

Pharmacy

DRUG INFORMATION

FLOT Regimen (Fluorouracil, Leucovorin, Oxaliplatin, Docetaxel)



What is FLOT Regimen?

- FLOT is used to treat esophageal and stomach cancer. It consists of four drugs Fluorouracil, Leucovorin, Oxaliplatin and Docetaxel.
- Leucovorin is not a chemotherapy drug. It is often given with Fluorouracil, as it has been shown to make it work better.

How Is FLOT Regimen Administered?

- FLOT is administered into the vein (intravenously) every two weeks.
- On the first day of treatment, you will be given Docetaxel, Oxaliplatin and Folinic acid into the vein (intravenous). After this, you will have Fluorouracil given as an infusion over 24 hours via a small portable pump. You can go home once the Fluorouracil infusion starts and return one day later for the nurse to disconnect your pump when your infusion is completed.
- In some cases, the doctor may prescribe oral Dexamethasone tablets for three days, to be started one day before your treatment to reduce the chances of allergic reactions and water retention due to Docetaxel.

Can FLOT Regimen Be Administered 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 FLOT Regimen?

- Allergic reactions
FLOT may rarely cause an allergic reaction while it is being given. Signs of a reaction can include rashes, flushing or shortness of breath, swelling of your face or lips, feeling dizzy, having abdominal, back or chest pain or feeling unwell.
- Drug leakage
FLOT may leak out of the veins and damage the tissue around the vein. This is called extravasation. Inform the nurse immediately if you have any stinging, pain, redness or swelling around the vein. Extravasation is not common but if it happens it's important that it is managed quickly.

- Laryngeal spasm
Oxaliplatin may rarely affect the area around the voice box (larynx), resulting in difficulties with swallowing and breathing. This might happen during the treatment or in the first few days after treatment. This symptom may be worse in cold environment, so it is advisable to keep yourself warm by wearing a jacket or take hot beverages for at least few days after treatment.
- 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 can occur as FLOT 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 toileting. - Avoid crowds and people who are sick. - Avoid raw food. • Please proceed to the A&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 your fever and hence delay treatment of infection.
Bruising or bleeding can occur as FLOT can reduce the number of platelets in your blood	<ul style="list-style-type: none"> • To reduce risk of bleeding problems: <ul style="list-style-type: none"> - Do not pick your nose. - Brush your teeth gently with a soft toothbrush. - Be aware that bleeding may take a longer time to stop. • Please proceed to the A&E department immediately if you experience any severe or persistent bleeding (eg, passing a large amount of fresh blood in urine or stools, or passing black sticky stools) or significant bruising.

Side Effect	Management
Nausea or vomiting	<ul style="list-style-type: none"> • Take small, frequent meals. • Avoid smells that precipitate nausea. • Take medicines for nausea or vomiting prescribed by your doctor. • Avoid tight-fitting clothes around the waist.
Diarrhoea	<ul style="list-style-type: none"> • Inform your doctor if this is severe and/or does not improve with medicine use. • Drink at least two litres of fluids every day when you are having diarrhoea. • Avoid milk, dairy products, high fibre food or spicy food while 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.
Skin rashes	<ul style="list-style-type: none"> • Inform your doctor if the rash is very itchy/painful. For mild rashes, inform your doctor on the next visit as it generally resolves before the next treatment.

Side Effect	Management
Hand-foot syndrome may occur during treatment. The palms of your hands and soles of your feet may become red, swollen darker, or feel numb or painful. Creases may also be observed. Skin may also become dry or itchy and your nail beds may also darken.	<ul style="list-style-type: none"> • Inform your doctor if blisters, severe pain or ulcers affects your normal daily activities. • Avoid tight-fitting shoes. • Apply moisturizer to your hands and feet. • Apply sunscreen with an SPF (sun protection factor) of at least 30.
Nails may become brittle and break easily, become darker or discoloured; rarely, nails may come off	<ul style="list-style-type: none"> • Wearing gloves when washing dishes or using detergents will help protect your nails during treatment. • If you experience pain, redness or swelling around your nails, please inform your doctor.
Hair Loss	<ul style="list-style-type: none"> • Wear a wig or hat or use a gentle shampoo.
Numbness and tingling sensation in the hands or feet	<ul style="list-style-type: none"> • Inform your doctor if you have this symptom or trouble buttoning up shirts or if you are unable to pick up objects
Muscle aches and joint pain	<ul style="list-style-type: none"> • Mild pain can be relieved by taking Paracetamol (Panadol ®). Inform your doctor if pain is not controlled by Paracetamol (Panadol ®). Avoid Paracetamol (Panadol ®) when you are having fever. • Taking regular warm baths may also help.

Side Effect	Management
Fatigue or tiredness	<ul style="list-style-type: none"> • Do not drive or operate machinery if you are feeling tired. Inform your doctor if fatigue is persistent or worsens.
Heart problems	<ul style="list-style-type: none"> • Please proceed to the A&E department immediately if you experience signs of heart problems such as shortness of breath, difficulty breathing, chest pain, fast heartbeat or sudden swelling of legs.
Swelling of ankles and legs as a result of fluid build-up	<ul style="list-style-type: none"> • Taking oral Dexamethasone tablets may help to prevent this. • Elevating legs on foot stool, cushion or pillow may help to reduce the swelling.

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?

- You must not become pregnant during treatment with FLOT and must use an effective method of contraception. You should take appropriate contraceptive measures during and up to six months after stopping treatment. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- FLOT 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 two to three litres 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 receiving anti-cancer treatment.
Talk to your cancer doctor if you think you need dental treatment. Always inform your dentist that you are receiving anti-cancer treatment.

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>

You may also scan the QR code below to watch the video on an introductory guide to chemotherapy treatment. This will provide you more information on the side effects and side effects management during your chemotherapy.

• English Version



<https://for.sg/chemo-counseling>

• Chinese Version



<https://for.sg/chinese-chemo-counseling>



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