

## PHARMACY

Drug Information

# Gemcitabine-Nab-Paclitaxel Regimen



### What is Gemcitabine-Nab-Paclitaxel Regimen?

- Gemcitabine-Nab-Paclitaxel regimen is given for the treatment of pancreatic cancer.

### How is Gemcitabine-Nab-Paclitaxel Regimen Administered / Taken?

- Gemcitabine–Nab-Paclitaxel are administered as two separate infusions into your vein (intravenous). They are given as three weekly injections every four weeks.
- The duration of treatment depends on your body’s response to chemotherapy, and is determined by your oncologist.

### Can Gemcitabine-Nab-Paclitaxel Regimen be Administered / Taken 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 Gemcitabine-Nab-Paclitaxel Regimen?

*Inform the nurses immediately during infusion of Gemcitabine-Nab-Paclitaxel if you experience the following:*

- Allergic reaction  
Gemcitabine and Nab-Paclitaxel may rarely cause an allergic reaction while it is being given. Signs of a reaction can include a rash, flushing or shortness of breath, swelling of your face or lips, feeling dizzy, having abdominal, back or chest pain or feeling unwell.
- Drug leakage  
Gemcitabine and Nab-Paclitaxel 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.

- 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 Gemcitabine and Nab-Paclitaxel can reduce the number of white blood cells in your blood	<ul style="list-style-type: none"> <li>• To reduce risk of 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 Nab-paclitaxel 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 (eg, 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 gently 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 regularly 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>
Muscle aches and joint pain	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Taking regular warm baths may also help.</li> </ul>
Flu-like symptoms eg, Fever, chills, headache, muscle and joint aches	<ul style="list-style-type: none"> <li>• You can take Paracetamol (Panadol®) to help with muscle and joint aches. Proceed to the A &amp; E department if fever exceeds 38 degrees and do not take Paracetamol (Panadol®).</li> </ul>

Side Effect	Management
Skin rashes	<ul style="list-style-type: none"> <li>Inform your doctor if the rash is very irritating. For mild rash, inform your doctor on the next visit as it generally resolves before the next treatment.</li> </ul>
Hair Loss	<ul style="list-style-type: none"> <li>Wear a wig or hat or use a gentle shampoo.</li> </ul>
Heart problems	<ul style="list-style-type: none"> <li>Please proceed to the A &amp; E department immediately if you experience signs of heart problems such as shortness of breath, difficulty breathing, chest pain, fast or irregular heart beat or sudden swelling of legs.</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.
- Gemcitabine and Nab-Paclitaxel 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. Do 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 (8 to 12 cups) of fluids per day unless informed by your doctor to restrict fluids. This will decrease your chances of being constipated 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>

