

## For the Patient: LUSCPEPO

Other Names: Treatment of Extensive Stage Small Cell Lung Cancer (SCLC) with Cisplatin and Oral Etoposide

**LU = LUng**  
**SC = Small Cell**  
**PE = CisPlatin, Etoposide**  
**PO = Oral**

### **ABOUT THIS MEDICATION**

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

LUSCPEPO is a drug treatment for 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.

Cisplatin (sis-PLAT-in) and etoposide (ee-TOP-aw-side) are offered to people who have good kidney function and a good performance status. Performance status is a measure of how well a person is able to perform their usual daily activities.

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

Cisplatin and etoposide are anticancer drugs that work by interfering with the genetic material of replicating cells and preventing an increase in the number of cancer cells.

### **INTENDED BENEFITS**

This treatment is being given to destroy and/or limit the growth of cancer cells in your body. This treatment may improve your current symptoms, and delay or prevent new symptoms from starting.

### **LUSCPE TREATMENT SUMMARY**

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

- Your treatment plan consists of 4 to 6 chemotherapy “cycles”. Each cycle lasts 3 weeks (21 days).
- You will be given hydration fluid through your vein (intravenously, IV) consisting of normal saline prior to receiving cisplatin. The hydration is given over approximately one hour.
- Cisplatin will be given to you IV on day 1. It is given over approximately one hour.
- Etoposide will be given to you by a member of your healthcare team in pill form to be taken once or twice a day for three days, on days 1, 2, and 3.

### 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 anti-nausea medications (to be filled at your regular pharmacy). Please bring your anti-nausea medications with you for each treatment. Your nurse will tell you when to take the anti-nausea medication. You may also need to take your anti-nausea drugs at home after therapy. It is easier to prevent nausea than to treat it once it happens, so follow directions closely.

### LUSCPEPO TREATMENT PROTOCOL

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

#### **Cycle 1:**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Cisplatin IV &amp; Etoposide pill(s) once or twice a day</b>	<b>Etoposide pill(s) once or twice a day</b>	<b>Etoposide pill(s) once or twice a day</b>	No chemo	No chemo	No chemo	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 21-day cycle will repeat 3 to 5 more times.**

## **INSTRUCTIONS**

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

- Other drugs such as some antibiotics given by vein (eg: tobramycin, vancomycin), furosemide (Lasix ®), phenytoin (Dilantin®), pyridoxine (Vitamin B6), atovaquone (MEPRON ®), warfarin (Coumadin®), glucosamine and St John's Wort may interact with LUSCPEPO. 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 or stop taking any prescription or non-prescription drugs.
- If you are admitted to hospital for intravenous antibiotics, be sure that the doctor treating you knows you are on cisplatin.

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

- Cisplatin can cause changes in kidney function, but this is not frequent with the doses used in this type of treatment. It is important that you are well-hydrated before and after treatment.
- Your healthcare team may tell you to drink extra fluids so that you will pass more urine. This will help prevent kidney problems.
- Sometimes, the nerve which allows you to hear can be affected by cisplatin. This could result in you experiencing “tinnitus” (ringing in the ears) or a change in your hearing. Report any of these problems to your healthcare team.
- Your doctor may tell you to take a hearing test before and at various times during your treatment with cisplatin. This helps detect hearing problems.
- 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 being treated with cisplatin and etoposide before you receive treatment of any form.

### **Etoposide:**

- Take etoposide at the same times each day exactly as directed by your healthcare team. Make sure you understand the directions.
- Etoposide is preferably taken on an empty stomach with a glass of water; it may be taken with food if needed.
- Avoid grapefruit and grapefruit juice starting 3 days before and ending 1 day after your etoposide dose, as these may interact with etoposide.

- If you vomit within 1 hour of taking etoposide, check with your healthcare team. You will be told whether to take the dose again or to wait until the next scheduled dose.
- If you miss a dose of etoposide:
  - For once a day dosing: If you miss a dose of etoposide, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
  - For twice a day dosing: If you miss a dose of etoposide, take it as soon as you can if it is within 6 hours of the missed dose. If it is more than 6 hours since your missed dose, skip the missed dose and go back to your usual dosing times
- Store etoposide capsules out of the reach of children, at room temperature, away from heat, light and moisture.

## **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.

<b>SIDE EFFECTS</b>	<b>MANAGEMENT</b>
<p><b>Allergic reactions</b> to cisplatin may rarely occur. Signs of an allergic reaction may include flushing, rash, itching, dizziness, swelling or breathing problems.</p> <p>This can occur immediately or several hours after receiving cisplatin. This reaction can occur after the first dose of cisplatin or after many doses of cisplatin.</p>	<p>Tell your nurse if this happens while you are receiving cisplatin or contact your oncologist <b>immediately</b> if this happens after you leave the clinic.</p>
<p>Cisplatin <b>burns</b> if it leaks under the skin.</p>	<p>Tell your nurse or doctor <b>immediately</b> if you feel burning, stinging, or any other change while the drug is being given.</p>
<p><b>Pain</b> or <b>tenderness</b> 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>

SIDE EFFECTS	MANAGEMENT
<p><b>Nausea</b> and <b>vomiting</b> may occur after your treatment and may last for up to 24 hours. If you are vomiting and it is not controlled, you can quickly become dehydrated.</p>	<p>You will be given a prescription for anti-nausea drug(s) to take before your treatment and 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 <i>Practical Tips to Manage Nausea</i>.*</li> </ul> <p>Tell your healthcare team if nausea or vomiting continues or is not controlled with your anti-nausea drug(s).</p>
<p><b>Diarrhea</b> may occur. If you have diarrhea and it is not controlled, you can quickly become dehydrated.</p>	<p>If diarrhea is a problem:</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 <i>Food Choices to Help Manage Diarrhea</i>.*</li> </ul> <p>Tell your healthcare team if you have diarrhea for more than 24 hours.</p>
<p><b>Constipation</b> may occur.</p>	<ul style="list-style-type: none"> <li>• Exercise if you can.</li> <li>• Drink plenty of fluids.</li> </ul> <p>Try the ideas in <i>Food Choices to Manage Constipation</i>.*</p>
<p>Your <b>white blood cells</b> may decrease after your treatment. They usually return to normal 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> </ul> <p>Stop taking etoposide and call your healthcare team <b>immediately</b> 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.</p>

SIDE EFFECTS	MANAGEMENT
<p>Your <b>platelets</b> may decrease after your treatment. They usually return to normal 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, to a maximum of 4 g (4000 mg) per day</li> </ul>
<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>	<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 ¼ teaspoon baking soda AND ¼ teaspoon salt in 1 cup warm water and rinse several times a day.</li> </ul> <p>Try the ideas in <i>Food Ideas to Try with a Sore Mouth</i>.*</p>
<p><b>Loss of appetite</b> and <b>weight loss</b> may occur and may persist after discontinuation of treatment.</p>	<p>Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i>.*</p>
<p><b>Taste alteration</b> may occur</p>	<p>Try the ideas in <i>Food Ideas to Cope with Taste and Smell Changes</i>.*</p>
<p><b>Tiredness</b> and lack of energy may occur.</p>	<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>Fatigue/Tiredness – Patient Handout</i>.*</li> </ul>

SIDE EFFECTS	MANAGEMENT
<p><b>Hair loss</b> is common with etoposide and rare with cisplatin, and may begin within a few days or weeks of treatment. Your hair may thin or you may lose it completely. Your scalp may feel tender. Hair loss may occur on your face and body. 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>.<sup>*</sup> You may also want to:</p> <ul style="list-style-type: none"> <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-brimmed hat and glasses.</li> </ul>

\* Please ask a member of your healthcare team for a copy

**STOP TAKING ETOPOSIDE AND CHECK WITH YOUR HEALTHCARE TEAM OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:**

- Signs of an **infection** such as fever (over 38°C or 100°F by an oral thermometer), shaking chills; 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 a **stroke** such as sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg.
- Signs of **bleeding problems** such as black or tarry stools, blood in urine, pinpoint red spots on skin, or extensive bruising.
- 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 **heart problems** such as fast or uneven heartbeat.
- **Seizures** or **fainting**.
- Repeated **vomiting** and cannot keep fluids or medications down.

**CHECK WITH YOUR HEALTHCARE TEAM AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:**

- **Muscle weakness**.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- Uncontrolled **nausea, vomiting** or **diarrhea**.
- 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:**

- Easy bruising or bleeding.
- Uncontrolled nausea, vomiting, constipation or diarrhea.
- Severe jaw pain or headache.
- Redness, swelling, pain or sores where the needle was placed or along the arm.
- Redness, swelling, pain or sores on your lips, tongue, mouth or throat.
- Skin rash or itching.
- Ringing in your ears or hearing problems.
- Numbness or tingling in feet or hands or painful leg cramps.
- Signs of anemia such as unusual tiredness or weakness.
- Difficulty swallowing the capsules.

**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 \_\_\_\_\_