Trofosfamid

for Sarcoma

Regimen schedule

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

Next course of treatment, day 29

Day	22	23	24	25	26	27	28
Trofosfamid Morning dose	X	X	X	X	X	X	X
Trofosfamid Evening dose	X	X	X	X	X	X	X

About your treatment

Trofosfamide is a cytostatic. Take the tablets morning and evening without a break. During the treatment, your blood samples and any side effects are monitored.

How to take the medicines

Take the tablets with or without food at approximately the same time each day.

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 in connection with cancer and its treatment. The severity of the symptoms and their duration vary from person to person. You may continue to feel tired long after treatment has ended. This type of extreme exhaustion is known as fatigue—a tiredness that does not always improve with rest or sleep. Many describe fatigue as a total lack of energy, and it can occur even without physical exertion. Your ability to remember, concentrate, and solve problems may be impaired. Fatigue is sometimes associated with feelings of resignation, stress, anxiety, and depression. Tip: Try to stay active. Physical activity often helps alleviate tiredness and fatigue. Find a balance between activity, rest, and sleep that works for you.

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.

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.

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

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.

General information about cancer

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

www.1177.se

www.cancerfonden.se