

**Patient Information Sheet for Adjuvant Breast Cancer Chemotherapy
Program CMF (with cyclophosphamide given by mouth)**

C: Cyclophosphamide
M: Methotrexate
F: Fluorouracil

Indications:

- CMF is a drug treatment given after breast cancer surgery (called adjuvant chemotherapy) in the hope of destroying breast cancer cells that may have spread to other parts of your body. This treatment may reduce the chance of your breast cancer coming back and may improve your overall survival or chance of a cure.

Treatment Plan:

- Your treatment plan consists of 6 chemotherapy cycles. Each cycle lasts 4 weeks (=28 days). For each cycle, you will have two injections in the vein (IV) one week apart (on days 1 and 8) and start pills for two weeks, then have two weeks off.
- The IV treatment takes about 30-60 minutes. However, on day 1 of each cycle, you may need to spend some time before you chemo appointment for a blood test.
- Drugs:
 - Two drugs, methotrexate and 5-fluorouracil, are given as an IV injection in your arm on day 1 and day 8 of each 28 day cycle.
 - The third drug, cyclophosphamide, is a pill and is given daily for 14 days starting on day 1 of each cycle. Your treatment centre will provide you with the cyclophosphamide pills.
 - You take anti-nausea pills to help prevent nausea and vomiting. The anti-nausea prescription is filled at your drugstore.
- A blood test is done on day 1 and day 8 of each cycle. The dose and timing of your chemotherapy may be changed based on your blood counts and/or other side effects.
- If needed, radiation therapy and/or hormonal therapy start after your last chemotherapy cycle is finished.

Instructions:

- Bring your anti-nausea drugs with you to take before each IV treatment on day 1 and day 8. You also need to take your anti-nausea drugs at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely especially while taking the cyclophosphamide pills.
- Take your cyclophosphamide pills at breakfast time (with or without food) with a full glass of water or juice.
- Drink lots of fluids if possible (8-12 cups a day) especially while taking cyclophosphamide. Try to empty your bladder (pass urine) frequently while awake and at bedtime on the days that you take cyclophosphamide to help prevent bladder problems.
- Call your cancer doctor immediately (day or night) at the first sign of any infection but especially if you have a fever over 38°C or 100°F.
- Check with your doctor or pharmacist before you start taking any new drugs. Other drugs such as allopurinol, cimetidine (TAGAMET®), cotrimoxazole (SEPTRA®), digoxin (LANOXIN®), metronidazole (FLAGYL®), non-steroidal anti-inflammatories, phenobarbital, phenytoin (DILANTIN®), probenecid (BENURYL®) warfarin (COUMADIN®), and thiazide diuretics (“water pills”) may interact with CMF.
- **Alcohol** may increase the risk of liver problems with methotrexate. Discuss the safety of a drink of alcohol with your cancer doctor.
- Tell other doctors or dentists that you are being treated with CMF before you receive any treatment from them.
- Use birth control (but **not** birth control pills) if you could become pregnant. Do not breast feed.

Serious Side Effects:

Unexpected and unlikely side effects can occur with any drug treatment. The ones listed below are particularly important as they are directly related to the common actions of the drugs in your treatment plan. Leukemia and heart failure are more likely to occur after treatment is finished.

- **Infection:** The number of white blood cells that help fight infections will be lowered by the treatment. Your blood count is expected to return to normal by day 1 of the next cycle. If your white blood cell count becomes very low you could get a serious infection. The chance of a serious infection is around 5-8% with CMF. **If you have a fever over 38°C or 100°F, call your cancer doctor immediately (24 hours a day) or go immediately to your nearest Hospital Emergency and tell the doctor you are on chemotherapy.**
- **Early menopause:** If you are still having menstrual periods, CMF may cause your ovaries to stop working, resulting in menopausal symptoms (such as hot flashes) and

infertility. Your periods may stop. This may be permanent, especially if you are 40 years of age or older.

Common Side Effects and Management:

SIDE EFFECTS	MANAGEMENT
<p>Nausea and vomiting can occur with this treatment and you will need to take anti-nausea drugs at the time of the injections and on days 2 and 3 while at home.</p>	<p>You will be given a prescription for anti-nausea drugs to take before your IV treatment and afterwards at home.</p> <ul style="list-style-type: none"> • It is easier to prevent nausea than treat it once it has occurred, so follow directions closely. • Refer to the following pamphlets: <i>For the Patient: Managing Nausea; Chemotherapy & You; Food choices to help control nausea*</i>.
<p>Weight gain may occur during treatment.</p>	<p>Do not try to lose weight during treatment.</p> <ul style="list-style-type: none"> • If you are feeling well, eat a varied and balanced diet and keep active. • Choose lower fat foods if you are eating frequently to relieve nausea. • Ask to see a nutritionist or refer to <i>A nutrition guide for women with breast cancer*</i>.
<p>Hair loss. Your hair will thin. You are unlikely to lose enough hair to need to wear a wig (less than 10% chance). Your hair will grow back once your treatments are over and sometimes between treatments. The colour and texture of the new hair growth may be different.</p>	<ul style="list-style-type: none"> • Shaving the head may be more comfortable. • Avoid hair spray, bleaches, dyes and perms. • Apply mineral oil to your scalp to reduce itching. • If you lose your eyelashes and eyebrows, protect your eyes from dust and grit with a broad-rimmed hat and glasses. • Consider cutting your hair short before it falls out • Ask your nurse about information on wigs and head coverings.
<p>Mouth sores may occur a few days after treatment. Mouth sores can occur on the tongue, gums, the sides of the mouth or in the throat.</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. • Try baking soda mouth rinses (using 1/4 tsp baking soda in 1 cup warm water) and rinse several times a day. Try ideas in <i>Easy to chew, easy to swallow food ideas*</i>. • Tell your doctor about a sore mouth, as your chemotherapy doses may need to be decreased if mouth sores are severe

SIDE EFFECTS	MANAGEMENT
Fatigue is common especially in the first week after your treatment. As the number of treatment cycles increase, fatigue may get worse.	<ul style="list-style-type: none"> Your energy level will improve with time after treatment is completed. Refer to the pamphlet "<i>Yes I can. How people with cancer can handle fatigue</i>"**.
Injection site pain. Pain or tenderness may occur where the needle was placed and it may extend up the arm.	<ul style="list-style-type: none"> Apply cool or warm compresses or soak in cool or warm water for 15-20 minutes several times a day.
Stiffness of your nose or a burning feeling of your face during or right after your treatment may occur.	<ul style="list-style-type: none"> If this is bothersome, tell your nurse. Giving the injection more slowly may help.
Irritated and watery eyes can occur.	<ul style="list-style-type: none"> Use of artificial tears may help your eyes.
You may notice a metallic taste in your mouth.	<ul style="list-style-type: none"> Chew gum, suck on a candy or have a strong flavoured drink if the taste is bothersome. Refer to "<i>Coping with taste changes</i>"*.
Burning on urination. The drugs can cause an irritation of the bladder which results in a burning on urination and /or frequency of urination.	<ul style="list-style-type: none"> Drink more fluids to keep the urine dilute and empty your bladder often.
Pain affecting joints of the hands, knees and feet can occur following chemotherapy.	<ul style="list-style-type: none"> Your family doctor can help you to manage symptoms of joint pain.
Your skin may sunburn easily during treatment with fluorouracil.	<p>To help prevent sunburn:</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.

*available through your nurse or nutritionist

**available through your nurse

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