

# Karboplatin

for Breastcancer

## Regimen schedule

Next course of treatment, day 22

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Karboplatin	X																				

## About your treatment

Carboplatin is a cytostatic drug.

Each course is 21 days. Day 1, you will be given the drip. Then, there is a break of 20 days, before a new course of treatment starts. During treatment, your blood tests and any side effects will be monitored.

## Side effects - symptoms and tips

The side effects we list here are the most common and important. They can vary greatly from person to person, and even from time to time. Side effects may determine your dose or require you to stop taking the medicine.

Tell your doctor or nurse if you have any side effects. Often the symptoms can be prevented or alleviated.

### Infection susceptibility

You will be susceptible to infection after treatment. This is because the level of white blood cells drops. Before each treatment, blood samples are taken to see if the blood cells have recovered. If the values are too low, the treatment must be postponed.

**Tips:** Try to avoid close contact with people who have a cold or stomach illness, for example. Wash your hands often with soap and water. Hand sanitizer can be useful.

### Fatigue

Fatigue is common. You may feel low in energy and never rested. Your memory may deteriorate, and you may find it harder to concentrate and solve problems. It can make you feel down, stressed and anxious. You may also find it difficult to socialise. Fatigue may persist for a long time after treatment.

**Tips:** Try to exercise and move around. It's the only thing known to help with fatigue.

### Nausea and taste changes

You may feel unwell from the treatment. You will therefore be given anti-nausea medication in conjunction with the treatment. The medicines may cause constipation. You can get different varieties depending on how you feel. The taste of food and drink may be altered by the treatment.

**Tips:** Sometimes it feels better to eat lighter food and small portions. For example, try skim milk, yoghurt, omelettes, sandwiches and hot or cold soups. Drinking a little extra between meals can reduce nausea.

### Problems with stomach and intestines

Diarrhoea is common. You may also become constipated.

**Tip:** Drink a lot, a few glasses more than usual per day. If you have diarrhoea, avoid fatty, spicy and high-fibre foods. If you're constipated, try high-fibre foods and exercise. Talk to your doctor if you get diarrhoea or constipation - you may need medication.

## **Numbness and tingling - sensory disturbances**

You may experience numbness and tingling in your hands and feet, and your fine motor skills may become worse. For example, you may have difficulty buttoning buttons or walking. The symptoms usually go away, but not completely in everyone. Tell your doctor or nurse if you have numbness or tingling in your hands and feet. Physical activity can prevent neuropathy and can relieve symptoms and improve motor skills and balance. Try to find the exercise that suits you. Cardio and strength training can be good for preventive purposes. If neuropathy has occurred, improved muscle strength, balance training and yoga can also have an effect by affecting function for the better.

## **Problems with skin, hair and nails**

Skin often becomes dry and more sensitive to the sun. You may also lose hair or your hair may change texture. Nails can become brittle.

**Tip:** When washing your skin, be gentle and use mild soap. Lubricate often with moisturiser. Wear covering clothing to protect against the sun, and sunscreen on parts of your body that you can't cover. Wear gloves for work that is dirty or abrasive for your hands. If your nails are bothering you, you can use nail polish and brush your cuticles with oil or apply a moisturiser.

## **Contact your clinic immediately at:**

- fever above 38 degrees, or temperature below 36 degrees
- severe diarrhoea, or diarrhoea combined with fever
- chest pain or difficulty breathing
- nosebleeds or other bleeding that you can't stop
- skin rash on most of the body, or skin rash with pain
- sudden deterioration, regardless of symptoms
- chest pain or difficulty breathing, call 112

## **Common advice**

Cancer drugs are usually excreted in the urine up to 7 days after treatment. Therefore, you should avoid splashing urine. Sit down when you pee. When finished, close the toilet lid and flush 2 times. It is important not to get pregnant or make someone pregnant while you are being treated with cancer drugs, as the drugs can affect the foetus. Therefore, use safe contraceptives. Sometimes double protection is needed, as side effects such as diarrhoea or the direct effect of cancer drugs may mean that the contraceptive pill is not enough protection on its own. If you are a man, use a condom during sexual intercourse within 72 hours of treatment, as cytostatic drugs are also excreted through the seminal fluid.

## **General information about cancer**

Useful information about cancer is available from both 1177 Vårdguiden and Cancerfonden:

[www.1177.se](http://www.1177.se)

[www.cancerfonden.se](http://www.cancerfonden.se)

## **Notes**

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