

For the Patient: PROTOCOL SMCCNU

Other Names: Palliative Therapy for Metastatic Melanoma
Using Lomustine (CCNU)

SM = Melanoma

CCNU = CCNU(Lomustine)

ABOUT THIS MEDICATION

What is this drug used for?

- Lomustine (loe mus' teen) is a drug that is used to treat many types of cancers including melanoma. It is a capsule that you take by mouth.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to lomustine before taking lomustine.

How does this drug work?

- Lomustine kills cancer cells by preventing their normal cell division and growth.

INTENDED BENEFITS

- This therapy is being given to destroy and/or limit the growth of cancer cells in your body. It may improve your current symptoms, and delay or prevent the onset of new ones.

TREATMENT SUMMARY

How is this drug given?

- Lomustine is a capsule taken by mouth once every 6 weeks.
- It is important to **take** lomustine exactly as directed by your doctor. Make sure you understand the directions. 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.
- Lomustine is taken for one day, followed by a 41 day rest period. This 42 day period (1 day of lomustine + 41 days of rest) is called a "cycle". The cycle is repeated depending on your response and tolerability, but may be changed based on how the treatment affects you.
- A blood test is done prior to each cycle. The dose and timing of your chemotherapy may be changed based on your blood counts and/or other side effects.

- The following calendar outlines your treatment plan for each cycle.

Weeks	Treatment Plan	Blood Test
1	Lomustine at bedtime on empty stomach, on day1 No treatment on days 2 - 7	Before or on day 1 (before taking medication)
2	No treatment	
3	No treatment	
4	No treatment	
5	No treatment	
6	No treatment	

What will happen when I get my drug?

- Your very first appointment for this treatment will take longer than other appointments because a pharmacist will be reviewing the possible side effects of lomustine and how to manage them. It is a good idea to bring someone with you to your first appointment for this treatment.
- You may be given a prescription for anti-nausea drugs which can be filled at your local community pharmacy. These medications are to be taken 30 minutes before the lomustine and then one of the medications need to be taken for 1-3 days after you take lomustine. **Take** anti-nausea drugs exactly as directed by your doctor. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.
- Lomustine may cause **sterility** in men and **menopause** in women. If you plan to **have children, discuss this with your doctor before being treated with lomustine.**
- **Lomustine may damage sperm and may harm the baby if used during pregnancy.** It is best to use **birth control** while being treated with lomustine. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- **Tell** doctors or dentists that you are being treated with lomustine before you receive any treatment from them.

INSTRUCTIONS FOR THE PATIENT

How should I store this drug?

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

How should I use this drug?

- 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.

What other drugs can interact with Lomustine?

- Other drugs may **interact** with lomustine. Check with your doctor or pharmacist before you start taking any new drugs.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of lomustine.

SIDE EFFECTS AND WHAT TO DO ABOUT THEM

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 as they are directly related to the common actions of the drug in your treatment plan.

SERIOUS SIDE EFFECTS	How Common Is It?	MANAGEMENT
Your white blood cells may decrease 4 weeks after your treatment. They usually return to normal 6 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.	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 <i>immediately</i> 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.

SERIOUS SIDE EFFECTS	How Common Is It?	MANAGEMENT
<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 bruise or bleed more easily than usual.</p>	<p>Common</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. • Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) 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 acetaminophen (e.g., TYLENOL®) first, but occasional use of ibuprofen may be acceptable.

OTHER SIDE EFFECTS	How Common Is It?	MANAGEMENT
<p>Nausea and vomiting may occur after your treatment and may last for 24 hours.</p>	<p>Very Common</p>	<p>You will be given a prescription for antinausea 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. • Try the ideas in <i>Food Choices to Help Control Nausea</i>.*

OTHER SIDE EFFECTS	How Common Is It?	MANAGEMENT
<p>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.</p>	Common	<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 the ideas in <i>Food Ideas for a Sore Mouth during Chemotherapy</i>.*
<p>Loss of appetite and weight loss sometimes occur, and may persist after discontinuation of lomustine.</p>	Common	<ul style="list-style-type: none"> • Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i>.*
<p>Hair loss is rare with lomustine. Your hair will grow back once you stop treatment with lomustine. Colour and texture may change.</p>	Rare	<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.

THE FOLLOWING INFORMATION IS VERY IMPORTANT

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.
- Decreased appetite or weight loss.
- Easy bruising or minor bleeding.
- 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 in any symptoms are severe, contact:

_____ at telephone number: _____