

PHARMACY

Drug Information

Chlorambucil Tablets



What is Chlorambucil?

- Chlorambucil is an anticancer drug used to treat certain types of cancer such as leukemia or lymphoma.

How is Chlorambucil Administered / Taken?

- Chlorambucil is taken orally once daily, on an empty stomach, at least one hour before or three hours after meals. Try not to touch the medicine with your bare hands, use the medicine cup provided to take your medicine.
- Swallow them whole with a glass of water. Do not chew or crush the medicines. Inform your doctor or pharmacist if you have difficulty swallowing.
- If you miss a dose of Chlorambucil, skip the missed dose and go back to your usual dosing times.
- Do not take extra doses to make up for the missed dose. Inform your doctor immediately for advice.

Can Chlorambucil be Administered / Taken With Other Medications?

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

What are the Important Side Effects of Chlorambucil?

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

Side Effect	Management
Numbness and tingling sensation in the hands or feet	<ul style="list-style-type: none"> • Inform your doctor if you have trouble buttoning up shirts or you are unable to pick up objects.
Nausea or vomiting	<ul style="list-style-type: none"> • Small frequent meals or sucking hard, sugar-free candy may help. • Please remember to take the medicines for nausea or vomiting as instructed by your doctor if any.

Side Effect	Management
Diarrhoea	<ul style="list-style-type: none"> Your doctor may prescribe medicines to control diarrhoea. Inform your doctor if it is severe and/or does not improve with medicine use. Make sure you drink at least two litres (8 cups) of fluids every day when you are having diarrhoea. Avoid milk or dairy products and/or high fibre food whilst you are having diarrhoea.
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"> Brush your teeth gently after eating and at bedtime with a soft toothbrush. Rinse and brush your dentures after eating and soak them in denture solution overnight. Rinsing your mouth regularly with an alcohol-free mouth gargle or salt water may help reduce chances of infection.
Risk of infection may be increased as Chlorambucil can reduce the number of white blood cells in your blood	<ul style="list-style-type: none"> To reduce risk of infection: <ul style="list-style-type: none"> - Wash your hands after using toilet - Avoid crowds and people who are sick - Do not share food and avoid taking raw food Please proceed to the A & E department immediately if you experience signs of an infection such as fever with a temperature above 38°C, chills, and burning sensation when passing urine. Do not take Paracetamol (Panadol®) to relieve fever unless instructed by your doctor/ nurse.

Side Effect	Management
Changes in the way the liver works	<ul style="list-style-type: none"> Please proceed to the A & E department immediately if you experience any yellowing of eye white and skin or tea-coloured urine, pale stools or severe abdominal pain.
Changes in mental status e.g. confusion, fits, hallucinations	<ul style="list-style-type: none"> Please proceed to the A & E department immediately

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 with Chlorambucil 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.
- Chlorambucil 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 feel 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.

How do I Store Chlorambucil?

- Store your medication in a refrigerator between 2 – 8°C. Do not freeze.

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

Please keep all medications out of reach of children.

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

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

