



Provincial Health Services Authority

## For the Patient: GUEPDM

Metastatic Adrenocortical Cancer with Etoposide, DOXOrubicin, CISplatin and Mitotane

**GU = GenitoUrinary**

**P = Prostate**

**E = Etoposide**

**P = cisPlatin**

**D = Doxorubin**

**M = Mitotane**

### **ABOUT THIS MEDICATION**

#### **What are these drugs used for?**

- Together Etoposide (VPESIDE®, ETOPOPHOS®), Cisplatin (PLATINOL®), Doxorubicin (ADRIAMYCIN®, RUBEX®), and Mitotane (LYSODREN®) are used to treat adrenal gland cancer that has spread to other parts of the body.

#### **How do these drugs work?**

- These drugs work together to destroy the cancer and limit the growth of the cancer. They may improve your overall survival and help reduce your symptoms.

### **TREATMENT SUMMARY**

#### **How are these drugs given?**

- Etoposide, cisplatin, and doxorubicin are given into a vein (IV). They will be given at the clinic.
- Etoposide is given on days 1, 2, and 3. Cisplatin is given on days 1 and 2. Doxorubicin is given on day 1.
- After 28 days this “cycle” will be repeated. You may be given 4-6 cycles depending on your response to treatment.
- Mitotane is given as a tablet that is taken by mouth. It can be taken with food or on an empty stomach but take it the same way each time.
- If you miss a dose of mitotane, take it as soon as you can if it is within 3 hours of the missed dose. If it is more than 3 hours since your missed dose, skip the missed dose and go back to your usual dosing times. Do not double dose.

#### **What will happen when I get my drugs?**

- A blood test will be taken before starting treatment and before each cycle. The blood test may also be repeated at anytime during treatment. The dose and timing of your chemotherapy may be changed based on the results of the blood tests and/or other side effects.
- Your doctor may also ask you to take a hearing test before and during treatment with cisplatin.

## **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 that can occur with **ETOPOSIDE** are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

| <b>SIDE EFFECTS</b>   | <b>MANAGEMENT</b>  |
|---|--|
| <b>Allergic reactions</b> may rarely occur during or immediately following administration of IV etoposide. Signs of an allergic reaction may include: chest discomfort, shortness of breath, light headedness and flushing.   | Tell your nurse or physician <b><i>immediately</i></b> if you experience these or any other side effects while receiving your etoposide.   |
| Etoposide <b>burns</b> if it leaks under the skin.  | Tell your nurse or doctor <b><i>immediately</i></b> if you feel burning, stinging or any other change while the drug is being given.   |
| <b>Pain or tenderness</b> may occur where the needle was placed.  | Apply cool compresses or soak in cool water for 15-20 minutes several times a day.   |
| <b>Dizziness or feeling faint</b> may occur during administration of IV etoposide.  | <ul style="list-style-type: none"><li>• Tell your nurse or doctor <b><i>immediately</i></b>.</li><li>• Lie down or sit with your feet elevated.</li></ul>  |
| Your <b>white blood cells</b> will decrease 7-14 days after your treatment. They usually return to normal 3 weeks after your last treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, <b>you are at greater risk of having an infection.</b> | To help prevent infection: <ul style="list-style-type: none"><li>• Wash your hands often and always after using the bathroom.</li><li>• Take care of your skin and mouth.</li><li>• Avoid crowds and people who are sick.</li><li>• Call your doctor <b><i>immediately</i></b> 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.</li></ul> |

| SIDE EFFECTS   | MANAGEMENT   |
|--|--|
| <p>Your <b>platelets</b> may decrease 9-16 days after your treatment. They usually return to normal 3 weeks after your last treatment. Platelets help to make your blood clot when you hurt yourself. <b>You may bruise or bleed more easily than usual.</b></p>   | <p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> <li>• Try not to bruise, cut, or burn yourself.</li> <li>• Clean your nose by blowing gently. Do not pick your nose.</li> <li>• Avoid constipation.</li> <li>• Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene.</li> </ul> <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"> <li>• Do not stop taking any medication that has been prescribed by your doctor (e.g., <b>ASA for your heart</b>).</li> </ul> <p>For minor pain, try acetaminophen (e.g., TYLENOL®) first, to a maximum of 4 g (4000 mg) per day, but occasional use of ibuprofen may be acceptable.</p> |
| <p><b>Nausea and vomiting</b> may occur after your treatment. Many people have little or no nausea.</p>  | <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"> <li>• Drink plenty of liquids.</li> <li>• Eat and drink often in small amounts.</li> </ul>  |
| <p><b>Hair loss is common</b> and may begin within a few days or weeks of treatment. Your hair may thin or you may become totally bald. Your scalp may feel tender. You may lose hair on your face and body. Your hair will grow back once your treatments are over and sometimes between treatments. Colour and texture may change.</p> | <p>Speak to your doctor if this occurs. You may also want to:</p> <ul style="list-style-type: none"> <li>• Apply mineral oil to your scalp to reduce itching.</li> <li>• If you lose your eyelashes and eyebrows, protect your eyes from dust and grit with a broad-brimmed hat and glasses.</li> </ul>  |
| <p><b>Loss of appetite</b> and <b>weight loss</b> may occur.</p>   | <ul style="list-style-type: none"> <li>• Increase high calorie/protein fluids such as full-fat milk, homemade smoothies, nutritional supplements</li> <li>• Limit fluid intake prior to meals</li> <li>• Increase intake of high calorie foods</li> </ul>  |
| <p><b>Taste</b> alteration may occur.</p>  | <p>Speak to your doctor if this occurs.</p>  |

| SIDE EFFECTS  | MANAGEMENT  |
|---|---|
| <b>Diarrhea</b> may occur.  | If diarrhea is a problem: <ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Eat and drink often in small amounts.</li> </ul>  |
| <b>Constipation</b> may occur.  | <ul style="list-style-type: none"> <li>• Exercise if you can.</li> <li>• Drink plenty of fluids.</li> </ul>   |
| <b>Tiredness</b> and lack of energy may occur.  | Do not drive a car or operate machinery if you are feeling tired.   |
| <b>Sore mouth</b> may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. <b>Mouth sores or bleeding gums can lead to an infection.</b> | <ul style="list-style-type: none"> <li>• Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste.</li> <li>• Make a mouthwash with ¼ teaspoon baking soda AND ¼ teaspoon salt in 1 cup warm water and rinse several times a day.</li> <li>• Try soft, bland foods like puddings, milkshakes and cream soups.</li> <li>• Avoid spicy, crunchy or acidic food, and very hot or cold foods.</li> <li>• You can also request a prescription for Magic Mouthwash from your doctor.</li> </ul> |

**Side effects for CISPLATIN are listed in the table below:**

| SIDE EFFECTS  | MANAGEMENT   |
|---|--|
| <b>Allergic reactions</b> may <b>rarely</b> occur. Signs of an allergic reaction are dizziness, confusion and wheezing. This reaction occur immediately or several hours after receiving cisplatin. This reaction can occur after the first dose of cisplatin or after many doses of cisplatin. | Tell your nurse if this happens while you are receiving cisplatin or contact your oncologist immediately if this happens after you leave the clinic. |
| Cisplatin <b>burns</b> if it leaks under the skin.  | Tell your nurse or doctor <b>immediately</b> if you feel burning, stinging, or any other change while the drug is being given.                       |
| <b>Pain or tenderness</b> may occur where the needle was placed.  | Apply cool compresses or soak in cool water for 15-20 minutes several times a day.   |

| SIDE EFFECTS   | MANAGEMENT  |
|--|---|
| <p><b>Nausea and vomiting</b> may occur after your treatment and may last for up to 24 hours. Nausea may last longer for some patients (i.e. delayed nausea and vomiting).</p>   | <p>You will be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. <b>It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</b></p> <ul style="list-style-type: none"> <li>• Drink plenty of liquids.</li> <li>• Eat and drink often in small amounts.</li> </ul> <p>Your doctor may manage delayed nausea and vomiting differently. Be sure to let your doctor know if you experience this.</p> |
| <p><b>Diarrhea</b> may occur.</p>  | <p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> <li>• Drink plenty of liquids.</li> <li>• Eat and drink often in small amounts.</li> <li>• Avoid high fibre</li> </ul>  |
| <p>Your <b>white blood cells</b> will decrease 2–3 weeks after your treatment. They usually return to normal 6 weeks after your last treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, <b>you are at greater risk of having an infection.</b></p> | <p>To help prevent infection:</p> <ul style="list-style-type: none"> <li>• Wash your hands often and always after using the bathroom.</li> <li>• Take care of your skin and mouth.</li> <li>• Avoid crowds and people who are sick.</li> <li>• Call your doctor <b>immediately</b> 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.</li> </ul>   |

| SIDE EFFECTS   | MANAGEMENT  |
|--|---|
| <p>Your <b>platelets</b> may decrease 2-3 weeks after your treatment. They usually return to normal 6 weeks after your last treatment. Platelets help to make your blood clot when you hurt yourself. <b>You may bruise or bleed more easily than usual.</b></p> | <p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> <li>• Try not to bruise, cut, or burn yourself.</li> <li>• Clean your nose by blowing gently. Do not pick your nose.</li> <li>• Avoid constipation.</li> <li>• Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene.</li> </ul> <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"> <li>• Do not stop taking any medication that has been prescribed by your doctor (e.g., <b>ASA for your heart</b>).</li> <li>• For minor pain, try acetaminophen (e.g., TYLENOL®) first, but occasional use of ibuprofen may be acceptable.</li> </ul> |
| <p><b>Sore mouth</b> may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. <b>Mouth sores or bleeding gums can lead to an infection.</b></p>   | <ul style="list-style-type: none"> <li>• Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste.</li> <li>• Make a mouthwash with ¼ teaspoon baking soda AND ¼ teaspoon salt in 1 cup warm water and rinse several times a day.</li> </ul>  |

**Side effects for DOXORUBICIN are listed in the table below:**

| SIDE EFFECTS   | MANAGEMENT   |
|--|--|
| <p>Doxorubicin <b>burns</b> if it leaks under the skin.</p>                        | <p>Tell your nurse or doctor <b>immediately</b> if you feel burning, stinging or any other change while the drug is being given.</p> |
| <p>Your <b>urine may be pink or reddish</b> for 1-2 days after your treatment.</p> | <p>This is expected as doxorubicin is red and is passed in your urine.</p>   |

| SIDE EFFECTS   | MANAGEMENT   |
|--|--|
| <p><b>Nausea and vomiting</b> may occur after your treatment and usually ends within 24 hours.</p>   | <p>You may be given a prescription for antinausea drug(s) to take before your chemotherapy treatment and/or at home. <b>It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</b></p> <ul style="list-style-type: none"> <li>• Drink plenty of liquids.</li> <li>• Eat and drink often in small amounts.</li> </ul> |
| <p><b>Pain or tenderness</b> may occur where the needle was placed.</p>  | <p>Apply cool compresses or soak in cool water for 15-20 minutes several times a day.</p>  |
| <p><b>Diarrhea</b> may occur.</p>  | <p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Eat and drink often in small amounts.</li> <li>• Avoid high fibre foods</li> </ul>  |
| <p><b>Sore mouth</b> may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. <b>Mouth sores or bleeding gums can lead to an infection.</b></p>   | <ul style="list-style-type: none"> <li>• Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste.</li> <li>• Make a mouthwash with ¼ teaspoon baking soda AND ¼ teaspoon salt in 1 cup warm water and rinse several times a day.</li> </ul>   |
| <p><b>Hair loss is common</b> and may begin within a few days or weeks of treatment. Your hair may thin or you may become totally bald. Your scalp may feel tender. You may lose hair on your face and body. Your hair will grow back once your treatments are over and sometimes between treatments. Colour and texture may change.</p> | <p>Speak to your doctor if this occurs. You may also want to:</p> <ul style="list-style-type: none"> <li>• Apply mineral oil to your scalp to reduce itching.</li> <li>• If you lose your eyelashes and eyebrows, protect your eyes from dust and grit with a broad-rimmed hat and glasses.</li> </ul>   |
| <p>Your <b>skin may darken</b> in some areas such as your nails, soles or palms.</p>   | <p>This will slowly return to normal once you stop treatment with doxorubicin.</p>   |
| <p><b>Loss of appetite</b> and <b>weight loss</b> are common and may persist long after discontinuation of doxorubicin.</p>  | <ul style="list-style-type: none"> <li>• Increase high calorie/protein fluids such as full-fat milk, homemade smoothies, nutritional supplements</li> <li>• Limit fluid intake prior to meals</li> <li>• Increase intake of high calorie foods</li> </ul>  |

### Changes in blood counts

Doxorubicin may cause temporary changes in your blood counts. Your doctor will be following these changes carefully by performing blood tests. Adjustment of your treatment may be needed in certain circumstances.

| BLOOD COUNTS   | MANAGEMENT  |
|--|---|
| <p>Normal white blood cells protect your body by fighting bacteria (germs) that cause infection. <b>When they are low, you are at greater risk of having an infection.</b></p> | <p>To help prevent infection:</p> <ul style="list-style-type: none"><li>• Wash your hands often and always after using the bathroom.</li><li>• Take care of your skin and mouth.</li><li>• Avoid crowds and people who are sick.</li><li>• Call your doctor <b>immediately</b> 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.</li></ul>  |
| <p>Normal platelets help your blood to clot normally after an injury (e.g., cut). <b>When the platelet count is low you may be more likely to bruise or bleed.</b></p>         | <p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"><li>• Try not to bruise, cut, or burn yourself.</li><li>• Clean your nose by blowing gently. Do not pick your nose.</li><li>• Avoid constipation.</li><li>• Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene.</li></ul> <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"><li>• Do not stop taking any medication that has been prescribed by your doctor (e.g., <b>ASA for your heart</b>).</li><li>• For minor pain, try acetaminophen (e.g., TYLENOL®) first, but occasional use of ibuprofen may be acceptable.</li></ul> |



**Side effects for MITOTANE are listed in the table below:**

| <b>SIDE EFFECTS</b>   | <b>MANAGEMENT</b>  |
|---|--|
| <b>Nausea, vomiting, or loss of appetite</b> commonly occur.                                | You may be given a prescription for antinausea drug(s) to take at home. <b>It is easier to prevent nausea than treat it once it has occurred</b> , so follow directions closely. <ul style="list-style-type: none"><li>• Drink plenty of fluids.</li><li>• Eat and drink often in small amounts.</li></ul> |
| <b>Diarrhea</b> may sometimes occur.  | If diarrhea is a problem: <ul style="list-style-type: none"><li>• Drink plenty of fluids.</li><li>• Eat and drink often in small amounts.</li><li>• Avoid high fibre foods</li></ul>   |
| <b>Skin rashes</b> may sometimes occur. Rashes may go away as you continue taking mitotane. | If itching is very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.  |
| <b>Dizziness or lightheadness</b> commonly occur.   | Do not drive a car or operate machinery if you are feeling dizzy.  |
| <b>Fatigue</b> (tiredness) and lack of energy commonly occur.                               | Do not drive a car or operate machinery if you are feeling tired.  |
| Your body's ability to handle <b>illness or injury</b> is weakened by mitotane.             | Check with your doctor if you have an infection, illness or injury. You may need a prescription for extra steroids to help you get better.   |

**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), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores.
- Signs of **low blood pressure** such as dizziness when you stand up quickly or bend over.
- Signs of **heart problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty breathing, swelling of ankles or fainting.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine or stools; pinpoint red spots on skin, extensive bruising.
- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heart beat, face swelling or breathing problems.
- Signs of a **stroke** such as sudden onset of: severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg.

- Signs of a **blood clot** such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain or shortness of breath.
- **Seizures** or **loss of consciousness**.

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

- Signs of **bladder problems** such as changes in urination, painful burning sensation, presence of blood, or abdominal pain.
- **Blurry or double vision**, or other **changes in eyesight**.
- **Unusual tiredness, weakness, or dizziness**.
- **Confusion** or **trouble speaking**
- Severe **skin reaction** where you have had radiation.
- Signs of **gout** such as joint pain.
- **Changes in eyesight**.
- **Skin rash** or **itching**.
- Signs of **anemia** such as unusual tiredness or weakness.
- **Numbness** or tingling in feet or hands.
- **Muscle weakness**.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- Uncontrolled **nausea, vomiting** or diarrhea.

**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 \_\_\_\_\_**