

## For the Patient: LUAVDOC

Other Names: Second or Later-Line Treatment of Advanced Non-Small Cell Lung Cancer (NSCLC) with Docetaxel

**LU = LUng**

**AV = AdVanced**

**DOC = DOCetaxel**

### **ABOUT THIS MEDICATION**

#### **What is this drug used for?**

LUAVDOC is an intravenous (through the vein) drug treatment for Non-Small Cell Lung Cancer. The goal of this treatment is to help control or shrink the cancer and some of the symptoms caused by it.

Docetaxel is offered to people who have a good performance status. Performance status is a measure of how well a person is able to perform their usual daily activities.

#### **How does this drug work?**

Docetaxel is an anticancer drug that works by *interrupting* the dividing and multiplying of cancer cells, and by encouraging the death of cancer cells.

### **INTENDED BENEFITS**

This treatment is being given to destroy and/or slow down the growth of cancer cells in your body. This treatment may improve your current symptoms, and delay or prevent new symptoms from starting. This chemotherapy treatment can help with controlling some of the symptoms the cancer may be causing, such as pain, coughing, wheezing, difficulty swallowing, weight loss and fatigue. Research has shown that patients may live longer after receiving chemotherapy treatment.

### **LUAVDOC TREATMENT SUMMARY**

#### **How is this drug given?**

- Your treatment plan consists of chemotherapy “cycles”. Each cycle lasts 3 weeks (21 days).
- For each cycle, you will have docetaxel given to you intravenously (through the vein), over 1 hour on Day 1.

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

- A blood test is done within one month of starting treatment.
- A blood test is also done before Day 1 of each cycle.
- The dose and timing of your chemotherapy may be changed based on your blood test results and/or other side effects.
- Your very first treatment will take longer than other treatments because a nurse will be reviewing the possible side effects of your chemotherapy plan and will discuss

with you how to manage them. *It is a good idea to bring someone with you to your first chemotherapy appointment.*

- You will be given a prescription for **dexamethasone**, to help prevent fluid retention and allergic reactions. Fill this at your regular pharmacy.
  - It is important to take dexamethasone exactly as directed or you may not be able to have your treatment. On treatment days, it is especially important to take the morning dose before your treatment.
  - You must take 3 doses of dexamethasone before your treatment. Start taking it the day before your treatment and continue taking it twice a day for 3 days.
  - Always take dexamethasone with food.

## **LUAVDOC TREATMENT PROTOCOL**

**Start Date:** \_\_\_\_\_

**Cycle 1:**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Blood Test</b> <b>Docetaxel</b>	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

This three week or 21-day period of time is called a “cycle”. The cycles are repeated as long as you are benefiting from chemotherapy, and not having too many side effects, as determined by your oncologist.

## **CHEMOTHERAPY SIDE EFFECTS AND MANAGEMENT**

### **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.

SERIOUS SIDE EFFECTS	How common is it?	MANAGEMENT
Your <b>white blood cells</b> may decrease 8 days after your treatment. They usually return to normal within 3 weeks. 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>	Very 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 by gently washing regularly.</li><li>• Avoid crowds and people who are sick.</li><li>• Call your doctor <b>immediately</b> at the first sign of an <b>infection</b> such as fever (over 100°F or 38°C by an oral thermometer), chills, cough or burning when you pass urine.</li></ul>
<b>Allergic reactions</b> often occur. Signs of an allergic reaction are flushing, rash, itching, dizziness, swelling or breathing problems.	Common	<ul style="list-style-type: none"><li>• Take your <b>dexamethasone</b> 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.</li><li>• Your nurse will check your heart rate (pulse) and blood pressure, if needed.</li><li>• Tell your nurse or doctor <b>immediately</b> if you have any sign of an allergic reaction.</li></ul>
<b>Docetaxel burns</b> if it leaks under the skin.	Rare	Tell your nurse <b>immediately</b> if you feel pain, burning, stinging, or any other change while the drugs are being given.

OTHER SIDE EFFECTS	How Common Is It?	MANAGEMENT
<b>Tiredness</b> and lack of energy may occur.	Very Common	<ul style="list-style-type: none"> <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>
<b>Hair loss</b> is common 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. In most cases, your hair will grow back once your chemotherapy treatments are over and sometimes between treatments. Rarely, hair may not grow back for more than two years. Color and texture may change.	Very Common	<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>
<b>Diarrhea</b> may occur.	Common	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>Coping with Diarrhea</i>".</li> </ul>

OTHER SIDE EFFECTS	How Common Is It?	MANAGEMENT
<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>	Common	<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 <math>\frac{1}{2}</math> 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>• Call your doctor if you are having difficulty eating or drinking due to pain.</li> </ul>
<b>Numbness, tingling or burning of the fingers or toes, or a change in the way you walk</b> may occur. These changes will slowly return to normal once your treatments are over.	Common	<ul style="list-style-type: none"> <li>• Be careful when handling items that are sharp, hot or cold.</li> <li>• Tell your doctor at your next visit, especially if you have trouble with buttons, writing, or picking up small objects.</li> </ul>
<b>Fluid retention</b> may occur. Signs of extra fluid build-up are swelling of feet, hands or belly; breathing problems; cough or rapid weight gain.	Common	<ul style="list-style-type: none"> <li>• Take your <b>dexamethasone</b> tablets as directed by your doctor, pharmacist or nurse.</li> <li>• Tell your doctor at your next visit.</li> <li>• Elevate your feet when sitting.</li> <li>• Avoid tight clothing.</li> </ul>
<b>Rash</b> may occur, mainly on the feet and hands, but also on the arms, face or chest. The rash will generally clear by the time of the next treatment.	Common	<ul style="list-style-type: none"> <li>• Apply a moisturizer to dry skin several times a day.</li> <li>• Keep the area clean to avoid infections.</li> </ul>

OTHER SIDE EFFECTS	How Common Is It?	MANAGEMENT
<b>Muscle or joint pain</b> may occur a few days after your treatment. It usually lasts 4-7 days.	Common	<ul style="list-style-type: none"> <li>Take acetaminophen (eg, TYLENOL®) for mild to moderate pain.</li> <li>Tell your doctor if the pain interferes with your daily activities.</li> </ul>
<b>Nausea and vomiting</b> may occur after your treatment. Most people have little or no nausea.	Uncommon	<p>You may 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 to treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> <li>Drink plenty of liquids.</li> <li>Eat and drink often in small amounts.</li> <li>Try the ideas in “<i>Food Choices to Control Nausea</i>”.</li> </ul>
<b>Nail changes</b> such as change in color may occur. Rarely, nails will loosen or fall off, or the nailbeds will be painful.	Uncommon	<ul style="list-style-type: none"> <li>You may be given frozen gloves to wear on your hands during your treatment to help prevent nail changes.</li> <li>Take acetaminophen (eg, TYLENOL®) every 3-4 hours if nails are painful.</li> </ul>
<b>Fever</b> may occur shortly after treatment with docetaxel. Fever should last no longer than 24 hours.	Uncommon	<ul style="list-style-type: none"> <li>Take acetaminophen (eg, TYLENOL®) every 3-4 hours.</li> <li>Fever which occurs more than 48 hours after treatment may be the sign of an infection. See details above.</li> </ul>

## **INSTRUCTIONS FOR THE PATIENT**

### **What other drugs can interact with LUAVDOC?**

- Other drugs such as cyclosporine, ketoconazole and erythromycin may interact with LUAVDOC. Tell your doctor if you are taking these or other drugs as you may need extra blood tests, your dose may need to be changed or your treatment may need to be held for a few days.
- Check with your doctor or pharmacist before you start taking any new prescription or non-prescription drugs.

### **Other important things to know:**

- The drinking of alcohol (in small amounts) does not appear to affect the safety or usefulness of this treatment.
- This treatment may cause sterility in men and menopause in women. If you plan to have children, discuss this with your doctor before starting treatment.
- This treatment may damage sperm and may cause harm to the baby if used during pregnancy. It is best to use *birth control* while you are undergoing treatment. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- Tell all doctors or dentists you see that you are being treated with docetaxel before you receive treatment of any form.

### **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 **bowel perforation** such as new pain, tenderness or acute cramping and bloating in your abdomen.

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

- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of **fluid retention** such as shortness of breath or difficulty breathing, bothersome swelling of feet or lower legs.
- **Trouble in walking.**

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

- Easy bruising or bleeding.
- Uncontrolled nausea, vomiting or diarrhea.
- Redness, swelling, pain or sores where the needle was placed.
- Redness, swelling, pain or sores on your lips, tongue, mouth or throat.
- Skin rash or itching.
- Muscle or joint pain which is severe or bothersome.

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 \_\_\_\_\_