



Provincial Health Services Authority

## For the Patient: Lomustine capsules

Other names: CCNU, CeeNU®,

- Lomustine (loe mus' teen) is a drug that is used to treat many types of cancer. It is a capsule that you take by mouth.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to lomustine before taking lomustine.
- 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.
- It is important to **take** lomustine exactly as directed by your doctor. Make sure you understand the directions. You may be given capsules of more than one strength to make the right dose. There may be two or more different types and colours of capsules in the container given to you by the pharmacist.
- Unless your doctor gives you other directions, **take** all the capsules as a single dose at bedtime, on an empty stomach, with a glass of water.
- If you **vomit** the dose of lomustine, call your doctor during office hours for advice. You will be told whether you need to take another dose.
- Other drugs may **interact** with lomustine. 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 lomustine.
- Lomustine may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with lomustine.
- Lomustine may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with lomustine. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- **Store** lomustine capsules out of the reach of children, at room temperature, away from heat, light, and moisture.
- **Tell** doctors or dentists that you are being treated with lomustine 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><b>Nausea and vomiting</b> may occur after your treatment and may last for 24 hours.</p>	<p>You will be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. <b>It is easier to prevent nausea than treat it once it has occurred</b>, 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="#">Practical Tips to Manage Nausea</a>.*</li> </ul>
<p>Your <b>white blood cells</b> may decrease 5-6 weeks after your treatment. They usually return to normal 6 weeks after your last treatment. 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></p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> <li>• Wash your hands often and always after using the bathroom.</li> <li>• Avoid crowds and people who are sick.</li> <li>• Call your doctor <b>immediately</b> 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.</li> </ul>
<p>Your <b>platelets</b> may decrease 4 weeks after your treatment. They usually return to normal 6 weeks after your last treatment. Platelets help to make your blood clot when you hurt yourself. <b>You may bruise or bleed more easily than usual.</b></p>	<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> </ul> <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"> <li>• Do not stop taking any medication that has been prescribed by your doctor (e.g., <b>ASA for your heart</b>).</li> <li>• For minor pain, try acetaminophen (e.g., TYLENOL®) first, but occasional use of ibuprofen may be acceptable.</li> </ul>

SIDE EFFECTS	MANAGEMENT
<p><b>Sore mouth</b> may sometimes 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>	<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}{4}</math> teaspoon baking soda AND <math>\frac{1}{4}</math> teaspoon salt in 1 cup warm water and rinse several times a day.</li> <li>• Try the ideas in <i>Food Ideas to Try with a Sore Mouth</i>.*</li> </ul>
<p><b>Loss of appetite</b> and <b>weight loss</b> sometimes occur, and may persist after discontinuation of lomustine.</p>	<p>Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i>.*</p>
<p><b>Hair loss is rare</b> with lomustine. Your hair will grow back once you stop treatment with lomustine. Colour and texture may change.</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> </ul>

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

### STOP TAKING LOMUSTINE AND 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), shaking chills; cough, severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- Repeatedly **vomiting** and cannot keep liquids and medications down after chemotherapy.

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

- Signs of **lung problems** such as shortness of breath, wheezing or coughing.
- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- Signs of **anemia** such as unusual tiredness or weakness.
- **Changes in eyesight.**
- **Dizziness** or **trouble walking.**

