



For the Patient: HNAVPD

Treatment of advanced squamous cell carcinoma of the head and neck with **Platinum** and Docetaxel

HN = Head and Neck (tumour group)

AV = AdVanced

PD = **Platinum** , **Docetaxel**

ABOUT THIS MEDICATION

What are these drugs used for?

- Cisplatin or carboplatin are types of Platinum drugs. Along with docetaxel they are drugs used to treat advanced cancers of the mouth, larynx or pharynx or of unknown origin.

How do these drugs work?

- Cisplatin, carboplatin, and docetaxel work by interfering with the genetic material of actively dividing cells and preventing an increase in the number of cancer cells.

INTENDED BENEFITS

- This therapy is being given to destroy and/or limit the growth of cancer cells in your body.
- This treatment may improve your current symptoms, and/or delay the onset of new symptoms.
- It may take a few treatments before your doctor can tell whether or not this treatment is helping you.

TREATMENT SUMMARY

How are these drugs given?

- Cisplatin or carboplatin, and docetaxel are given intravenously (through a vein) on the first day of each cycle. Each cycle is repeated every 21 days for 4 to 6 cycles.
- Extra intravenous fluid is given before your cisplatin to prevent problems with your kidneys.
- Your doctor may choose to give you carboplatin in place of cisplatin if it is best for you.
- You will be given a prescription for dexamethasone tablets that you take by mouth. It helps to prevent fluid retention, nausea, and allergic reactions. These prescriptions are filled at your regular pharmacy. Start taking the dexamethasone with food the morning and evening of the day before your treatment then the third dose the

morning of the day of your treatment. You must take 3 doses of dexamethasone before your docetaxel treatment.

HNAVPD Treatment Protocol

Cycle 1:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Docetaxel and cisplatin or carboplatin	no chemo	no chemo	no chemo	no chemo	no chemo	no chemo
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
no chemo	no chemo	no chemo	no chemo	no chemo	no chemo	no 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
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Cycle 2 Docetaxel and cisplatin or carboplatin						

This 21-day cycle repeats up to 6 cycles.

What will happen when I get my drugs?

- A blood test is done within one month prior to starting treatment.
- A blood test is done prior to each cycle. You will be given lab requisitions for these tests
- The dose and timing of your chemotherapy may be changed based on your blood counts and/or other side effects.
- It is important for you to **drink plenty of water** on the day of your treatment and for a few days following your treatment. This will prevent kidney problems.
- You may be given frozen gloves to wear on your hands to prevent nail changes from docetaxel.
- You will be given prescriptions to prevent nausea; please have these filled at your regular pharmacy and bring them in with you each time for treatment. Your nurse will tell you when to take the anti-nausea medication. It is easier to prevent nausea than to treat it once it has occurred, so please follow the suggestions below.

SIDE EFFECTS AND WHAT TO DO ABOUT THEM

- Unexpected and unlikely side effects can occur with any drug treatment. The ones listed in the following tables are particularly important for you to be aware of as they are directly related to the drugs in your treatment plan.
- Refer to individual drug information sheets for the side effects specific to each drug

SERIOUS SIDE EFFECTS	HOW COMMON IS IT?	MANAGEMENT
<p>Allergic reactions can occur with docetaxel and rarely with cisplatin or carboplatin. Signs of an allergic reaction are flushing, rash, itching, dizziness, swelling or breathing problems.</p>	Common	<ul style="list-style-type: none"> • Take your dexamethasone tablets as directed by your doctor, pharmacist or nurse. This is usually taken twice a day with food (breakfast and supper) starting the day before your treatment. • Your nurse will check your heart rate (pulse) and blood pressure, if needed. <p>Tell your nurse or doctor immediately if you have any sign of an allergic reaction.</p>
<p>When your white blood cells are low, you are at greater risk of having an infection. White blood cells protect your body by fighting bacteria (germs) that cause infection.</p>	Common	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom • Take care of your skin and mouth • Avoid crowds and people who are sick • Call your doctor immediately at the first sign of infection such as fever (over 38°C or 100°F by an oral thermometer), chills, cough or burning when you pass urine.
<p>When your platelets are low, you may bruise or bleed more easily than usual. Platelets help to make your blood clot when you hurt yourself. Your platelets may decrease 7-14 days after your treatment. They usually return to normal a month after your last treatment.</p>	Common	<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. <p>Some medications like ASA (e.g. ASPIRIN®) or ibuprofen (e.g. ADVIL®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g. ASA for your heart). • For minor pain, try acetaminophen (TYLENOL®) first, but occasional use of ibuprofen may be acceptable.

SERIOUS SIDE EFFECTS	HOW COMMON IS IT?	MANAGEMENT
Chest Pain or changes in heart rhythm may rarely occur.	Very <u>un</u> common	Go to your nearest emergency department if you should experience any chest pain or rhythm changes.
Pain or tenderness may occur where the needle was placed.	very rare	<ul style="list-style-type: none"> • Tell your nurse or doctor <i>immediately</i> if you feel burning, stinging, or any other change while the drug is being given. • Apply cool compresses or soak in cool water for 15-20 minutes several times a day.

OTHER SIDE EFFECTS	HOW COMMON IS IT?	MANAGEMENT
Fever may occur shortly after treatment with docetaxel. Fever should last no longer than 24 hours.	Common	<ul style="list-style-type: none"> • Take acetaminophen (e.g. TYLENOL®) every 3 – 4 hours. Fever which occurs more than 48 hours after treatment may be the sign of an infection. See details under “white blood cells”.
Nausea and vomiting may occur after your treatment and may last for 24 hours.	Common	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 treat it once it has occurred, so follow directions closely. <ul style="list-style-type: none"> • Eat and drink often in small amounts. • Try the ideas in Food Choices to Help Control Nausea
Hair loss occurs with docetaxel. Your hair will grow back once you stop treatment. Colour and texture may change.	Common	<ul style="list-style-type: none"> • Use a gentle shampoo and soft brush. • Care should be taken with hair spray, bleaches, dyes and perms.
Loss of appetite may occur and may persist long after discontinuation of treatment	Common	Try the food ideas in Food Ideas to Help with Poor Appetite

OTHER SIDE EFFECTS	HOW COMMON IS IT?	MANAGEMENT
<p>Diarrhea may occur after your treatment . Diarrhea can lead to dehydration.</p>	Common	<p>To help manage diarrhea:</p> <ul style="list-style-type: none"> • Drink plenty of fluids, slowly • Eat and drink often in small amounts <p>Refer to the following documents:</p> <ul style="list-style-type: none"> • Chemo Induced Diarrhea • Food ideas to help with diarrhea
<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. <i>Mouth sores can lead to an infection.</i></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 toothbrush. 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 Help with Sore Mouth during Chemotherapy
<p>Tiredness and lack of energy may occur.</p>	Common	<ul style="list-style-type: none"> • Do not drive or operate machinery if you are feeling tired. • Rest, eat a well balanced diet and activities to tolerance. • Try the ideas in <i>Your Bank of Energy Savings: How people with cancer can handle fatigue.</i>
<p>Numbness or tingling of the fingers or toes may sometimes occur. This will slowly return to normal once your treatments are over. This may take several months.</p>	Common	<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.
<p>Rash may occur, mainly on the feet and hands, but also on arms, face or chest. The rash will generally clear by the time of the next treatment.</p>	Less Common	<ul style="list-style-type: none"> • Apply a moisturizer to dry skin several times a day. • If itchy, you can use calamine lotion and if very irritating, call your doctor during office hours. • Keep the area clean to avoid infections. • Otherwise make sure to mention it at your next visit.

OTHER SIDE EFFECTS	HOW COMMON IS IT?	MANAGEMENT
<p>Nail changes such as change in colour may occur. Rarely, nails will loose or fall off, or the nailbeds will be painful.</p>	<p>common</p>	<ul style="list-style-type: none"> • You may be given frozen gloves to wear on your hands during your treatment to help prevent nail changes. • Take acetaminophen (e.g., TYLENOL®) every 3-4 hours if nails are painful.

INSTRUCTIONS FOR THE PATIENT

What other drugs can interact with docetaxel and cisplatin or carboplatin?

Other drugs may interact with docetaxel, such as disulfiram (ANTABUSE®), metronidazole (FLAGYL®), and ketoconazole (NIZORAL®). Other drugs may interact with cisplatin or carboplatin, such as furosemide (LASIX®), phenytoin (DILANTIN®), pyridoxine, and some antibiotics given by vein (e.g. tobramycin, vancomycin). Tell your doctor if you are taking these or any other drugs as you may need extra blood tests or your dose may need to be changed. Check with your doctor or pharmacist before you start taking any new drugs.

THE FOLLOWING INFORMATION IS VERY IMPORTANT

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 **bleeding problems** such as black tarry stools; blood in urine; 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 **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath, or difficulty in breathing, swelling of ankles, or fainting.
- 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 **bowel perforation** such as new pain, tenderness or acute cramping and bloating in your abdomen, or any sudden **abdominal pain**.

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

- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- **Severe skin irritation, or severe skin reaction.**
- Signs of **fluid retention** such as shortness of breath or difficulty breathing, bothersome swelling of feet or lower legs.

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Easy bruising or minor bleeding.
- Uncontrolled nausea, vomiting or diarrhea.
- Signs of anemia such as unusual tiredness or weakness.
- Redness, swelling, pain or sores where the needle was placed.
- Redness, swelling, pain or sores on your lips, tongue, mouth or throat.
- Ringing in your ears or hearing problems.
- Numbness or tingling in feet or hands or painful leg cramps.
- Eye irritation or changes in eyesight.
- 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: _____