

Wollner Underhållsbehandling

for Haematological malignancy

Regimen schedule

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Tioguanin	X	X	X	X																		
Cyklofosamidmono- hydrat					X																	
Hydroxikarbamid Morning dose															X	X	X	X				
Hydroxikarbamid Evening dose															X	X	X	X				
Daunorubicin																				X		
Metotrexat																						
Karmustin																						
Cytarabin																						
Vinkristin																						
Metotrexat																						

Day	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	
Tioguanin																						
Cyklofosamidmono- hydrat																						
Hydroxikarbamid Morning dose																						
Hydroxikarbamid Evening dose																						
Daunorubicin																						
Metotrexat								X	X	X	X											
Karmustin												X										
Cytarabin																						
Vinkristin																						
Metotrexat																						

Day	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	
Tioguanin																						
Cyklofosfamidmonohydrat																						
Hydroxikarbamid Morning dose																						
Hydroxikarbamid Evening dose																						
Daunorubicin																						
Metotrexat																						
Karmustin																						
Cytarabin	X	X	X	X																		
Vinkristin					X																	
Metotrexat															X				X			

Next course of treatment, day 71

Day	64	65	66	67	68	69	70
Tioguanin							
Cyklofosfamidmonohydrat							
Hydroxikarbamid Morning dose							
Hydroxikarbamid Evening dose							
Daunorubicin							
Metotrexat							
Karmustin							
Cytarabin							
Vinkristin							
Metotrexat							

About your treatment

Tioguanine, cyclophosphamide, hydroxycarbamide, daunorubicin, methotrexate, carmustine, cytarabine and vincristine are cytostatic drugs.

Tioguanine, methotrexate and hydroxycarbamide are given as tablets or capsules; the other medicines are given as a drip. Methotrexate is also given via an injection into the spinal canal.

The medicines are given according to the above schedule.

You should drink plenty of fluids during treatment to reduce the risk of a urinary tract infection.

During treatment, your blood tests and any side effects will be monitored.

How to take the medicines

Metotrexate: Swallow the tablets whole with water. Do not take the tablets with food. Allow at least 2 hours after a meal, and do not eat anything for at least 1 hour after taking the tablets.

Tioguanine (Lanvis): Swallow the tablets whole with water with or without food.

Hydroxycarbamide (Hydrea): Swallow the capsules whole with water with or without food.

Read more in the package leaflet.

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.

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.

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.

Problems with mouth and mucous membranes

The mucous membranes of your nose, mouth, eyes and abdomen may be affected by your treatment. For example, you may have nosebleeds and a runny nose. In the mouth, you may experience dryness, redness, burning and sores. You can also get fungus, which turns the lining of your mouth red or gives it a white coating. Eyes may become dry and watery. The mucous membranes in the lower abdomen can also become dry.

Tip: If you have a dry mouth, use saliva stimulants available in pharmacies. Rinsing your mouth with Vichy water can prevent fungus. Be attentive to oral hygiene, and use a soft toothbrush and mild toothpaste. Be careful with floss and toothpicks. Inform your dentist of your cancer treatment when you visit. Avoid contact lenses if you have eye problems. Women can use oestrogen cream, emollient cream or oil to treat dry mucous membranes in the lower abdomen.

Hair loss

Usually you will lose your hair 2-4 weeks after the first treatment. The hair will start to grow back about 3-4 weeks after you have finished all the cytostatic treatment. Sometimes the hair colour changes, and straight hair can become curly. But over time, the hair usually returns to its former state. Sometimes, you may even lose eyebrows and eyelashes, but they also grow back.

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 the heart

There is an increased risk of heart failure. With heart failure, you may experience shortness of breath, palpitations, swollen ankles or legs.

Cough and shortness of breath

You may experience coughing and shortness of breath. Tell your doctor or nurse if you have trouble breathing.

Eye problems

You may get red eyes with stinging and pain. You may also experience blurred vision, dry eyes and become more sensitive to light.

Tip: If your eyes sting and feel dry, use lubricating eye drops available from pharmacies.

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

www.cancerfonden.se

Notes
