



Provincial Health Services Authority

For the Patient: Etoposide phosphate
Other names: ETOPOPHOS®

- **Etoposide phosphate** (ee-TOP-aw-side fos-fayt) 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 phosphate before receiving etoposide phosphate.
- A **blood test** may be taken before each treatment. The dose and timing of your treatment 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 phosphate. 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 phosphate.
- Etoposide phosphate 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 phosphate.
- Etoposide phosphate may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with etoposide phosphate. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment.
- **Tell** your doctor, dentist, and other health professionals that you are being treated with etoposide phosphate 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 phosphate. Signs of an allergic reaction may include: chest discomfort, shortness of breath, light headedness and flushing.</p>	<p>Tell your nurse or physician <i>immediately</i> if you experience these or any other side effects while receiving your etoposide phosphate.</p>
<p>Etoposide phosphate burns if it leaks under the skin.</p>	<p>Tell your nurse or doctor <i>immediately</i> if you feel burning, stinging or any other change while the drug is being given.</p>
<p>Pain or tenderness may occur where the needle was placed.</p>	<p>Apply cool compresses or soak in cool water for 15-20 minutes several times a day.</p>
<p>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>	<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 healthcare team <i>immediately</i> at the first sign of an infection such as fever (over 38°C or 100°F by an oral thermometer), chills, cough, or burning when you pass urine.

SIDE EFFECTS	MANAGEMENT
<p>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>	<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>
<p>Nausea and vomiting may occur after your treatment. If you are vomiting and it is not controlled, you can quickly become dehydrated. Many people have little or no nausea.</p>	<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 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 <i>Practical Tips to Manage Nausea</i>.* <p>Tell your healthcare team if nausea or vomiting continues or is not controlled with your antinausea drug(s).</p>
<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 <i>Resources for Hair Loss and Appearance Changes – Patient Handout</i>.*</p> <p>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 <i>Food Ideas to Help with Decreased Appetite</i>.*</p>

SIDE EFFECTS	MANAGEMENT
Taste alteration may occur.	Try the ideas in <i>Food Ideas to Cope with Taste and Smell Changes</i> .
Diarrhea may occur. If you have diarrhea and it is not controlled, you can quickly become dehydrated.	If diarrhea is a problem: <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in <i>Food Choices to Help Manage Diarrhea</i>.* Tell your healthcare team if you have diarrhea for more than 24 hours.
Constipation may occur.	<ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of fluids. • Try ideas in <i>Food Choices to Manage Constipation</i>.*
Tiredness and lack of energy may occur.	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in <i>Fatigue/Tiredness – Patient Handout</i>.*
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.	<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 ¼ teaspoon baking soda AND ¼ 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 nurse or pharmacist for a copy.**

CHECK WITH YOUR HEALTHCARE TEAM 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.

CHECK WITH YOUR HEALTHCARE TEAM 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 HEALTHCARE TEAM 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 HEALTHCARE TEAM
