light, and moisture.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Blood Counts	Management
<p>Nausea and vomiting may occur after your treatment and may last for 24 hours.</p>	<p>You will be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of fluids • Eat and drink often in small amounts
<p>Your white blood cells may decrease 5-6 weeks after your treatment. They usually return to normal 6 weeks after your last treatment. White blood cells protect your body by fighting bacteria that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom • Avoid crowds and people who are sick
<p>Your platelets may decrease 4 weeks after your treatment. They usually return to normal 6 weeks after your last treatment. Platelets help to make your blood clot when you hurt yourself. You may</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself • Clean your nose by blowing gently. Do not pick your nose

bruise or bleed more easily than usual.	<ul style="list-style-type: none"> • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene. <p>Some medications such as ASA (e.g., ASPIRIN) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart). • For minor pain, paracetamol first
Sore mouth may sometimes occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. Mouth sores or bleeding gums can lead to an infection.	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste • Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day
Loss of appetite and weight loss sometimes occur, and may persist after discontinuation of lomustine.	
Hair loss is rare with lomustine. Your hair will grow back once you stop treatment with lomustine. Colour and texture may change.	Use a gentle shampoo and soft brush.

STOP TAKING LOMUSTINE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; cough, severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores
- Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising
- Repeatedly vomiting and cannot keep liquids and medications down after chemotherapy

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of lung problems such as shortness of breath, wheezing or coughing
- Signs of liver problems such as yellow eyes or skin, white or clay-coloured stools
- Signs of kidney problems such as lower back or side pain, swelling of feet or lower legs
- Signs of anemia such as unusual tiredness or weakness
- Changes in eyesight
- Dizziness or trouble walking

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting, or diarrhea

Thalidomide

Other name: *Thalix, Thaangio, Redemide, Thaloma*

Thalidomide is a drug that is used to treat multiple myeloma and other types of cancer. It is a capsule that you take by mouth. The capsule contains lactose

If you are a woman and are able to bear children, a blood test to determine whether you are pregnant will be taken before starting thalidomide treatment, and then repeated every four weeks.

Thalidomide may harm the baby if used during pregnancy. Severe birth defects or death to the unborn baby may occur. Even a single dose can cause birth defects. Thalidomide should never be used by females who are pregnant. Two forms of birth control must be used if there is ANY chance that you may become pregnant while being treated with thalidomide. Tell your doctor right away if you become pregnant. Do not breast feed during treatment.

It is important to take thalidomide exactly as directed by your doctor. Make sure you understand the directions.

Thalidomide should be taken with water, preferably at least one hour after meals.

If you vomit after taking thalidomide, do not take a second dose. Call your doctor the next morning/during office hours for advice.

If you miss a dose of thalidomide, take it as soon as you can. If your next dose is nearly due, skip the missed dose and go back to your usual dosing times.

Store thalidomide capsules out of the reach of children, at room temperature, away from heat, light and moisture.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
Nausea may occur during treatment. Most people have little or no nausea.	It is easier to prevent nausea than treat it once it has occurred, so follow directions closely. <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts
Constipation may occur.	<ul style="list-style-type: none"> • Exercise if you can • Drink plenty of fluids
Your white blood cells may decrease during your treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.	To help prevent infection: <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom • Take care of your skin and mouth • Avoid crowds and people who are sick

Headache may occur.	Take paracetamol every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.
Sugar control may be affected in diabetics.	Check your blood sugar regularly if you are diabetic.
Swelling of hands, feet, or lower legs may occur if your body retains extra fluid.	If swelling is a problem: <ul style="list-style-type: none"> • Elevate your feet when sitting • Avoid tight clothing
Sleepiness and lack of energy may occur.	If sleepiness and lack of energy are a problem: <ul style="list-style-type: none"> • Avoid alcohol • Do not drive a car or operate machinery
Numbness or tingling of the fingers or toes may occur. This usually will slowly return to normal once your treatments are over. This may take several months.	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot, or cold • Tell your doctor at your next visit, especially if you have trouble with buttons, writing, or picking up small objects
Blood clots may rarely occur, usually in the leg. This is more likely to happen if you have had blood clots before. Signs to watch for include tenderness or hardness over a vein, calf tenderness, sudden onset of cough, chest pain, or shortness of breath.	<p>Tell your doctor if you have ever had treatment for a blood clot.</p> <p>To help prevent blood clots:</p> <ul style="list-style-type: none"> • Keep active • Drink plenty of fluids • Avoid tight clothing • Do not sit with your legs crossed at the knees for long periods of time

STOP TAKING THALIDOMIDE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer); chills; cough; pain or burning when you pass urine
- Signs of an allergic reaction (rare) soon after a treatment including dizziness, fast heart beat, face swelling or breathing problems
- Signs of heart problems such as fast or uneven heartbeat
- Signs of a blood clot such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Unprotected sex or forget to use birth control during treatment with thalidomide
- Skin rash or itching
- Ringing in your ears or hearing problems

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting, or diarrhea
- Headache not controlled with paracetamol

Exemestane

Other name: *X-Tane*

Exemestane is a drug that is used to treat breast cancer. It only works in women who are post-menopausal and producing estrogen outside the ovaries. Many cancers are hormone sensitive (estrogen or progesterone receptor positive) and their growth can be affected by lowering estrogen levels in the body. Exemestane is used to help reduce the amount of estrogen produced by your body and decrease the growth of hormone sensitive tumors. Exemestane is a tablet that you take by mouth.

Exemestane may be taken with food or on an empty stomach.

If you miss a dose of exemestane, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times. Because exemestane works by reducing the amount of estrogen produced by your body, it is recommended that you avoid taking estrogen replacement therapy such as conjugated estrogens (Please consult your gynecologist).

Exemestane is usually well tolerated and serious side effects are rare.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
Nausea (upset stomach) may occur when you first start taking exemestane. This should improve as your body adjusts to the exemestane. Most people have little or no nausea.	<p>If nausea is a problem:</p> <ul style="list-style-type: none"> • Take your exemestane after eating
Hot flashes (sudden sweating and feelings of warmth) can sometimes occur when you first start taking exemestane. This usually improves as your body adjusts to exemestane.	<p>If hot flashes are troublesome:</p> <ul style="list-style-type: none"> • Try taking your exemestane at bedtime • If night sweats interfere with sleep, try taking exemestane in the morning • Some people find it helpful by avoiding alcohol, spicy food, caffeine intake (coffee, tea, colas, chocolate) • Follow a regular exercise program • Try staying in a cool environment • Wear layers so that if you do experience a hot flash, the outer layers may be removed • Ask your doctor for more advice if your hot flashes continue to bother you

Muscle or joint pain may occur a few days after your treatment.	You may take paracetamol for mild to moderate pain. Tell your doctor if the pain interferes with your activity.
Headache may occur.	You may take paracetamol to decrease or stop headache.
Swelling of hands, feet or lower legs may occur if your body retains extra fluid.	If swelling is a problem: <ul style="list-style-type: none"> • Elevate your feet when sitting • Avoid tight clothing • Tell your doctor if this continues to bother you
Tiredness and lack of energy may occur. You may have trouble sleeping.	Talk to your doctor if your trouble sleeping continues or bothers you.
Hair loss is rare with exemestane. Your hair will grow back once you stop treatment with exemestane. Colour and texture may change.	Use a gentle shampoo and soft brush.
Bone loss (osteoporosis) may occur over time.	For dietary and lifestyle modifications to help prevent osteoporosis – please consult your gynecologist.
Increase in cholesterol or triglycerides may occur	Discuss this with your doctor if you have: <ul style="list-style-type: none"> • A history of heart disease • High blood pressure • Elevated triglycerides • You may need to have your cholesterol level checked a few months after starting exemestane

STOP TAKING EXEMESTANE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of a blood clot such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain or shortness of breath

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Changes in eyesight

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, or vomiting in the first few weeks of treatment
- Hot flashes which are troublesome
- Trouble sleeping
- Vaginal bleeding, discomfort or discharge
- Headache or pain not controlled with paracetamol
- Depression, anxiety (nervousness or worry) or dizziness that is not usual for you

Fludarabine

Other name: *Fludara, Fludocyte*

Fludarabine is a drug that is used to treat many types of cancer. It is a clear liquid that is injected into a vein.

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

Some immunizations (flu shots and vaccines) may be less effective during or within 1 year after fludarabine treatment. Some immunizations should not be used during or within 1 year after fludarabine treatment. Talk to your doctor before receiving any immunizations.

Changes in blood counts

Fludarabine may cause temporary changes in your blood counts. Your doctor will be following these changes carefully by performing blood tests. Adjustment of your treatment may be needed in certain circumstances.

Blood Counts	Management
<p>Normal white blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom • Avoid crowds and people who are sick
<p>Normal platelets help your blood to clot normally after an injury (e.g., cut). When the platelet count is low, you may be more likely to bruise or bleed.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself • Clean your nose by blowing gently. Do not pick your nose • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene <p>Some medications such as ASA (e.g., ASPIRIN) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart) • For minor pain, try paracetamol

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
Nausea does not usually occur with fludarabine.	
Pain or tenderness may occur where the needle was placed.	Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
Skin rashes may sometimes occur.	To help itching: <ul style="list-style-type: none"> • You can use calamine lotion • If very irritating, call your doctor during office hours • Otherwise make sure to mention it at your next visit
Fever, chills and sweating may commonly occur after treatment with fludarabine. Fever should last no longer than 24 hours.	<ul style="list-style-type: none"> • Take paracetamol every 4-6 hours, to a maximum of 4 g (4000 mg) per day • Fever which occurs more than 48 hours after treatment may be the sign of an infection
Diarrhea may sometimes occur.	To help diarrhea: <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts • Avoid high fibre foods
Loss of appetite may sometimes occur and may persist for 1-2 months after discontinuation of fludarabine.	
Headache may rarely occur.	Take paracetamol every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.
Muscle or joint pain may sometimes occur a few days after your treatment.	You may take paracetamol for mild to moderate pain. Tell your doctor if the pain interferes with your activity.
Swelling of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.	If swelling is a problem: <ul style="list-style-type: none"> • Elevate your feet when sitting • Avoid tight clothing
Tiredness and lack of energy may sometimes occur and may persist after discontinuation of fludarabine.	Do not drive a car or operate machinery if you are feeling tired.
Numbness or tingling of the fingers or toes may sometimes occur. This will slowly return to normal once your treatments are over. This may	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot or cold Tell your doctor at you next visit, especially

take several months.	if you have trouble with buttons, writing, or picking up small objects.
Hair loss is rare with fludarabine. If you lose hair, it will grow back once you stop treatment with fludarabine. Colour and texture may change.	Use a gentle shampoo and soft brush.

STOP TAKING FLUDARABINE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an allergic reaction soon after a treatment including dizziness, fast heart beat, face swelling, or breathing problems
- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer which occurs more than 48 hours after treatment), shaking chills; cough, severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores
- Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising
- Signs of heart problems such as fast or uneven heartbeat, chest pain or pressure
- Seizures or loss of consciousness

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of anemia such as unusual tiredness or weakness
- Signs of heart problems such as shortness of breath or difficulty breathing, swelling of feet or lower legs
- Sore throat or mouth that makes it difficult to swallow comfortably
- Changes in eyesight
- Signs of gout such as joint pain
- Chronic cough or shortness of breath

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting, or diarrhea
- Difficulty thinking clearly and logically
- For diabetics: uncontrolled blood sugars
- Difficult, painful or frequent urination
- Ringing in your ears or hearing problems
- Headache not controlled with paracetamol
- Easy bruising or minor bleeding
- Redness, swelling, pain, or sores on your lips, tongue, mouth, or throat
- Skin rash or itching
- Depression or agitation that is not usual for you

Report additional problems to your doctor.....

Fulvestrant

Other name: *Faslodex, Fulvenat*

Fulvestrant is a drug that is used to treat breast cancer. Some cancers are hormone sensitive (estrogen or progesterone receptor positive) and their growth can be affected by blocking the effect of the hormone estrogen. Fulvestrant blocks the effect of estrogen produced by your body and decreases the growth of hormone sensitive tumours. It is a clear liquid that is injected into a muscle.

Because fulvestrant works by blocking the effects of estrogen in your body, it is recommended that you avoid using estrogen therapy such as conjugated estrogens or birth control pills (Please consult your Gynecologist regards to this).

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Blood Counts	Management
<p>Hot flashes (sudden sweating and feelings of warmth) may sometimes occur when you first start taking fulvestrant. This usually improves as your body adjusts to fulvestrant.</p>	<p>If hot flashes are troublesome:</p> <ul style="list-style-type: none"> • Some people find it helpful to avoid alcohol, spicy food, and caffeine (coffee, tea, colas, chocolate) • Follow a regular exercise program • Try staying in a cool environment • Wear layers so that if you do experience a hot flash, the outer layers may be removed • Ask your doctor for more advice if your hot flashes continue to bother you. There may be medications available
<p>Allergic reactions may rarely occur. Signs of an allergic reaction may include flushing, rash, itching, dizziness, swelling or breathing problems. This can occur immediately or several hours after receiving fulvestrant and usually only with the first or second dose.</p>	<p>Tell your nurse if this happens while you are receiving fulvestrant or contact your oncologist immediately if this happens after you leave the hospital.</p>
<p>Pain or tenderness may occur where the needle was placed.</p>	<p>Apply cool compresses or soak in cool water for 15-20 minutes several times a day.</p> <ul style="list-style-type: none"> • If nausea and vomiting are a problem: • Drink plenty of fluids • Eat and drink often in small amounts

Nausea and vomiting may sometimes occur when you first receive fulvestrant. This should improve as your body adjusts to fulvestrant. Most people have little or no nausea.	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> • Drink plenty of fluids • Eat and drink often in small amounts • Avoid high fibre foods
Diarrhea may rarely occur.	<ul style="list-style-type: none"> • Exercise if you can • Drink plenty of fluids <p>This is usually mild. Do not drive a car or operate machinery if you are feeling tired</p>
Constipation may rarely occur.	Take paracetamol every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.
Tiredness and lack of energy may sometimes occur.	You may take paracetamol every 4-6 hours to a maximum of 4 g (4000 mg) per day for mild to
Headache may rarely occur.	moderate pain. Tell your doctor if the pain interferes with your activity.
Muscle or bone pain may sometimes occur.	<p>This is a normal and expected reaction.</p> <ul style="list-style-type: none"> • Contact your doctor if the bleeding is persistent or heavy
Menstrual-type bleeding may rarely occur when you start taking fulvestrant.	

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an allergic reaction (rare) soon after a treatment including dizziness, fast heart beat, face swelling, or breathing problems
- Signs of a stroke such as sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg
- Signs of a blood clot such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath
- Signs of lung problems such as shortness of breath or difficulty in breathing, increased cough, swelling of ankles, or fainting

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of anemia such as unusual tiredness or weakness
- Signs of liver problems such as yellow eyes or skin, white or clay-coloured stools
- Numbness or tingling in feet or hands
- Signs of bladder problems such as changes in urination, painful burning sensation, presence of blood, or abdominal pain

Bicalutamide

Other name: *Casodex, Tabi*

Bicalutamide is a drug that is used to treat prostate cancer. It blocks the effect of testosterone which is a male sex hormone. Bicalutamide is often used with another drug that lowers testosterone levels in the body. It is a tablet that you take by mouth.

Bicalutamide may be taken with food or on an empty stomach with a glass of water or juice.

If you miss a dose of bicalutamide, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times. Store bicalutamide tablets out of the reach of children, at room temperature, away from heat, light and moisture.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Blood Counts	Management
Nausea and vomiting may occur with bicalutamide. This should go away as treatment continues. Most people have little or no nausea.	To help nausea: <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts
Hot flashes (sudden sweating and feelings of warmth) can sometimes occur when you first start taking bicalutamide. This usually improves as your body adjusts to bicalutamide. Hot flashes are more common when bicalutamide is taken with another drug that lowers testosterone levels.	If hot flashes are troublesome: <ul style="list-style-type: none"> • Take your bicalutamide at bedtime • If night sweats interfere with sleep, try taking your bicalutamide in the morning
Impotence (loss of sexual ability) may occur.	This will return to normal when you stop taking bicalutamide.
Breast swelling or soreness may occur, especially when bicalutamide is used alone. Breast swelling or soreness is rare when bicalutamide is taken with another drug that lowers testosterone levels.	This will return to normal when you stop taking bicalutamide.
Constipation or diarrhea may occur.	To help constipation: Exercise if you can.

Vinblastine

Other name: *Cytoblastin, Uniblastin*

Vinblastine is a drug that is used to treat many types of cancer. It is a clear liquid that is injected into a vein.

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
Vinblastine burns if it leaks under the skin.	Tell your nurse or doctor immediately if you feel burning, stinging, or any other change while the drug is being given.
Skin rashes may rarely occur.	If itching is very irritating, call your doctor. Otherwise make sure to mention it at your next visit.
Your skin may sunburn more easily than usual.	Avoid direct sunlight and tanning salons. <ul style="list-style-type: none"> • Wear a hat, long sleeves, and long pants or skirt outside on sunny days • Wear a sunscreen that blocks both UVA and UVB and has a sun protection factor (SPF) of at least 30. Apply liberally, 30 minutes before exposure. Reapply every 2 hours and after swimming
Pain or tenderness may occur where the needle was placed.	Apply warm compresses or soak in warm water for 15-20 minutes several times a day.
Nausea does not usually occur with vinblastine.	
Your white blood cells may decrease 4-10 days after your treatment. They usually return to normal 1-3 weeks after your last treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.	To help prevent infection: <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom • Avoid crowds and people who are sick Do not drive a car or operate machinery if you are feeling tired.

Tiredness and lack of energy may rarely occur.	Take paracetamol every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.
Headache, jaw pain and/or muscle pain may sometimes occur. Constipation commonly occurs and may be severe.	<ul style="list-style-type: none"> • Use stool softeners and laxatives to prevent constipation • Avoid bulk-forming laxatives • Drink plenty of fluids • Exercise if you can
Numbness or tingling of the fingers or toes may sometimes occur. This will slowly return to normal once your treatments are over. This may take several months.	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot or cold • Tell your doctor at your next visit, especially if you have trouble with buttons, writing, or picking up small objects
Hair loss sometimes occurs with vinblastine. Hair loss is usually mild. Loss of body hair may occur. Your hair will grow back once you stop treatment with vinblastine. Colour and texture may change.	Use a gentle shampoo and soft brush.

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores
- Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising
- Seizures or loss of consciousness

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Constipation that is not relieved by stool softeners and laxatives
- Signs of anemia such as unusual tiredness or weakness
- Signs of heart problems such as shortness of breath or difficulty breathing or chest pain
- Signs of kidney problems such as lower back or side pain, swelling of feet or lower legs
- Signs of gout such as joint pain
- Dizziness or hearing problems
- Changes in eye sight or drooping eyelids
- Signs of bladder problems such as changes in urination, painful burning sensation, presence of blood, or abdominal pain
- Increased sore throat or mouth that makes it difficult to swallow comfortably

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting, loss of appetite, or diarrhea
- Pain or headache not controlled with paracetamol
- Easy bruising or minor bleeding

Hydroxyurea

Other name: *Hydroxyurea*

Hydroxyurea is a drug that is used to treat many types of cancers. It is a capsule that you take by mouth.

Blood tests will be taken regularly during treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

You may take hydroxyurea with food or on an empty stomach.

Wash your hands after handling hydroxyurea capsules or packaging.

If you miss a dose of hydroxyurea, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.

Your doctor may tell you to drink plenty of liquids e.g., 8 cups (2000 ml or 70 oz) a day, during the first one to two weeks of treatment. This helps prevent kidney problems.

Store hydroxyurea capsules out of the reach of children, at room temperature, away from heat, light, and moisture.

Hydroxyurea is usually well tolerated and serious side effects are rare.

Changes in blood counts

Hydroxyurea may cause temporary changes in your blood counts. Your doctor will be following these changes carefully by performing blood tests. Adjustment of your treatment may be needed in certain circumstances.

Blood Counts	Management
<p>Normal white blood cells protect your body by fighting bacteria that cause infection. When they are low, you are at greater risk of having an infection. This rarely occurs with hydroxyurea.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom • Avoid crowds and people who are sick
<p>Normal platelets help your blood to clot normally after an injury (e.g., cut). When the platelet count is low you may be more likely to bruise or bleed. This rarely occurs with hydroxyurea.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself • Clean your nose by blowing gently. Do not pick your nose • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene <p>Some medications such as ASA (e.g., ASPIRIN)</p>

	<p>may increase your risk of bleeding.</p> <ul style="list-style-type: none"> Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart) <p>For minor pain, try paracetamol first.</p>
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Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Side Effects	Management
Hair loss is rare with hydroxyurea. If you lose hair, it will grow back once you stop treatment with hydroxyurea. Colour and texture may change.	Use a gentle shampoo and soft brush.

STOP TAKING HYDROXYUREA AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; cough, severe sore throat, productive cough (coughing up thick or green sputum); painful urination, cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores
- Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin; severe nose bleed; extensive bruising
- Signs of an allergic reaction (rare) soon after a treatment including dizziness, fast heart beat, face swelling, or breathing problems
- Seizures or loss of consciousness

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Severe skin reaction where you have had radiation
- Signs of anemia such as unusual tiredness or weakness
- Signs of liver problems such as yellow eyes or skin, white or clay-coloured stools
- Signs of kidney problems such as lower back or side pain, swelling of feet or lower legs
- Severe stomach pain
- Signs of gout such as joint pain
- Skin changes such as ulcers, stretch marks and slow wound healing
- Significant changes in thinking clearly and logically
- Increased sore throat or mouth that makes it difficult to swallow comfortably

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Nausea, vomiting, constipation, or diarrhea
- Loss of appetite
- Difficulty swallowing capsules
- Drowsiness or dizziness
- Headache or pain not controlled with paracetamol
- Easy bruising or minor bleeding

Vinorelbine

Other name: *Vinelbine*

Vinorelbine is a drug that is **used to treat breast, lung and other kinds of cancer. It is made from the periwinkle plant. Vinorelbine is a clear liquid that is injected into a vein.**

A blood test may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

Side effects and tips to help manage them are listed in the following table in the order in which they may occur.

Blood Counts	Management
Vinorelbine burns if it leaks under the skin	Tell your nurse or doctor immediately if you feel burning, stinging or any other change while the drug is being given.
Nausea and vomiting may occur after your treatment. Most people have little or no nausea.	<p>You may be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts
Fever may occur shortly after treatment with vinorelbine. Fever should last no longer than 24 hours.	<ul style="list-style-type: none"> • Take paracetamol every 3-4 hours. • Fever which occurs more than 48 hours after treatment may be the sign of an infection. See details below.
Constipation or diarrhea may occur.	<p>To help constipation:</p> <ul style="list-style-type: none"> • Exercise if you can • Drink plenty of fluids (8 cups a day) <p>To help diarrhea:</p> <ul style="list-style-type: none"> • Drink plenty of liquids • Eat and drink often in small amounts • Avoid high fibre foods
Your white blood cells will decrease 7-10 days after your treatment. They usually return to nor-	To help prevent infection: Wash your hands often and always after using the bathroom.

<p>mal 2-3 weeks after your last treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.</p>	<ul style="list-style-type: none"> • Take care of your skin and mouth • Avoid crowds and people who are sick
<p>Sore mouth may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. Mouth sores or bleeding gums can lead to an infection.</p>	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste • Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day • Try soft, bland foods like puddings, milkshakes and cream soups • Avoid spicy, crunchy or acidic food, and very hot or cold foods
<p>Tiredness and lack of energy may occur.</p>	<p>Do not drive a car or operate machinery if you are feeling tired.</p>
<p>Hair loss sometimes occurs with vinorelbine. Your hair will grow back once you stop treatment with vinorelbine. Colour and texture may change.</p>	<p>Use a gentle shampoo and soft brush.</p>
<p>Pain or tenderness may occur where the needle was placed within 1-2 days after treatment. This may extend all the way up the arm. Sometimes pain may occur where the cancer is located.</p>	<p>Apply warm compresses or soak in warm water for 15-20 minutes several times a day. For minor pain, take paracetamol for mild to moderate pain.</p>
<p>Numbness or tingling of the fingers or toes may occur. This will slowly return to normal once your treatments are over. This may take several months.</p>	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot or cold • Tell your doctor at you next visit, especially if you have trouble with buttons, writing or picking up small objects
<p>Your skin may redden where you have had radiation treatments.</p>	<p>This will slowly return to normal once you stop treatment with vinorelbine.</p>

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of a stroke such as sudden onset of: severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg
- Signs of an infection such as fever (over 100°F or 38°C by an oral thermometer); chills; cough; or pain or burning when you pass urine
- Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin
- Signs of a blood clot such as tenderness or hardness over a vein, calf swelling and tenderness, sudden

