

Cisplatin veckovis under strålbehandling

for Vulvar cancer

Regimen schedule

Next course of
treatment, day 8

Day	1	2	3	4	5	6	7
Cisplatin	x1						

About your treatment

Cisplatin is a cytostatic drug.

Each course is 7 days. On day 1, you will be given an IV and extra fluids to protect your kidneys. Then there is a break of 6 days, before a new course starts. During treatment, your blood tests and any side effects are 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.

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.

Impact on hearing

Cisplatin can cause hearing damage. If you experience ringing in the ears or a squeak, or if you notice that your hearing is getting worse, it is important that you tell your doctor or nurse.

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 5 days after treatment. Therefore, you should avoid splashing urine. When finished, close the toilet lid and flush 2 times.

Advice on living habits

Talk to your doctor or nurse about your lifestyle. Then you can get individual advice on diet, exercise, alcohol and tobacco. Here is some general advice:

- It's important to get the energy and nutrition your body needs. It helps you maintain your weight and energy levels, and reduces the risk of side effects.
- Exercise counteracts the fatigue that the disease and treatment can cause. Anything from walking to harder physical exercise can help.
- You should avoid alcohol during the treatment days. Alcohol can affect the liver's ability to break down drugs.
- You should not smoke. Smoking increases the risk of getting cancer again, and weakens your immune system.

General information about cancer

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

www.1177.se

www.cancerfonden.se

Notes
