



Provincial Health Services Authority

For the Patient: GUSCARB

Adjuvant Therapy for Stage I High Risk Seminoma Using CARBOplatin

GU = GenitoUrinary

S = Seminoma

CARB = CARBOplatin

ABOUT THIS MEDICATION

What are these drugs used for?

- Carboplatin is a drug that is used to treat testicular cancer.

How do these drugs work?

- Carboplatin is being given to destroy and/or limit the growth of cancer cells in your body. This treatment may improve your current symptoms, and delay or prevent the onset of new symptoms

TREATMENT SUMMARY

How are these drugs given?

- Carboplatin is a clear liquid that is slowly injected into the vein.
- This treatment is repeated every 4 weeks. This makes up 1 cycle of treatment, and will be repeated for 2 cycles. Depending on the results of the blood tests, the second cycle may be delayed.

What will happen when I get my drugs?

- Blood tests may be taken before each treatment with additional blood tests during the first cycle to see how your body is responding to the chemotherapy. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.
- It is important that you should keep hydrated while you are at home. This will help reduce side effects from the chemotherapy.
- Bring your anti-nausea pills with you to take before each treatment. You will also need to take your anti-nausea drugs at home after therapy. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.

SIDE EFFECTS AND WHAT TO DO ABOUT THEM

Your doctor will review the risks of treatment and possible side effects with you before starting treatment.

Side effects for **CARBOPLATIN** are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
Pain or tenderness may occur where the needle was placed.	<ul style="list-style-type: none"> • Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
Nausea and vomiting may occur after your treatment and may last for 24 hours.	<p>You may be given a prescription for antinausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Eat and drink often in small amounts.
Your platelets may decrease 3 weeks after your treatment. They usually return to normal 4-5 weeks after your last treatment. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself. • Clean your nose by blowing gently. Do not pick your nose. • Avoid constipation. • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene. <p>Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart). • For minor pain, try acetaminophen (e.g., TYLENOL®) first, but occasional use of ibuprofen may be acceptable.
Tiredness and lack of energy may occur.	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired.
Hair loss is rare with carboplatin. Your hair will grow back once you stop treatment with carboplatin. Colour and texture may change.	<ul style="list-style-type: none"> • Use a gentle shampoo and soft brush. • Care should be taken with use of hair spray, bleaches, dyes and perms.

SIDE EFFECTS	MANAGEMENT
<p>Your white blood cells will decrease 3-4 weeks after your treatment. They usually return to normal 5 weeks after your last treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom. • Take care of your skin and mouth. • Avoid crowds and people who are sick. • Call your doctor immediately at the first sign of an infection such as fever (over 100°F or 38°C by an oral thermometer), chills, cough, or burning when you pass urine.

INSTRUCTIONS FOR THE PATIENT:

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer); chills; cough; pain or burning when you pass urine.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin.
- Signs of an **allergic reaction** soon after a treatment including dizziness, fast heart beat, face and tongue swelling or breathing problems.

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs, numbness or tingling in feet or hands.
- **Changes in eyesight.**
- Ringing in your ears or **hearing problems.**
- **Skin rash** or **itching.**
- **Stomach pain** not controlled by antacids or acetaminophen.

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting, constipation or diarrhea.
- Redness, swelling, pain or sores where the needle was placed.
- Easy bruising or bleeding.

If you experience symptoms or changes in your body that have not been described above but worry you, or if any symptoms are severe, contact _____ at telephone number _____