

# Talidomid-Dexametason

for Haematological malignancy

## Patient information

### Regimen schedule

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

Day	22	23	24	25	26	27	28
Talidomid Kvällsdos	X	X	X	X	X	X	X
Dexametason	X						

### About your treatment

Talidomide boosts your immune system to affect the growth and division of cancer cells. Dexamethasone is a cortisone preparation.

Each course is 28 days. Talidomide is taken as capsules continuously on days 1-28. Dexamethasone is taken as tablets on days 1, 8, 15 and 22.

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

### How to take the medicines

Talidomide: Swallow the capsules whole with water at bedtime, with or without a meal.

See also information 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.

#### Problems with stomach and intestines

Constipation is common. You may also get diarrhoea.

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

#### Nausea and taste changes

There is a risk that the treatment will make you feel unwell. If necessary, you will be given anti-nausea medication.

**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.

## 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.

## Numbness and tingling - sensory disturbances

You may experience numbness and tingling in your hands and feet, and your fine motor skills may be impaired. For example, you may find it difficult to press buttons or walk. 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.

## 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)

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