

## PHARMACY

Drug Information

# Carboplatin-Etoposide Regimen



### What is Carboplatin-Etoposide Regimen?

- Carboplatin-Etoposide regimen is usually given for the treatment of small cell lung cancer and small cell bladder cancer.

### How is Carboplatin-Etoposide Administered?

- On the first day, you will receive Carboplatin and Etoposide infusion into your vein (intravenous). On the second and third day, you will receive only Etoposide infusion intravenously. This cycle is repeated every 21 days.

### Can Carboplatin-Etoposide be Administered With Other Medications?

- Please inform your doctor or pharmacist if you are taking other medications, including Traditional Chinese Medicines, Jamu medicine or supplements.

### What are the Important Side Effects of Carboplatin-Etoposide?

*Inform the nurses immediately during infusion of Carboplatin-Etoposide if you experience the following:*

- Allergic reaction  
Carboplatin-Etoposide may rarely cause an allergic reaction while it's being given. Signs of a reaction can include a rash, flushing, shortness of breath, facial or lip swelling, feeling dizzy, having abdominal, back or chest pain or feeling unwell.
- Pain along the veins  
Carboplatin-Etoposide may cause pain along the vein. If you feel pain, tell your nurse straight away so that the infusion site can be checked. They may give the drug more slowly or flush it through with more fluids to reduce pain.
- Dizziness or feeling faint  
Etoposide may cause dizziness or feeling faint during the infusion as your blood pressure may be low. Lie down or sit with your legs elevated.

- Medications prescribed by your doctor should be beneficial for your condition even though they may result in some inevitable side effects.

Side Effect	Management
Risk of infection may be increased as Carboplatin and Etoposide can reduce the number of white blood cells in your blood	<ul style="list-style-type: none"> <li>• To reduce risk infection:               <ul style="list-style-type: none"> <li>- Wash your hands after toileting.</li> <li>- Avoid crowds and people who are sick.</li> <li>- Avoid raw food.</li> </ul> </li> <li>• Please proceed to the A&amp;E department immediately if you experience signs of infection such as fever with a temperature of 38°C and above, chills and shivering. Avoid taking Paracetamol (Panadol®) to relieve fever. Be aware that taking Paracetamol may mask fever and hence delay treatment of infection.</li> </ul>
Bruising or bleeding may occur as Carboplatin and Etoposide can reduce the number of platelets in your blood	<ul style="list-style-type: none"> <li>• To reduce risk of bleeding problems:               <ul style="list-style-type: none"> <li>- Do not pick your nose</li> <li>- Brush your teeth gently with a soft toothbrush</li> <li>- Be aware that bleeding may take a longer time to stop</li> </ul> </li> <li>• Please proceed to the A&amp;E department immediately if you experience any severe bleeding (e.g. passing a large amount of fresh blood in urine or stools or passing black sticky stools) or significant bruising.</li> </ul>
Nausea or vomiting	<ul style="list-style-type: none"> <li>• Take small, frequent meals.</li> <li>• Avoid smells that precipitate nausea.</li> <li>• Take medicines for nausea or vomiting prescribed by your doctor.</li> <li>• Avoid tight-fitting clothes around the waist.</li> </ul>

Side Effect	Management
Diarrhoea	<ul style="list-style-type: none"> <li>• Inform your doctor if this is severe and/or does not improve with medicine use.</li> <li>• Drink at least two litres (8 cups) of fluids every day when you are having diarrhoea.</li> <li>• Avoid milk or dairy products and/or high fibre food whilst you are having diarrhoea.</li> </ul>
Mouth ulcers can occur on the tongue, the sides of the mouth or in the throat and this can lead to an infection	<ul style="list-style-type: none"> <li>• Brush your teeth after eating and at bedtime with a soft toothbrush.</li> <li>• Rinse and brush your dentures after eating and soak them in denture solution overnight.</li> <li>• Rinsing your mouth with an alcohol-free mouth gargle or salt water may help reduce chances of infection.</li> </ul>
Numbness and tingling sensation in the hands or feet	<ul style="list-style-type: none"> <li>• Inform your doctor if you have this symptom or trouble buttoning up shirts or if you are unable to pick up objects.</li> </ul>
Hair Loss	<ul style="list-style-type: none"> <li>• Wear a wig or hat or use a gentle shampoo.</li> </ul>
Lethargy	<ul style="list-style-type: none"> <li>• Do not drive or operate machinery if you are feeling tired.</li> </ul>
Changes in the way the liver works	<ul style="list-style-type: none"> <li>• Please proceed to the A &amp; E department immediately if you experience any yellowing of eye white, skin or tea-coloured urine or severe abdominal pain.</li> </ul>
Slow or abnormal heart rhythm rarely occurs	<ul style="list-style-type: none"> <li>• Please proceed to the A &amp; E department immediately if your heart is beating irregularly or fast, or if you feel faint, lightheaded, or dizzy.</li> </ul>

Side Effect	Management
Risk of blood disorders/leukemia and secondary cancers	<ul style="list-style-type: none"> <li>This occurs very rarely. Please discuss with your physician if you have concerns.</li> </ul>

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.

### Are There any Special Precautions That I Need to Take?

- It is important to inform your doctor if you intend to conceive or breastfeed while taking this medication.
- You must not become pregnant during treatment and must use an effective method of contraception. You should take appropriate contraceptive measures during and up to 6 months after cessation of treatment. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- Etoposide and Carboplatin may have an anti-fertility effect, which could be irreversible. You should discuss with your doctor regarding fertility preservation prior to starting treatment.
- You should not breast-feed during treatment.

### What Else can I do to Help My Condition?

- Exercise  
Light exercise is recommended as it helps to improve mobility, balance and even emotional well-being. Avoid strenuous exercise, and rest when you are feeling tired.
- Stay positive  
Understand your condition and take an active role in managing it. Do not be afraid to talk about it with your doctor/ pharmacist/ family members. Repressed feelings can be harmful to your immediate well-being and long-term health.
- Adequate hydration  
Maintain adequate hydration with 2 to 3 litres (8 to 12 cups) of fluids per day unless informed by your doctor to restrict fluids. This will decrease your chances of getting constipation and also prevent dehydration.

- Medical and dental treatment

If you need to go into hospital for any reason other than cancer, always inform the doctors and nurses that you are having chemotherapy.

Talk to your cancer doctor if you think you need dental treatment. Always inform your dentist that you are having chemotherapy.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.

You can also find useful information with regards to your medication on this website:

<https://www.macmillan.org.uk/information-and-support>



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