



## **For the Patient: HNSAVPAC**

Treatment of Advanced Salivary Gland Cancers with Platinum, Doxorubicin, and Cyclophosphamide

**HN = Head and Neck**

**S = Salivary Gland**

**AV = AdVanced**

**P = Platinum (for cisplatin)**

**A = Adriamycin® (brand name for doxorubicin)**

**C = Cyclophosphamide**

### **ABOUT THIS MEDICATION**

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

- Cisplatin, doxorubicin and cyclophosphamide are intravenous anticancer medications used for many types of cancer. Cisplatin and cyclophosphamide are clear liquids, and doxorubicin is a red liquid that are injected into a vein.

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

- Cisplatin, doxorubicin, and cyclophosphamide interfere with the genetic material, DNA and RNA, of cancer cells to prevent their growth. The result is the cancer cell dies.

### **INTENDED BENEFITS**

- This therapy is being given to destroy and/or prevent the growth of new cancer cells in your body.
- This treatment may improve your current symptoms, and delay or prevent the onset of new symptoms.
- This treatment is meant to control the disease and allow you to live longer after receiving chemotherapy treatment.

### **TREATMENT SUMMARY**

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

- Cisplatin, doxorubicin, and cyclophosphamide are all given intravenously (through a vein) on the first day of each cycle. One cycle is 21 days. This may be repeated for 6 to 8 cycles.

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

- A blood test is done within one month prior to starting your first treatment.
- A blood test is done before day 1 of 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.
- You will be given a prescription for anti-nausea medication (filled at your regular pharmacy) that you bring in each time for your 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 follow directions closely.

## Treatment Protocol

### Cycle 1:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Doxorubicin Cisplatin cyclophosphamide	no chemo	no chemo	no chemo	no chemo	no chemo	no chemo
Day 8	Day 9	Day 10D	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 1	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Start cycle 2:						

This 21-day cycle will repeat 6 to 8 more times.

## CHEMOTHERAPY SIDE EFFECTS AND MANAGEMENT

### Are there any risks?

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 common actions of the drugs in your treatment plan.

SERIOUS SIDE EFFECTS	How common is it?	MANAGEMENT
When your white blood cells are low, you are at greater <b>risk of having an infection</b> . White blood cells protect your body by fighting bacteria (germs) that cause infection.	Common	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>immediately</b> at the first sign of <b>infection</b> such as fever (over 38°C or 100°F by an oral thermometer), chills, cough, or burning when you pass urine.</li> </ul>

SERIOUS SIDE EFFECTS	How common is it?	MANAGEMENT
When your platelets are low, you are at greater <b>risk of bruising or bleeding more easily than usual.</b>	Common	<p>To help prevent bleeding problems:</p> <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> <li>• Some medications such as ASA (e.g. Aspirin®) or ibuprofen (e.g. ADVIL®) may increase your risk of bleeding.</li> <li>• Many natural health products may increase your risk of bleeding.</li> <li>• Do not stop taking any medication prescribed by your doctor (e.g., ASA for your heart)</li> <li>• For minor pain, try acetaminophen (TYLENOL®) first, but occasional use of ibuprofen is acceptable.</li> </ul>
Signs of <b>heart problems</b> such as chest pain or fast or uneven heartbeat.	rare	Contact your oncologist <b><i>immediately</i></b> if this happens to you.
Doxorubicin <b>burns</b> if it leaks under the skin.	Very rare	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.
Cisplatin may cause <b>changes in hearing.</b>	Common	Contact your doctor if you notice ringing in your ears or changes in your hearing.

OTHER SIDE EFFECTS	How common is it?	MANAGEMENT
<p><b>Nausea and vomiting</b> may occur after your treatment and may last for up to 24 hours. Nausea may last longer for some patients (ie. Delayed nausea and vomiting)</p>	<p>Very common</p>	<p>You will 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.</p> <ul style="list-style-type: none"> <li>• Drink plenty of fluids</li> <li>• Eat and drink often in small amounts</li> <li>• Try the ideas in <a href="#">Food Choices to Help Control Nausea</a></li> <li>• Your doctor may manage delayed nausea and vomiting differently. Be sure to let your doctor know if you experience this.</li> </ul>
<p><b>Diarrhea</b> may occur after your treatment. Diarrhea can lead to dehydration.</p>	<p>Uncommon</p>	<p>To help manage diarrhea:</p> <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 as outlined in <a href="#">Food Ideas to Help with Diarrhea</a></li> </ul>
<p><b>Nasal congestion</b> may occur during administration of cyclophosphamide. You may experience runny eyes and nose, sinus congestion and sneezing during or immediately after the infusion.</p>	<p>uncommon</p>	<p>For persistent nasal congestion a decongestant such as pseudoephedrine (e.g., SUDAFED®) or a decongestant/antihistamine such as pseudoephedrine/triprolidine (e.g., ACTIFED®) can be used to relieve symptoms.</p>

OTHER SIDE EFFECTS	How common is it?	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>	<p>Uncommon</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 teaspoonful baking soda or salt in 1 cup warm water and rinse several times a day.</li> <li>• Try the ideas in <a href="#">Food Ideas to Help with Sore Mouth</a></li> </ul>
<p><b>Hair loss</b> can occur and may begin within a few days or weeks of treatment. 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.</p>	<p>Very common</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 sunblock 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>
<p><b>Loss of appetite and weight loss</b> can occur with doxorubicin and cyclophosphamide, and may persist long after discontinuation of treatment.</p>	<p>Common</p>	<p>Try ideas in <a href="#">Healthy Eating Using High Energy High Protein Foods</a> and <a href="#">Food Ideas to Help With Poor Appetite</a></p>
<p>Your <b>urine may be pink or reddish</b> for 1-2 days after your treatment with doxorubicin.</p>	<p>common</p>	<p>This is expected as doxorubicin is red and is passed in your urine.</p>

OTHER SIDE EFFECTS	How common is it?	MANAGEMENT
<b>Tiredness</b> and lack of energy may occur.	common	<ul style="list-style-type: none"> <li>Do not drive a car or operate machinery if you are feeling tired.</li> </ul> Try the ideas in <i>Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue</i> .*
Your <b>skin may darken</b> in some areas such as your nails, soles or palms.	uncommon	This will slowly return to normal once you stop treatment with doxorubicin.
<b>Pain or tenderness</b> may occur where the needle was placed.	rare	<ul style="list-style-type: none"> <li>Tell your nurse or doctor <b>immediately</b> if you feel burning, stinging, or any other change while the drug is being given.</li> <li>Apply cool compresses or soak in cool water for 15-20 minutes several times a day.</li> </ul>

**Other important things to know:**

- It is important to **drink plenty of water** on the day of your treatment and for a few days following your treatment. This will prevent kidney problems.
- Your doctor may ask you to take a **hearing test** before and at various times during your treatment with cisplatin. This helps to detect changes in hearing.

**What other drugs can interact with doxorubicin, cisplatin, and cyclophosphamide?**

Other drugs such as allopurinol, amiodarone, some antibiotics (e.g., tobramycin, vancomycin), cyclosporine, digoxin, furosemide, hydrochlorothiazide, indomethacin, phenytoin, pyridoxine, and warfarin may **interact** with the drugs in HNSAVPAC.

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 prescriptions, non-prescription or natural health products.

**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 38°C or 100°F by oral thermometer), shaking chills, severe sore throat, productive cough (coughing up thick or green sputum), pain or burning when you pass urine.
- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heartbeat, face swelling or breathing problems.
- 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 **bleeding problems** such as black, tarry stools, blood in urine, pinpoint red spots on skin, extensive bruising.
- Signs of **heart problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty 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.

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

- Signs of kidney problems such as lower back pain or side pain, swelling of feet or lower legs, numbness or tingling in feet or hands, blood in urine, or cloudy urine.
- Signs of liver problems such as yellow eyes or skin, white or clay-coloured stools.
- Uncontrolled nausea, vomiting or diarrhea

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

- Redness, swelling, pain or sores where the needle was placed.
- Easy bruising or bleeding
- Redness, swelling, pain or sores on your lips, tongue, mouth or throat
- Ringing in your ears or hearing problems
- Signs of anemia such as unusual tiredness or weakness
- Skin rash or itching
- Numbness or tingling in feet or hands or painful leg cramps

**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: \_\_\_\_\_