

For the Patient: **GIGFLODOC**

Other Names: Perioperative Treatment of Resectable Adenocarcinoma of the Stomach, Gastroesophageal Junction or Lower 1/3 Esophagus using Docetaxel, Oxaliplatin, Infusional Fluorouracil, and Leucovorin

GIG = GastroIntestinal, **G**astric
FLODOC = Fluorouracil, Leucovorin, **O**xaliplatin, **DOC**etaxel

ABOUT THIS MEDICATION

What are these drugs used for?

- Docetaxel, fluorouracil (5FU), leucovorin and oxaliplatin are drugs given to treat cancer of the stomach or esophagus.

How do these drugs work?

- Docetaxel, fluorouracil and oxaliplatin work by interfering with dividing cells and preventing an increase in the number of cancer cells.
- Leucovorin works by enhancing the effect of fluorouracil and strengthening fluorouracil's ability to reduce the number of cancer cells.

INTENDED BENEFITS

- You are being asked to take these drugs as a treatment to reduce the risk of recurrence of cancer of the stomach or esophagus.

TREATMENT SUMMARY

How are these drugs given?

- Docetaxel, fluorouracil, leucovorin and oxaliplatin are given directly into the vein (IV).
- You will receive docetaxel first followed by oxaliplatin and leucovorin. Oxaliplatin and leucovorin are mixed separately into two IV bags, which are then given to you at the same time. You will then be given an additional dose of fluorouracil over 24 hours, or 1 day, using a disposable infusion device called an INFUSOR® or “baby bottle”. The infusion device delivers the fluorouracil slowly and continuously to your body over the 24 hour time period. Please see a copy of “*Your INFUSOR® - A Guide for Patients*”, available through your chemotherapy nurse.
- The infusion device is connected to your veins by either a peripherally inserted central catheter (PICC Line) or a PORT-A-CATH®. If using a PICC line, this is inserted in your upper arm. If using a PORT-A-CATH®, this is inserted under the skin of the chest using local freezing. The insertion would be done several days before your treatment starts and would be removed once the treatment program is finished.
- The chemotherapy nurse will connect the infusion device to your IV site at the clinic and then you can go home while your treatment is delivered over the 1 day. You may return to the clinic after 1 day for the nurse to disconnect the infusion device, or you will be instructed how to disconnect yourself at home. Some people may be instructed to go to their local hospital to be disconnected, or may have a home care nurse provide this service, if available. You will then have a two week rest period.

- This two week period of time is called a “cycle”.
- Each treatment will take **about 3 1/2 hours**. This includes a dressing change if you have a PICC line. If you have a PORT-A-CATH®, a dressing change is not needed, so your treatment will take less time. Your first treatment will probably take longer, as the nurse will review information on the chemotherapy drugs and infusion device with you.
- You will be given a prescription for **dexamethasone** (e.g. DECADRON®, DEXASONE®, HEXADROL®). Dexamethasone helps prevent nausea, fluid retention and allergic reactions. It is important to take the dexamethasone exactly as directed or you may not be able to have your treatment. **Start taking the dexamethasone the day before your treatment and continue taking it twice a day for 3 days. You must take at least 3 doses before your treatment.** Always take dexamethasone with food.
- A medication called Filgrastim (G-CSF) will be prescribed after each chemotherapy cycle for a 5 does to be given every other day starting day 5 of treatment. It is a medication that you will inject under your skin, and it will help your bone marrow make new white blood cells (WBC) in time for your next treatment in 2 weeks. WBC helps protect your body by fighting bacteria (germs) that cause infection. You will receive some teaching so that you can perform the filgrastim injection yourself.

The calendar below outlines your overall treatment plan.

C Y C L E S	DATE	TREATMENT PLAN (Before Surgery)
	1 to 4	
		Week 2 → no treatment



****Surgery****
(Within 6 weeks of completion of Cycle 4)



C Y C L E S	DATE	TREATMENT PLAN (6-12 weeks after surgery)
	5 to 8	
		Week 2 → no treatment

Four cycles of treatment are given before and after surgery. A total of 8 cycles is planned as long as you are benefiting from treatment and not having too many side effects, as determined by your oncologist.

What will happen when I get my drugs?

- A **blood test** is done each cycle, on or before the first day of each cycle. The dose and timing of your chemotherapy may be changed based on your blood counts and/or other side effects.

SIDE EFFECTS AND WHAT TO DO ABOUT THEM

Unexpected and unlikely side effects can occur with any drug treatment. The ones listed below are particularly important for you to be aware of as they are directly related to the common actions of the drugs in your treatment plan.

Your doctor will review the risks of treatment and possible side effects with you before starting treatment. The chemotherapy nurse will review possible side effects of the drugs and how to manage those side effects with you on the day you receive your first treatment.

SERIOUS SIDE EFFECTS DURING TREATMENT	MANAGEMENT
Tell your nurse if you feel like you have difficulty breathing or swallowing during or immediately after your oxaliplatin infusion. This may occur rarely.	<ul style="list-style-type: none"> • These symptoms will disappear in a few hours, and may not require treatment. • If you have these symptoms with a 2-hour infusion, your next treatment may be given over 6 hours.
Allergic reactions may sometimes occur. Signs of an allergic reaction may include dizziness, feeling faint, confusion, shortness of breath, wheezing, rash, itching, dizziness, swelling, joint or muscle pain. This may occur immediately or several hours after receiving the drugs. It can occur after the first dose, or after many doses.	<ul style="list-style-type: none"> • Take the dexamethasone tablets as directed by doctor, pharmacist or nurse. • Tell your nurse if this happens while you are receiving the drugs or contact your doctor immediately if this happens after you leave the clinic.
Docetaxel, oxaliplatin and fluorouracil will burn if they leak under the skin.	Tell your nurse or doctor immediately if you feel burning, stinging, or any other change while the drug is being given.
Nausea and vomiting may occur after your treatment and may last for 24-48 hours.	Take the dexamethasone tablets as directed by doctor, pharmacist or nurse. You may be given a prescription for an anti-nausea 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. <ul style="list-style-type: none"> • Drink plenty of liquids. • Eat and drink often in small amounts. • Try the ideas in <i>Practical Tips to Manage Nausea</i>*

SERIOUS SIDE EFFECTS DURING TREATMENT	MANAGEMENT
<p>Fever sometimes occurs shortly after treatment with docetaxel or oxaliplatin. 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 100°F or 38°C by an oral thermometer) which occurs more than a few days after treatment may be a sign of an infection. Report this to your doctor immediately.
<p>You may feel tingling or a loss of feeling in your hands, feet, nose, or throat. They may be made worse by exposure to cold. This is very common after oxaliplatin treatment. These problems often disappear after a few hours or days.</p>	<ul style="list-style-type: none"> • Avoid cold air if possible. • Protect yourself from the cold, which can cause or worsen these symptoms. Wear gloves, socks, and something that covers your mouth and nose when outside in cold weather. • Do not drink cold beverages or eat cold food for a few days after treatment. • If symptoms continue for more than a week, or interfere with how your hands work, talk to your doctor. • Try the ideas in <i>Coping With/Preventing Oxaliplatin Cold Dysesthesias*</i>.
<p>Diarrhea may occur during your treatment. This is very common.</p>	<p>To help diarrhea:</p> <ul style="list-style-type: none"> • Drink plenty of fluids • Eat and drink often in small amounts • Eat low fibre foods & avoid high fibre foods as outlined in <i>Food Choices to Help Manage Diarrhea*</i> <p>If you have an increase of less than 4 stools per day more than normal, or a mild increase in ostomy output, start the following:</p> <ul style="list-style-type: none"> • Loperamide (IMODIUM®) 2 mg, take 2 tablets (4 mg) to start, followed by 1 tablet (2 mg) every 4 hours, or after each unformed stool to a maximum of 8 tablets (16 mg) daily, unless otherwise directed by a physician

SERIOUS SIDE EFFECTS DURING TREATMENT	MANAGEMENT
<p>Sore mouth may occur during treatment. This is common. 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 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. • Try ideas in <i>Food Ideas to Try with a Sore Mouth*</i>
<p>Your white blood cells will decrease 7-10 days after your 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. • 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.

OTHER SIDE EFFECTS DURING TREATMENT	MANAGEMENT
<p>Pain or tenderness may occur where the needle was placed.</p>	<ul style="list-style-type: none"> • Apply warm compresses or soak in warm water for 15-20 min, several times a day.
<p>Your platelets may decrease during or after your treatment. They will return to normal after your last treatment. This is common. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</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>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.

OTHER SIDE EFFECTS DURING TREATMENT	MANAGEMENT
Fluid retention may occur. Signs of extra fluid build-up are swelling of feet, hands or belly, breathing problems, cough, or rapid weight gain.	<ul style="list-style-type: none"> • Take your dexamethasone tablets as directed by doctor, pharmacist, or nurse. • Tell your doctor at your next visit. • Elevate your feet when sitting. • Avoid tight clothing.
Skin rashes may sometimes occur.	<p>To help itching:</p> <ul style="list-style-type: none"> • You can use calamine lotion. • If very irritating, call your doctor during office hours. • Otherwise mention it at your next visit.
Your skin may sunburn easily.	<p>To help prevent sunburn:</p> <ul style="list-style-type: none"> • Avoid direct sunlight. • Wear a hat, long sleeves and long pants or skirt outside on sunny days. • Apply a sun block lotion with an SPF (sun protection factor) of at least 30. • Refer to <i>Your Medication Sun Sensitivity and Sunscreens*</i> or the BC Health Guide for more information. • After sun exposure, if you have a severe sunburn or skin reaction such as itching, rash, or swelling, contact your doctor.
Nail changes such as change in colour may occur. Rarely, nails will loosen or fall off, or the nail beds will be painful.	Take acetaminophen (e.g., TYLENOL®) every 4-6 hours, to a maximum of 4 g (4000 mg) per day if nails are painful.
Muscle or joint pain may occur a few days after your treatment.	You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day for mild to moderate pain. Tell your doctor if the pain interferes with your activity.
Loss of appetite is uncommon but may occur and may persist long after discontinuation of fluorouracil.	Try the ideas in <i>Food Ideas to Help with Decreased Appetite.*</i>
Tiredness and lack of energy may commonly occur.	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in the handout titled <i>Fatigue/Tiredness*</i>
Hair loss is common 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. In most cases, your hair will grow back once your treatments are over and sometimes between treatments. Rarely, hair may not grow back for more than two years. Colour and texture may change.	<p>Refer to <i>Resources for hair loss and appearance changes*</i>. 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.

OTHER SIDE EFFECTS DURING TREATMENT	MANAGEMENT
<p>Numbness or tingling of the fingers or toes may sometimes 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. • Tell your doctor at your next visit, especially if you have trouble with buttons, writing, or picking up small objects.
<p>Hand-foot skin reaction may rarely occur during docetaxel or fluorouracil treatment. The palms of your hands and soles of your feet may tingle, become red, numb, painful, or swollen. Skin may also become dry or itchy. You may not be able to do your normal daily activities if blisters, severe pain, or ulcers occur.</p>	<ul style="list-style-type: none"> • Avoid tight-fitting shoes or rubbing pressure to hands and feet, such as that caused by heavy activity. • Avoid tight-fitting jewellery. • Clean hands and feet with lukewarm water and gently pat to dry; avoid hot water. • Apply a sunscreen with an SPF (sun protection factor) of at least 30. • Apply lanolin-containing creams (e.g., BAG BALM®, UDDERLY SMOOTH®) to hands and feet, liberally and often. • Tell your cancer doctor or your nurse at the next visit if you have any signs of hand-foot skin reaction as your dose may need to be changed.
<p>Abnormal heart rhythm (QT prolongation) rarely occurs.</p>	<p>Minimize your risk of abnormal heart rhythm by:</p> <ul style="list-style-type: none"> • Always checking with your pharmacist and doctor about drug interactions when starting a new medication, herbal product, or supplement. • Tell your doctor immediately or get emergency help if your heart is beating irregularly or fast, or if you feel faint, lightheaded, or dizzy.

Common filgrastim side effects and management

SIDE EFFECTS	MANAGEMENT
Pain or tenderness may occur where the needle was placed.	<ul style="list-style-type: none">• Apply warm compresses or soak in warm water for 15-20 min, several times a day.
Bone pain may occur when the white blood cells start to come back in your bone marrow. It often occurs in the lower back and hips. The pain usually mild and often lasts for only a day. Rarely, the pain may be more severe.	You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day for mild to moderate pain. If you have severe pain, contact your doctor about whether to continue the G-CSF, and about what to use for pain relief. It may be appropriate to have your doctor check your WBC level in this case, as sometimes recovery is faster than expected.

***Please ask your chemotherapy nurse, pharmacist, or dietitian for a copy.**

Special note:

Heart Problems: Serious heart problems can occur when starting fluorouracil. These can rarely be fatal. Problems such as chest pain, heart attack, abnormal heart rhythm, or heart failure can occur. Having a history of heart problems with capecitabine, a related chemotherapy drug, is a risk factor, as is having a history of prior angina (heart pain) or heart attack. Seek medical attention promptly if you experience feelings of heavy pressure or pain in the chest, trouble breathing, significant worsening leg swelling, or marked lightheadedness. These symptoms can occur within days after starting fluorouracil. If your symptoms are severe, you may need to call for emergency help.

INSTRUCTIONS FOR THE PATIENT

- Tell your doctor if you have ever had an unusual or **allergic reaction** to the following drugs before starting this treatment:
 1. docetaxel, paclitaxel, or cabazitaxel
 2. oxaliplatin, cisplatin (PLATINOL®) or carboplatin (PARAPLATIN®).
 3. fluorouracil or capecitabine (XELODA®).
 4. leucovorin
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of docetaxel, oxaliplatin, fluorouracil or leucovorin.
- Fluorouracil may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with fluorouracil.
- Docetaxel, fluorouracil and oxaliplatin may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with these medications. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- Tell doctors, dentists, and other health professionals that you are being treated with docetaxel, oxaliplatin, fluorouracil or leucovorin before you receive any treatment from them.

Medication Interactions:

- Other drugs may **interact** with leucovorin and oxaliplatin. Other drugs such as warfarin (COUMADIN®), phenytoin (DILANTIN®) and fosphenytoin (CEREBYX®) may **interact** with fluorouracil. Other drugs such as disulfiram (ANTABUSE®), metronidazole (FLAGYL®) and ketoconazole (APO-KETOCONAZOLE®) may interact with docetaxel. Tell your doctor if you are taking this or any other drugs as you may need extra blood test or your dose may need to be changed. Check with your doctor or pharmacist before you start taking any new drugs

THE FOLLOWING INFORMATION IS VERY IMPORTANT

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

- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heart beat, face swelling or breathing problems.
- 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, extensive bruising.
- 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 ankles, or fainting.
- 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.
- Sudden **abdominal pain** or tenderness.
- **Seizures** or **loss of consciousness** with or without **confusion, headache, or changes in eyesight.**
- **Uncontrolled nausea, vomiting, or diarrhea.**

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

- **Painful hand-foot skin reaction** such as painful redness, peeling, tingling, numbness, swelling or blistering of the palms of your hands and/or the bottoms of your feet.
- Signs of **fluid retention** such as bothersome swelling of feet or lower legs.
- Severe **skin reaction** where you have had radiation.
- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- Ringing in your ears or **hearing problems.**
- Increased **sore throat or mouth** that makes it difficult to swallow comfortably.
- **Severe skin irritation.**

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

- Painless hand-foot skin reaction such as redness, peeling, tingling, numbness, swelling, or blistering of the palms of your hands and/or bottoms of your feet.
- Easy bruising or minor bleeding.
- Tingling or a loss of feeling in your hands, feet, nose or throat
- Redness, swelling, pain, or sores where the needle was placed.
- Redness, swelling, pain, or sores on your lips, tongue, mouth, or throat.
- Heartburn; mild to moderate abdominal or stomach pain.
- Dizziness or trouble walking.
- Eye irritation, changes in eyesight, or tearing of eyes.
- Taste alterations.
- Skin rash or itching.

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: _____