

## For the Patient: PLDC

Other names: **GOOVPLDC**

**GOOV** Gynecologic Oncology, Ovarian  
**PLD** Pegylated Liposomal Doxorubicin (CAELYX®)  
**C** Carboplatin (PARAPLATIN®)

### Uses:

- **GOOVPLDC** is an intravenous drug treatment, given in the hope of destroying or stopping the growth of ovarian cancer cells in your body. This treatment may improve your overall survival and help reduce your cancer symptoms.

### Treatment Plan:

- Your treatment plan consists of 6 chemotherapy cycles (about 6 months). A cycle length is 4 weeks. All the drugs are given intravenously at every visit. For each cycle, you will need to have a blood test and see your oncologist before the treatment. The dose and timing of your chemotherapy may be changed based on your blood counts and/or other side effects.
- Pegylated Liposomal Doxorubicin (PLD) and Carboplatin will be given at each cycle. Each cycle's treatment will take about one and a half hours.
- You will be given a prescription for anti-nausea drugs to take 30 minutes before the Carboplatin and afterwards for several days.

### Instructions:

- Bring your anti-nausea drugs with you to take before each Carboplatin treatment. You will also need to take your anti-nausea drugs at home after therapy. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.
- Drink reasonable amounts of fluids for the first day or two after chemotherapy (6-8 cups a day).
- Check with your doctor or pharmacist before you start taking any new medications. Other medications such as Phenytoin (DILANTIN®), Warfarin (COUMADIN®), Digoxin (LANOXIN®), and Cyclosporine (NEORAL®, SANDIMMUNE®) may interact with **GOOVPLDC**.
- You may drink small amounts of alcohol, as it will not affect the safety or usefulness of your treatment.
- Tell other doctors or dentists that you are being treated with **GOOVPLDC** before you receive any treatment from them.
- If you are still having menstrual periods, **GOOVPLDC** 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. Even if you have stopped having periods after treatment, if you were fertile prior to chemotherapy, you may be able to conceive a pregnancy. Use an appropriate method of birth control, as discussed with your doctor, if you could become pregnant, even if you have stopped menstruating because of chemotherapy. Do not breast feed during treatment. Talk to your doctor if you have questions about fertility and birth control after treatment.

### Serious Risks of Treatment:

**Unexpected and unlikely side effects can occur with any drug treatment. The ones listed below are particularly relevant to your treatment plan:**

**During treatment:**

- **Infection:** The number of white blood cells that help fight infections will be temporarily lowered by the chemotherapy drugs, usually starting after about day 7 of each cycle. Your blood count is expected to return to normal by day 1 of the next cycle, and will be normal after the 6 months of chemotherapy drugs. If your white blood cell count becomes very low you could get a serious infection. **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.**
- **Increased risk of bleeding:** The number of platelets (special blood cells that help your blood to clot normally after injury) may be lowered by the treatment. They are expected to return to normal by day 1 of next cycle. When the platelet count is low you may be more likely to bruise or bleed. Notify your cancer doctor promptly if you develop large or numerous bruises, and try to avoid using ASA or ibuprofen, if other pain medications could be used. Talk to your doctor if you feel you need to use one of these medications while on chemotherapy. For patients receiving Warfarin, a modification of the dose may be required based on blood test results (increased INR due to possible interaction with chemotherapy).
- **Tissue or vein injury:** PLD can cause tissue injury if it leaks out of the vein while being given. Report any sensation of burning or pain to your nurse immediately. Chemotherapy may cause some inflammation and/or scarring in the veins, which may make it difficult to start an IV. Your nurse will help your doctor assess whether a special intravenous device (PICC line or PORT-A-CATH®) needs to be considered for your therapy. Pain or tenderness may occur where the needle was placed in your vein. If so, apply cool compresses or soak in cool water for 15-20 minutes several times a day.

**During treatment or after all treatment has been completed:**

- **Neuropathy:** Carboplatin can cause you to develop damage to the peripheral nerve endings (the nerves to the hands and feet, and rarely, the face). This can result in feelings of numbness and tingling, or sometimes painful burning sensations. You will need to be careful when handling things that are sharp, hot, or very cold. The majority of the time, these feelings develop after a number of treatments, are not severe, and will resolve fully over a period of months once treatment stops. Infrequently (<5%), these feelings might occur early, might be severe, or might not entirely resolve. Rarely, Carboplatin can affect the nerve to your inner ear, causing ringing in the ears, or decreased hearing.
- **Kidney dysfunction:** Rarely, Carboplatin can cause damage to the kidneys. Your kidney function will be monitored with a blood test before each treatment with chemotherapy.

**Common chemotherapy side effects and management:**

SIDE EFFECT	MANAGEMENT
<p><b>Nausea and vomiting</b> can occur with carboplatin. You will need to take anti-nausea drugs at the time of the injections.</p>	<p>You will be given a prescription for anti-nausea drugs to take before your carboplatin treatment and afterwards at home.</p> <ul style="list-style-type: none"> <li>• It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</li> <li>• Eat and drink often in small amounts.</li> <li>• Refer to the following pamphlets: <i>For the Patient: Managing Nausea; Chemotherapy &amp; You</i>; and <i>Food choices to help control nausea*</i>.</li> </ul>
<p><b>Infusion reactions</b> 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(s), and usually only with the first dose.</p>	<ul style="list-style-type: none"> <li>• Tell your nurse or doctor <b><i>immediately</i></b> if you have any sign of an allergic reaction.</li> <li>• Your infusions may be given more slowly.</li> <li>• You may be given other medications to treat or prevent the reaction.</li> </ul>
<p><b>Hair loss</b> is rare with PLD and Carboplatin. Your hair will grow back after your chemotherapy treatment is completed. Colour and texture may change.</p>	<ul style="list-style-type: none"> <li>• Use a gentle shampoo and soft brush.</li> <li>• Avoid hair spray, bleaches, dyes and perms.</li> </ul>
<p><b>Hand-foot skin reaction</b> may occur due to your treatment with PLD. 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>	<ul style="list-style-type: none"> <li>• Avoid tight-fitting shoes or rubbing pressure to hands and feet, such as that caused by heavy activity.</li> <li>• Avoid tight-fitting jewellery.</li> <li>• Clean hands and feet with lukewarm water and gently pat to dry; avoid hot water.</li> <li>• Apply lanolin-containing creams (e.g., BAG BALM®, UDDERLY SMOOTH®) to hands and feet, liberally and often.</li> <li>• Take pyridoxine (vitamin B<sub>6</sub>) 50-150 mg orally daily as directed by your doctor.</li> <li>• Tell your doctor or nurse at your next visit if you have any signs of hand-foot skin reaction as your dose may need to be changed.</li> </ul>

SIDE EFFECT	MANAGEMENT
<p><b>Skin rashes</b> may occur.</p>	<p>To help any itching:</p> <ul style="list-style-type: none"> <li>• You can use calamine lotion.</li> <li>• If very irritating, call your doctor during office hours.</li> <li>• Otherwise, make sure to mention it at your next visit.</li> </ul>
<p><b>Sore mouth</b> may occur a few days after treatment and may last days or weeks. Mouth sores can occur on the tongue, gums, and the sides of the mouth, or in the throat. <b>Mouth sores or bleeding gums can lead to an infection.</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day.</li> <li>• Try soft, bland foods like puddings, milkshakes, and cream soups.</li> <li>• Avoid spicy, crunchy, or acidic food, and very hot or cold foods.</li> <li>• Try ideas in the two handouts <i>Easy to chew, easy to swallow food ideas*</i>; and <i>Soft, Moist Food Ideas*</i>.</li> <li>• Tell your doctor about a sore mouth, as your chemotherapy doses may need to be decreased if mouth sores are severe. Call your doctor if you are having difficulty eating or drinking due to pain.</li> </ul>
<p><b>Muscle or joint pain</b> may occur a few days after your treatment.</p>	<ul style="list-style-type: none"> <li>• You may take acetaminophen (e.g., <i>TYLENOL</i>) or ibuprofen (e.g., <i>ADVIL</i>). Tell your doctor if the pain interferes with your normal activities.</li> </ul>
<p><b>Swelling</b> of hands, feet, or lower legs may occur if your body retain extra fluid.</p>	<p>If swelling is a problem:</p> <ul style="list-style-type: none"> <li>• Elevate your feet when sitting.</li> <li>• Avoid tight clothing.</li> </ul>
<p><b>Tiredness</b> (fatigue) and <b>lack of energy</b> may occur. Fatigue is common especially in the first week after your treatment. As the number of chemotherapy cycles increases, fatigue may get worse or last longer.</p>	<ul style="list-style-type: none"> <li>• Your energy level will improve with time after treatment is completed.</li> <li>• Do not drive a car or operate machinery if you are feeling tired.</li> <li>• Try the ideas in <i>Your bank of energy savings: How people with cancer can handle fatigue*</i>.</li> </ul>
<p><b>Loss of appetite</b> and <b>weight loss</b> may occur.</p>	<ul style="list-style-type: none"> <li>• Try ideas in <i>High energy high protein ideas</i> and <i>Healthy eating using high energy, high protein foods*</i>.</li> </ul>

SIDE EFFECT	MANAGEMENT
<b>Diarrhea</b> may occur.	To help diarrhea: <ul style="list-style-type: none"> <li>• Drink plenty of liquids.</li> <li>• Eat and drink often in small amounts.</li> <li>• Avoid high fibre foods as outlined in <i>Food ideas to help with diarrhea during chemotherapy*</i>.</li> </ul>
<b>Constipation</b> may occur.	To help constipation: <ul style="list-style-type: none"> <li>• Exercise if you can.</li> <li>• Try ideas in <i>Suggestions for dealing with constipation*</i>.</li> </ul>
<b>Pain affecting joints or muscles</b> may occur for a few days after paclitaxel. After you stop chemotherapy altogether, you may also feel increased joint aching or stiffness for a few months.	<ul style="list-style-type: none"> <li>• Take ibuprofen (e.g., ADVIL®) or acetaminophen (e.g. TYLENOL®) for mild to moderate pain. Contact your cancer doctor if your pain is severe.</li> <li>• Your family doctor can help you to manage symptoms of joint pain after chemotherapy.</li> </ul>

\*available through your nurse or dietitian

<p><b>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</b></p>			
<p>_____</p> <p>_____</p>		<p><b>at</b></p>	<p><b>telephone</b></p>
		<p><b>number</b></p>	