

For the Patient: LUMMPG

Other Names: Treatment of Malignant Mesothelioma with Cisplatin and Gemcitabine

LU = LUng

MM = Malignant Mesothelioma

PG = CisPlatin, Gemcitabine

ABOUT THIS MEDICATION

What are these drugs used for?

LUMMPG is an intravenous (through the vein) drug treatment for Malignant Mesothelioma. The goal of this treatment is to help control or shrink the cancer and some of the symptoms caused by it.

Cisplatin and gemcitabine are offered to people who have good kidney function and a good performance status. Performance status is a measure of how well a person is able to perform their usual daily activities.

How do these drugs work?

Cisplatin is an anticancer drug that works by *preventing* the synthesis of DNA, RNA and proteins that are needed for cancer cells to divide.

Gemcitabine is an anticancer drug that works by *preventing* the synthesis and repair of DNA that is needed for cancer cells to divide.

INTENDED BENEFITS

This treatment is being given to destroy and/or slow down the growth of cancer cells in your body. This treatment may improve your current symptoms, and delay or prevent new symptoms from starting. This chemotherapy treatment can also help with controlling some of the symptoms the cancer may be causing, such as pain, coughing, wheezing, difficulty swallowing, weight loss and fatigue. Research has shown that patients may live longer after receiving chemotherapy treatment.

LUMMPG TREATMENT SUMMARY

How are these drugs given?

- Your treatment plan consists of up to 6 chemotherapy “cycles”. Each cycle lasts 3 weeks (21 days).
- For each cycle, you will have two medications given to you intravenously (through the vein) on Day 1.
 - Gemcitabine is given first, and is given intravenously over half-an-hour (30 minutes).

- You will then be given extra fluids intravenously for one hour (60 minutes) before cisplatin. This is to help flush out your kidneys.
- Cisplatin will be given last, and is given intravenously over one hour (60 minutes).
- On Day 8 of each cycle, you will only be given gemcitabine, intravenously, over half-an-hour (30 minutes).

What will happen when I get my drugs?

- A blood test is done within one month of starting treatment.
- A blood test is also done before Day 1 and Day 8 of each cycle.
- The dose and timing of your chemotherapy may be changed based on your blood test results and/or other side effects.
- Your very first treatment will take longer than other treatments because a nurse will be reviewing the possible side effects of your chemotherapy plan and will discuss with you how to manage them. *It is a good idea to bring someone with you to your first chemotherapy appointment.*
- You will be given a prescription for anti-nausea medications (to be filled at your regular pharmacy). Please bring your anti-nausea medications with you for each treatment. Your nurse will tell you when to take the anti-nausea medication. You may also need to take your anti-nausea drugs at home after therapy. It is easier to prevent nausea than to treat it once it happens, so follow directions closely.

LUMMPG TREATMENT PROTOCOL

Start Date: _____

Cycle 1:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Blood Test Gemcitabine, Prehydration & Cisplatin	No chemo	No chemo	No chemo	No chemo	No chemo	No chemo
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Blood Test Gemcitabine	No chemo	No chemo	No chemo	No chemo	No chemo	No chemo
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
No Chemo	No chemo	No chemo	No chemo	No chemo	No chemo	No chemo

This 21-day cycle will repeat 3-5 more times

CHEMOTHERAPY SIDE EFFECTS AND MANAGEMENT

Are there any risks?

- Unexpected and unlikely side effects can occur with any drug treatment. The ones listed below are particularly important for you to be aware of.

SERIOUS SIDE EFFECTS	How common is it?	MANAGEMENT
<p>Your white blood cells may decrease 7-10 days after your treatment. They usually return to normal 2-3 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>Very common</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 by gently washing regularly. • Avoid crowds and people who are sick. • Call your doctor <i>immediately</i> at the first sign of an <i>infection</i> such as fever (over 100°F or 38°C by an oral thermometer), chills, cough or burning when you pass urine.
<p>Your platelets may decrease during or after your treatment. They will return to normal 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>	<p>Common</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. Maintain good oral hygiene. <p>Avoid taking ASA (eg: Aspirin®) or Ibuprofen (eg: Advil®), <i>unless prescribed by your doctor.</i></p>

SERIOUS SIDE EFFECTS	How common is it?	MANAGEMENT
<p>Allergic reactions may rarely occur. Signs of an allergic reaction are dizziness, confusion and wheezing or difficulty breathing. This reaction can occur immediately or several hours after receiving cisplatin, or after many doses of cisplatin.</p>	Rare	<ul style="list-style-type: none"> • Tell your nurse if this happens while you are receiving cisplatin. Go to your local Emergency Room immediately if this happens after you leave the clinic.
<p>Cisplatin burns if it leaks under the skin.</p>	Very rare	<p>Tell your nurse <i>immediately</i> if you feel pain, burning, stinging, or any other change while the drug is being given.</p>

OTHER SIDE EFFECTS	How Common Is It?	MANAGEMENT
<p>Nausea and vomiting may occur after your treatment and may last for 24 hours.</p>	<p>Very Common</p>	<p>You will be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than to treat it once it has happened, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of liquids. • Eat and drink often in small amounts. • Try the ideas in <i>“Food Choices to Control Nausea”</i>. <p>Be sure to let your doctor know if you have nausea or vomiting later than 24 hours after your treatment.</p>
<p>Constipation or diarrhea may occur.</p>	<p>Common</p>	<p>To help constipation:</p> <ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of liquids (8 cups a day). • Try ideas in <i>“Suggestions for Dealing with Constipation”</i>. <p>To help diarrhea:</p> <ul style="list-style-type: none"> • Drink plenty of liquids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in <i>“Food Ideas to Help with Diarrhea during Chemotherapy”</i>.
<p>A flu-like illness may occur shortly after your treatment. You may have fever, chills, headache, muscle and joint aches. Flu-like symptoms usually disappear on their own.</p>	<p>Common</p>	<ul style="list-style-type: none"> • Take acetaminophen (TYLENOL®) every 3-4 hours if needed. • Fever and chills which occur more than 48 hours after treatment may be signs of an infection. They should be reported to the doctor immediately.

OTHER SIDE EFFECTS	How Common Is It?	MANAGEMENT
Tiredness or lack of energy may occur.	Common	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in “<i>Your Bank of Energy Savings: How People with Cancer can Handle Fatigue</i>”. •
Pain or tenderness may occur where the needle was placed in your vein within 1-2 days after treatment. This may extend all the way up the arm. Sometimes pain may occur where the cancer is located.	Common	<ul style="list-style-type: none"> • Apply warm compresses or soak in warm water for 15-20 minutes several times a day. • For pain, take acetaminophen (eg: TYLENOL®). <p><i>See your doctor if the pain continues to bother you.</i></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.	Common	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot or cold. • Tell your doctor at your next visit, especially if you have trouble with buttons, writing, or picking up small objects.
Swelling of hands, feet or lower legs may occur if your body retains extra fluid	Common	<ul style="list-style-type: none"> • If swelling is a problem: <ul style="list-style-type: none"> ○ Elevate your feet when resting ○ Avoid tight clothing

OTHER SIDE EFFECTS	How Common Is It?	MANAGEMENT
<p>Skin rash may occur after treatment with gemcitabine. It is usually mild and is found on the arms, legs, chest, back or stomach. It may or may not be itchy.</p>	<p>Uncommon</p>	<ul style="list-style-type: none"> • Apply hydrocortisone cream 0.5% sparingly 3-4 times daily.
<p>Hair loss sometimes occurs. If there is hair loss, your hair will grow back once you stop treatment. Colour and texture may change.</p>	<p>Uncommon</p>	<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. • Refer to the pamphlet For the Patient: "<i>Hair loss due to chemotherapy</i>"
<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>	<p>Rare</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 ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day. • Try soft, bland foods like puddings, milkshakes and cream soups. • Avoid spicy, crunchy or acidic food, and very hot or cold foods. • Call your doctor if you are having difficulty eating or drinking due to pain.

INSTRUCTIONS FOR THE PATIENT

What other drugs can interact with LUMMPG?

- Other drugs such as some antibiotics given by vein (eg: tobramycin, vancomycin), furosemide (Lasix®), phenytoin (Dilantin®), pyridoxine (Vitamin B6) and warfarin (Coumadin®) may interact with LUMMPG. Tell your doctor if you are taking these or other drugs as you may need extra blood tests, your dose may need to be changed or your treatment may need to be held for a few days.
- Check with your doctor or pharmacist before you start taking any new prescription or non-prescription drugs.
- If you are admitted to hospital for intravenous antibiotics, be sure that the doctor treating you knows you are on cisplatin.

Other important things to know:

- Cisplatin can cause changes in kidney function, but this is not frequent with the doses used in this type of treatment. It is important that you are well-hydrated before and after treatment.
- Sometimes, the nerve which allows you to hear can be affected by cisplatin. This could result in you experiencing “tinnitus” (ringing in the ears) or a change in your hearing. Report any of these problems to your doctor and/or nurse.
- The drinking of alcohol (in small amounts) does not appear to affect the safety or usefulness of this treatment.
- This treatment may cause sterility in men and menopause in women. If you plan to have children, discuss this with your doctor before starting treatment.
- This treatment may damage sperm and may cause harm to the baby if used during pregnancy. It is best to use birth control while you are undergoing treatment. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- Tell all doctors or dentists you see that you being treated with cisplatin and gemcitabine before you receive treatment of any form.

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 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 **bleeding problems** such as black, tarry stools; blood in urine or pinpoint red spots on skin.
- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heart beat, face swelling or breathing problems.
- 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 problems** such as fast or uneven heartbeat.
- **Seizures** or **loss of consciousness**.

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

- **Muscle weakness.**
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- Uncontrolled **nausea, vomiting** or diarrhea.
- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of heart problems such as shortness of breath or difficulty breathing, swelling of feet or lower legs.
- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.

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

- Easy bruising or bleeding.
- Uncontrolled nausea, vomiting, constipation or diarrhea.
- Severe jaw pain or headache.
- Redness, swelling, pain or sores where the needle was placed or along the arm.
- Redness, swelling, pain or sores on your lips, tongue, mouth or throat.
- Skin rash or itching.
- Ringing in your ears or hearing problems.
- Numbness or tingling in feet or hands or painful leg cramps.

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 _____