

For the Patient: LUAVVIN

Other Names: Treatment of Advanced Non-Small Cell Lung Cancer (NSCLC) with Vinorelbine

LU = LUng
AV = AdVanced
VIN = VINorelbine

ABOUT THIS MEDICATION

What is this treatment used for?

LUAVVIN is an intravenous (through the vein) drug treatment for Non-Small Cell Lung Cancer. The goal of this treatment is to help control or shrink the cancer and some of the symptoms caused by it.

How does this drug work?

Vinorelbine is an anticancer drug that is made from the leaves of the periwinkle plant. It works by *interrupting* the dividing and multiplying of cancer cells, and by encouraging the death of cancer cells.

INTENDED BENEFITS

This treatment is being given to slow down the growth of cancer cells in your body. This treatment may improve your current symptoms, and delay or prevent new symptoms from starting. This chemotherapy treatment can also help with controlling some of the symptoms the cancer may be causing, such as pain, coughing, wheezing, difficulty swallowing, weight loss and fatigue.

LUAVVIN TREATMENT SUMMARY

How is this drug given?

- Your treatment plan consists of up to 6 chemotherapy “cycles”. Each cycle lasts 3 weeks (21 days). For each cycle, you will have Vinorelbine given to you intravenously over 10 minutes on both Day 1 and Day 8.

What will happen when I get the drug?

- A blood test is done within one month of starting treatment.
- A blood test is also done before Day 1 and Day 8 of each cycle.
- The dose and timing of your chemotherapy may be changed based on your blood test results and/or other side effects.
- Your very first treatment will take longer than other treatments because a nurse will be reviewing the possible side effects of your chemotherapy plan and will discuss with you how to manage them. *It is a good idea to bring someone with you to your first chemotherapy appointment.*

LUAVVIN TREATMENT PROTOCOL

Start Date: _____

Cycle 1:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Blood Test	No	No	No	No	No	No
Vinorelbine	chemo	chemo	chemo	chemo	chemo	chemo
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Blood Test	No	No	No	No	No	No
Vinorelbine	chemo	chemo	chemo	chemo	chemo	chemo
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
No Chemo	No chemo	No chemo	No chemo	No chemo	No chemo	No chemo

This 21-day cycle will repeat 3-5 more times

CHEMOTHERAPY SIDE EFFECTS AND MANAGEMENT

Are there any risks?

- Unexpected and unlikely side effects can occur with any drug treatment. The ones listed below are particularly important for you to be aware of.

SERIOUS SIDE EFFECTS	How common Is it?	MANAGEMENT
Your white blood cells may decrease 7-10 days after your treatment. They usually return to normal 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.	Very common	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.• Call your doctor immediately at the first sign of an infection such as fever (over 100°F or 38°C by an oral thermometer), chills, cough or burning when you pass urine.
Vinorelbine burns if it leaks under the skin.	Very rare	Tell your nurse immediately if you feel pain, burning, stinging, or any other change while the drug is being given.

OTHER SIDE EFFECTS	How Common Is It?	MANAGEMENT
<p>Constipation or diarrhea may occur.</p>	<p>Common</p>	<p>To help constipation:</p> <ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of liquids (8 cups a day). • Try ideas in <i>“Suggestions for Dealing with Constipation”</i>. <p>To help diarrhea:</p> <ul style="list-style-type: none"> • Drink plenty of liquids. • Eat and drink often in small amounts. <p>Avoid high fibre foods as outlined in <i>“Food Ideas to Help with Diarrhea during Chemotherapy”</i>.</p>
<p>Tiredness or lack of energy may occur.</p>	<p>Common</p>	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in <i>“Your Bank of Energy Savings: How People with Cancer can Handle Fatigue”</i>.
<p>Pain or tenderness may occur where the needle was placed in your vein 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>Common</p>	<ul style="list-style-type: none"> • Apply warm compresses or soak in warm water for 15-20 minutes several times a day. • For minor pain, take acetaminophen (eg: TYLENOL®). <p><i>See your doctor if the pain continues to bother you.</i></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>	<p>Common</p>	<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.

OTHER SIDE EFFECTS	How Common Is It?	MANAGEMENT
<p>Nausea and vomiting may occur after your treatment. Most people have little or no nausea.</p>	<p>Uncommon</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 to treat it once it has happened, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of liquids. • Eat and drink often in small amounts. • Try the ideas in <i>“Food Choices to Control Nausea”</i>. <p>Be sure to let your doctor know if you have nausea or vomiting later than 24 hours after your treatment.</p>
<p>Hair loss sometimes occurs. If there is hair loss, your hair will grow back once you stop treatment. Colour and texture may change.</p>	<p>Uncommon</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. • Refer to the pamphlet For the Patient: <i>“Hair loss due to chemotherapy”</i>.
<p>Fever may occur shortly after treatment with Vinorelbine. Fever should last no longer than 24 hours.</p>	<p>Uncommon</p>	<ul style="list-style-type: none"> • Take acetaminophen (eg: TYLENOL®) every 3-4 hours. • Fever which occurs more than 48 hours after treatment may be the sign of an infection. See details above.
<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>	<p>Rare</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. • Call your doctor if you are having difficulty eating or drinking due to pain.

INSTRUCTIONS FOR THE PATIENT

What other drugs can interact with LUAVVIN?

- Other drugs may interact with Vinorelbine. Tell your doctor if you are taking any other drugs as you may need extra blood tests, your dose may need to be changed.
- Check with your doctor or pharmacist before you start taking any new prescription or non-prescription drugs.

Other important things to know:

- The drinking of alcohol (in small amounts) does not appear to affect the safety or usefulness of this treatment.
- This treatment may damage sperm and may cause harm to the baby if used during pregnancy. It is best to use *birth control* while you are undergoing treatment. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- Tell all doctors or dentists you see that you being treated with Vinorelbine before you receive treatment of any form.

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 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 **bleeding problems** such as black, tarry stools; blood in urine or pinpoint red spots on skin.
- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heart beat, face swelling or breathing problems.
- 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 problems** such as fast or uneven heartbeat.

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

- Signs of **heart problems** such as shortness of breath or difficulty breathing, swelling of feet or lower legs.
- Signs of **anemia** such as unusual tiredness or weakness.
- **Trouble in walking.**
- **Blood in your urine.**
- 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 TO BOTHER YOU:

- Easy bruising or bleeding.
- Uncontrolled nausea, vomiting, constipation or diarrhea.
- Severe jaw pain or headache.
- Redness, swelling, pain or sores where the needle was placed or along the arm.
- Redness, swelling, pain or sores on your lips, tongue, mouth or throat.
- Skin rash or itching.

If you experience symptoms or changes in your body that have not been described above but worry you, or if any symptoms are severe, contact:
_____ at telephone number _____