



Provincial Health Services Authority

For the Patient: Etoposide Injection
Other names: VEPESID®, VP-16

- Etoposide (ee-TOP-aw-side) is a drug that is used to treat many types of cancers. It is a clear liquid that is injected into a vein.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to etoposide before taking etoposide.
- A **blood test** may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.
- Other drugs such as atovaquone (MEPRON®), warfarin (COUMADIN®), glucosamine and St John's Wort may **interact** with etoposide. 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 **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of etoposide.
- Etoposide may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with etoposide.
- Etoposide may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with etoposide. 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 etoposide before you receive any treatment from them.

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

SIDE EFFECTS	MANAGEMENT
<p>Allergic reactions 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.</p>	<p>Tell your nurse or physician immediately if you experience these or any other side effects while receiving your etoposide.</p>

SIDE EFFECTS	MANAGEMENT
Etoposide burns if it leaks under the skin.	Tell your nurse or doctor <i>immediately</i> if you feel burning, stinging or any other change while the drug is being given.
Pain or tenderness may occur where the needle was placed.	Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
Dizziness or feeling faint may occur during administration of IV etoposide.	<ul style="list-style-type: none"> • Tell your nurse or doctor <i>immediately</i>. • Lie down or sit with your feet elevated.
Your white blood cells will decrease 7-14 days after your treatment. They usually return to normal 3 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.	<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 <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.
Your platelets may decrease 9-16 days after your treatment. They usually return to normal 3 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>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 such as 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). <p>For minor pain, try acetaminophen (e.g., TYLENOL®) first, to a maximum of 4 g (4000 mg) per day, but occasional use of ibuprofen may be acceptable.</p>

SIDE EFFECTS	MANAGEMENT
<p>Nausea and vomiting may occur after your treatment. Many people have little or no nausea.</p>	<p>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.</p> <ul style="list-style-type: none"> • Drink plenty of liquids. • Eat and drink often in small amounts. • Try the ideas in Practical Tips to Manage Nausea.*
<p>Hair loss 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. Your hair will grow back once your treatments are over and sometimes between treatments. Colour and texture may change.</p>	<p>Refer to Resources for Hair Loss and Appearance Changes – Patient Handout.* You may also want to:</p> <ul style="list-style-type: none"> • Apply mineral oil to your scalp to reduce itching. • If you lose your eyelashes and eyebrows, protect your eyes from dust and grit with a broad-brimmed hat and glasses.
<p>Loss of appetite and weight loss may occur.</p>	<p>Try the ideas in Food Ideas to Help with Decreased Appetite.*</p>
<p>Taste alteration may occur.</p>	<p>Try the ideas in Food Ideas to Cope with Taste and Smell Changes.</p>
<p>Diarrhea may occur.</p>	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. <p>Avoid high fibre foods as outlined in Food Choices to Help Manage Diarrhea.*</p>
<p>Constipation may occur.</p>	<ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of fluids. • Try ideas in Food Choices to Manage Constipation.*
<p>Tiredness and lack of energy may occur.</p>	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in Fatigue/Tiredness – Patient Handout.*

SIDE EFFECTS	MANAGEMENT
<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. Mouth sores or bleeding gums can lead to an infection.</p>	<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 $\frac{1}{4}$ teaspoon baking soda AND $\frac{1}{4}$ teaspoon salt in 1 cup warm water and rinse several times a day. • Try soft, bland foods like puddings, milkshakes and cream soups. • Avoid spicy, crunchy or acidic food, and very hot or cold foods. • Try the ideas in <i>Food Ideas to Try with a Sore Mouth</i>.*

***Please ask your chemotherapy nurse or pharmacist for a copy.**

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; sore throat; pain or burning when you pass urine; redness, pain or swelling of any area of your body; sores forming anywhere on your body.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin, extensive bruising.

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

- Signs of **anemia** such as unusual tiredness or weakness.
- **Numbness** or tingling in feet or hands.

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

- 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.

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
