



Provincial Health Services Authority

## For the Patient: GUVIP2

Consolidation and Salvage Therapy for Nonseminoma  
Using Etoposide, CISplatin, Ifosfamide, Mesna

**GU = GenitoUrinary**

**V = Vepesid (etoposide)**

**I = Ifosfamide**

**P = cisPlatin**

### **ABOUT THIS MEDICATION**

#### **What are these drugs used for?**

- Etoposide (VEPESID®, ETOPOPHOS®), Cisplatin (PLATINOL®), and Ifosfamide (IFEX®) are used to treat non-seminoma tumors (cancer of the sperm or egg cells).
- Mesna (UROMITEXAN®, MESNEX®) is a medication used to protect the bladder from the side effects of ifosfamide.

#### **How do these drugs work?**

- Etoposide, cisplatin, and ifosfamide work together to limit the growth of cancer and kill the cancer cells.

### **TREATMENT SUMMARY**

#### **How are these drugs given?**

- **Etoposide** and **cisplatin** are given into a vein (IV) at the clinic on days 1, 2, 3, 4, and 5.
- **Ifosfamide** and **mesna** are given into the vein (IV) at the clinic on days 1, 2, 3, and 4.
- After 3 weeks from day 1 this “cycle” will start again. You will go through multiple cycles depending on your response to treatment and/or the side effects you experience.

#### **What will happen when I get my drugs?**

- A blood test will be taken before starting treatment and before each cycle. The blood test may also be repeated at anytime during treatment. The dose and timing of your chemotherapy may be changed based on the results of the blood tests and/or other side effects.
- Your doctor may also ask you to take a hearing test before and during treatment with cisplatin.
- Before the drugs are given you will be given medications to help with nausea.
- Other medications such as hydrocortisone and/or diphenhydramine may be given to manage side effects of medications.

## **SIDE EFFECTS AND WHAT TO DO ABOUT THEM**

Your doctor will review the risks of treatment and possible side effects with you before starting treatment.

Side effects that can occur with these medications are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

<b>SIDE EFFECTS</b>	<b>MANAGEMENT</b>
Etoposide, cisplatin, ifosfamide, and mesna <b>burn</b> if they leak under the skin.	Tell your nurse or doctor <b><i>immediately</i></b> if you feel burning, stinging or any other change while the drug is being given.
<b>Pain or tenderness</b> may occur where the needle was placed.	Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
Your <b>white blood cells</b> will decrease 2–3 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, <b>you are at greater risk of having an infection.</b>	To help prevent infection: <ul style="list-style-type: none"> <li>• Wash your hands often and always after using the bathroom.</li> <li>• Take care of your skin and mouth.</li> <li>• Avoid crowds and people who are sick.</li> <li>• Call your doctor <b><i>immediately</i></b> 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.</li> </ul>
Your <b>platelets</b> may decrease 2-3 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. <b>You may bruise or bleed more easily than usual.</b>	To help prevent bleeding problems: <ul style="list-style-type: none"> <li>• Try not to bruise, cut, or burn yourself.</li> <li>• Clean your nose by blowing gently. Do not pick your nose.</li> <li>• Avoid constipation.</li> <li>• Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene.</li> </ul> <p>Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> <li>• Do not stop taking any medication that has been prescribed by your doctor (e.g., <b>ASA for your heart</b>).</li> <li>• For minor pain, try acetaminophen (e.g., TYLENOL®) first, but occasional use of ibuprofen may be acceptable.</li> </ul>

SIDE EFFECTS	MANAGEMENT
<b>Nausea and vomiting</b> may occur after your treatment and may last for several hours.	You will be given a prescription for antinausea drug(s) to take before your chemotherapy treatment and/or at home. <b>It is easier to prevent nausea than treat it once it has occurred</b> , so follow directions closely. <ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Eat and drink often in small amounts.</li> </ul>
<b>Tiredness</b> and lack of energy may occur.	Do not drive a car or operate machinery if you are feeling tired.

**Side effects for ETOPOSIDE are listed in the table below:**

SIDE EFFECTS	MANAGEMENT
<b>Allergic reactions</b> may rarely occur during or immediately following administration of IV etoposide. Signs of an allergic reaction may include: chest discomfort, shortness of breath, light headedness and flushing.	Tell your nurse or physician <b>immediately</b> if you experience these or any other side effects while receiving your etoposide.
<b>Dizziness or feeling faint</b> may occur during administration of IV etoposide.	<ul style="list-style-type: none"> <li>• Tell your nurse or doctor <b>immediately</b>.</li> <li>• Lie down or sit with your feet elevated.</li> </ul>
<b>Hair loss is common</b> 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.	<ul style="list-style-type: none"> <li>• Use a gentle shampoo and soft brush.</li> <li>• Care should be taken with use of hair spray, bleaches, dyes, and perms.</li> <li>• Protect your scalp with a hat, scarf or wig in cold weather. Some extended health plans will pay part of the cost of a wig.</li> <li>• Cover your head or apply sunscreen on sunny days.</li> <li>• Apply mineral oil to your scalp to reduce itching.</li> <li>• If you lose your eyelashes and eyebrows, protect your eyes from dust and grit with a broad-rimmed hat and glasses.</li> </ul>
<b>Loss of appetite</b> and <b>weight loss</b> may occur.	<ul style="list-style-type: none"> <li>• Increase high calorie/protein fluids such as full-fat milk, homemade smoothies, nutritional supplements</li> <li>• Limit fluid intake prior to meals</li> <li>• Increase intake of high calorie foods</li> </ul>

SIDE EFFECTS	MANAGEMENT
<b>Taste</b> alteration may occur.	Speak to your doctor if this occurs.
<b>Diarrhea</b> may occur.	If diarrhea is a problem: <ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Eat and drink often in small amounts.</li> </ul>
<b>Constipation</b> may occur.	<ul style="list-style-type: none"> <li>• Exercise if you can.</li> <li>• Drink plenty of fluids.</li> </ul>
<b>Sore mouth</b> may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. <b>Mouth sores or bleeding gums can lead to an infection.</b>	<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 ¼ teaspoon baking soda AND ¼ teaspoon 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>• You can also request a prescription for Magic Mouthwash from your doctor.</li> </ul>

**Side effects for CISPLATIN are listed in the table below:**

SIDE EFFECTS	MANAGEMENT
<b>Allergic reactions</b> may rarely occur. Signs of an allergic reaction are dizziness, confusion and wheezing. This reaction occur immediately or several hours after receiving cisplatin. This reaction can occur after the first dose of cisplatin or after many doses of cisplatin.	Tell your nurse if this happens while you are receiving cisplatin or contact your oncologist immediately if this happens after you leave the clinic.
<b>Diarrhea</b> may occur.	If diarrhea is a problem: <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</li> </ul>

SIDE EFFECTS	MANAGEMENT
<p><b>Sore mouth</b> may occur a few days after treatment. Mouth sores can occur on the tongue, 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 ¼ teaspoon baking soda AND ¼ teaspoon salt in 1 cup warm water and rinse several times a day.</li> <li>• You can also request a prescription for Magic Mouthwash from your doctor.</li> </ul>

**Side effects for IFOSFAMIDE are listed in the table below:**

SIDE EFFECTS	MANAGEMENT
<p><b>Blood in the urine</b> may occur with ifosfamide.</p>	<ul style="list-style-type: none"> <li>• Report this to your doctor immediately.</li> <li>• Drink plenty of fluids, as directed by your doctor.</li> <li>• Urinate as often as possible.</li> </ul>
<p><b>Hair loss</b> 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. 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"> <li>• Use a gentle shampoo and soft brush.</li> <li>• Care should be taken with use of hair spray, bleaches, dyes, and perms.</li> <li>• Protect your scalp with a hat, scarf or wig in cold weather. Some extended health plans will pay part of the cost of a wig.</li> <li>• Cover your head or apply sunscreen on sunny days.</li> <li>• Apply mineral oil to your scalp to reduce itching.</li> <li>• If you lose your eyelashes and eyebrows, protect your eyes from dust and grit with a broad-rimmed hat and glasses.</li> </ul>

**Side effects for MESNA are listed in the table below:**

SIDE EFFECTS	MANAGEMENT
<b>Upset stomach, nausea, and vomiting</b> may occur after your treatment and may last for several hours.	You will be given a prescription for antinausea drug(s) to take before your chemotherapy treatment and/or at home. <b>It is easier to prevent nausea than treat it once it has occurred</b> , so follow directions closely. <ul style="list-style-type: none"><li>• Drink plenty of fluids.</li><li>• Eat and drink often in small amounts.</li></ul>
<b>Diarrhea or soft stools</b> may sometimes occur.	If diarrhea is a problem: <ul style="list-style-type: none"><li>• Drink plenty of fluids.</li><li>• Eat and drink often in small amounts.</li><li>• Avoid high fibre foods</li></ul>

**INSTRUCTIONS FOR THE PATIENT:**

**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, abdominal pain or breathing problems.
- 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 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 **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.
- Signs of **bladder problems** such as changes in urination, painful burning sensation, presence of blood, or abdominal pain.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- **Seizures** or **loss of consciousness**.
- **Confusion, extreme tiredness or restlessness, or hallucinations** (seeing, hearing, or feeling things that are not there).
- Severe **abdominal pain**.

**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.

- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- **Numbness or tingling** in feet or hands.
- **Changes in eyesight or drooping eyelids.**
- **Hearing things that are not there.**
- **Trouble walking.**
- **Skin rash or itching.**
- **Muscle weakness.**
- Uncontrolled **nausea, vomiting** or diarrhea.
- **Dizziness or hearing problems.**

**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 \_\_\_\_\_**