

For the Patient: GOENDAJCAT

Other Names: Neoadjuvant or Adjuvant Treatment of Endometrial Cancer using Carboplatin and Paclitaxel

GO = Gynecologic Oncology (tumor group)

END = Endometrium

AJ = AdJuvant

CA = Carboplatin

T = Paclitaxel (TAXOL®)

ABOUT THIS MEDICATION

What are these drugs used for?

Carboplatin and paclitaxel are drugs used to treat some types of cancers including endometrial cancer. They are often given in addition to surgery to remove all visible cancer. You may receive all of your treatments prior to surgery, all of your treatments following surgery, or have surgery after having received three to four treatments. Your cancer doctors will explain the timing in your case.

How do these drugs work?

Carboplatin and paclitaxel work by interfering with the genetic material of replicating cells and preventing an increase in the number of cancer cells.

INTENDED BENEFITS

- This therapy is being given to destroy and/or limit the growth of cancer cells in your body. It may reduce the chance of your endometrial cancer coming back, or delay the time until the cancer relapses significantly. Research has shown that patients are likely to live longer after receiving chemotherapy treatment.

GOENDAJCAT TREATMENT SUMMARY

How are these drugs given?

- Your treatment plan consists of up to six chemotherapy “cycles”. Each cycle lasts 3 weeks (21 days).
- For each cycle, you will have the two medications given to you intravenously (through the vein) on Day 1.
 - Paclitaxel is given first, and is given intravenously over three hours. To help prevent allergic reactions to paclitaxel you will be given additional intravenous medications (“pre-meds”) before the paclitaxel
 - Carboplatin is given last, and is given intravenously over half-an-hour

The calendar below outlines your treatment plan.

Cycle 1:

C Y C L E	DATE	TREATMENT PLAN
		▶ Week 1 → Paclitaxel and carboplatin on Day 1
		Week 2 → no treatment
	1	Week 3 → no treatment

This 21-day cycle will repeat up to 5 times

What will happen when I get my drugs?

- A blood test is done before each cycle. The dose and timing of your treatment may be changed based on your blood counts and/or other side effects.
- Your first treatment will take longer than other treatments because a nurse will be reviewing the possible side effects of your treatment plan and will discuss with you how to manage them. *It is a good idea to bring someone with you to your first treatment appointment.*
- You will be given a prescription for anti-nausea medications (to be filled at your regular community pharmacy). Please bring your anti-nausea medications with you to each treatment. Your nurse will tell you when to take the anti-nausea medication.
- You will also need to take your anti-nausea drugs at home after therapy. It is easier to prevent nausea than to treat it once it has occurred, so follow directions closely.

What other drugs can interact with GOENDAJCAT?

- Other drugs such as warfarin (COUMADIN®) and phenytoin (DILANTIN®) may ***interact*** with GOENDAJCAT. Tell your doctor if you are taking these or any other medications, as you may need extra blood tests or your dose may need to be changed. Check with your doctor or pharmacist before you start taking any new prescription or non-prescription medications.

Other important things to know:

- Drinking alcohol (in small amounts) does not affect the safety or usefulness of this treatment.
- This treatment may cause menopause in women.
- Do not breast feed during treatment.
- Tell all doctors or dentists you see that you are being treated with carboplatin and paclitaxel before you receive treatment of any kind.

SERIOUS SIDE EFFECTS OF CHEMOTHERAPY:

Unexpected and unlikely side effects can occur with any drug treatment. The ones listed below are particularly relevant to your treatment plan:

SERIOUS SIDE EFFECTS	MANAGEMENT
<p>Allergic reactions to paclitaxel commonly occur, and are rare with carboplatin. Signs of an allergic reaction may include flushing, rash, itching, fever, dizziness, breathing problems, or abdominal or back pain.</p> <p>This can occur immediately or several hours after receiving paclitaxel or carboplatin.</p> <p>Reactions to paclitaxel usually only occur with the first or second dose.</p>	<p>Tell your nurse if this happens while you are receiving treatment or contact your oncologist immediately if this happens after you leave the clinic.</p>
<p>Paclitaxel burns if it leaks under the skin.</p>	<p>Tell your nurse or doctor immediately if you feel burning, stinging, or any other change while the drug is being given.</p>
<p>Pain or tenderness 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>Nausea and vomiting may occur after your treatment. If you are vomiting and it is not controlled, you can quickly become dehydrated.</p>	<p>You will be given a prescription for antinausea drug(s) to take before your treatment and 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">• Drink plenty of fluids.• Eat and drink often in small amounts.• Try the ideas in <i>Practical Tips to Manage Nausea</i>.* <p>Tell your healthcare team if nausea or vomiting continues or is not controlled with your antinausea drug(s).</p>

SERIOUS SIDE EFFECTS	MANAGEMENT
<p>Muscle or joint pain may occur a few days after your treatment.</p>	<p>You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day or ibuprofen (e.g., ADVIL®) for mild to moderate pain. Tell your healthcare team if the pain interferes with your activity.</p>
<p>Fever may occur shortly after treatment with paclitaxel. Fever should last no longer than 24 hours.</p>	<ul style="list-style-type: none"> • Take acetaminophen (e.g., TYLENOL®) every 4-6 hours, to a maximum of 4 g (4000 mg) per day. • Fever (over 38°C or 100°F by an oral thermometer) which occurs more than a few days after treatment may be a sign of an infection. Report this to your healthcare team immediately.
<p>Your white blood cells may decrease after your treatment. They usually return to normal 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. • Avoid crowds and people who are sick. • Call your healthcare team immediately at the first sign of an infection such as fever (over 38°C or 100°F by an oral thermometer), chills, cough, or burning when you pass urine.
<p>Normal platelets help your blood to clot normally after an injury (e.g., cut). When the platelet count is low, you may be more likely to bruise or bleed.</p>	<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. <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). <p>For minor pain, try acetaminophen (e.g., TYLENOL®) first, but occasional use of ibuprofen may be acceptable.</p>

SERIOUS SIDE EFFECTS	MANAGEMENT
<p>Sore mouth may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. Mouth sores or bleeding gums can lead to an infection.</p>	<ul style="list-style-type: none"> • 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. • Make a mouthwash with ¼ teaspoon baking soda AND ¼ teaspoon salt in 1 cup warm water and rinse several times a day. <p>Try the ideas in <i>Food Ideas to Try with a Sore Mouth</i>.*</p>
<p>Diarrhea may occur. If you have diarrhea and it is not controlled, you can quickly become dehydrated.</p>	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in <i>Food Choices to Help Manage Diarrhea</i>.* <p>Tell your healthcare team if you have diarrhea for more than 24 hours</p>
<p>Constipation may occur.</p>	<ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of fluids. <p>Try the ideas in <i>Food Choices to Manage Constipation</i>.*</p>
<p>Tiredness and lack of energy may occur.</p>	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in <i>Fatigue/Tiredness – Patient Handout</i>.*
<p>Hair loss is common with paclitaxel treatment and may begin within a few days or weeks of treatment. Your hair may thin or you may lose it completely. Your scalp may feel tender. Hair loss may occur on your face and body. Hair will grow back once your treatments are over and sometimes between treatments. Colour and texture may change. Hair loss is rare with carboplatin.</p>	<p>Refer to <i>Resources for Hair Loss and Appearance Changes – Patient Handout</i>.*</p> <p>You may also want to:</p> <ul style="list-style-type: none"> • Apply mineral oil to your scalp to reduce itching. • If you lose your eyelashes and eyebrows, protect your eyes from dust and grit with a broad-brimmed hat and glasses.

SERIOUS SIDE EFFECTS	MANAGEMENT
<p>Numbness or tingling of the fingers or toes may occur. This will slowly return to normal once your treatments are over. This may take several months.</p>	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot, or cold. • Be careful when walking on uneven surfaces or doing activities that need you to balance or be steady. • Tell your healthcare team at your next visit if you have trouble with buttons, writing, picking up small objects, walking, or have fallen.
<p>Skin rashes may occur.</p>	<p>If itching is very irritating, call your healthcare team. Otherwise, be sure to mention it at your next visit.</p>
<p>Loss of appetite and weight loss can occur and may persist after discontinuation of treatment.</p>	<p>Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i>.*</p>
<p>Swelling of hands, feet, or lower legs may occur if your body retains extra fluid.</p>	<p>If swelling is a problem:</p> <ul style="list-style-type: none"> • Elevate your feet when sitting. • Avoid tight clothing.

* Please ask a member of your healthcare team for a copy.

CHECK WITH YOUR HEALTHCARE TEAM OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heartbeat, face swelling, or breathing problems.
- Signs of an **infection** such as fever (over 38°C or 100°F 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 **bleeding problems** such as black or tarry stools, blood in urine, pinpoint red spots on skin, or extensive bruising.
- 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.
Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of feet or lower legs, or fainting.

CHECK WITH YOUR HEALTHCARE TEAM 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.
- **Changes in eyesight.**
- Ringing in your ears or **hearing problems.**
- **Stomach pain** not controlled by antacids or acetaminophen.

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 _____.