

# Pharmacy

## DRUG INFORMATION

### Mitomycin – Fluorouracil Regimen with Radiotherapy



#### What is Mitomycin – Fluorouracil Regimen?

- Mitomycin is usually given together with Fluorouracil and radiotherapy for the treatment of anal cancer.

#### How Is Mitomycin – Fluorouracil Administered?

- Mitomycin is given by injection into your veins (intravenous) over several minutes and Fluorouracil is given by continuous infusion via an infusion pump.

#### Can Mitomycin – Fluorouracil 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 Mitomycin – Fluorouracil?

- Allergic reactions:  
Mitomycin – Fluorouracil may rarely cause an allergic reaction while it's 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  
Mitomycin 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 is 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 Mitomycin and Fluorouracil 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> </ul>

Side Effect	Management
	<ul style="list-style-type: none"> <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 your fever and hence delay treatment of infection.</li> </ul>
Bruising or bleeding can occur as Mitomycin and Fluorouracil 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 or persistent 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>
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 of fluids every day when you are having diarrhoea.</li> </ul>

Side Effect	Management
	<ul style="list-style-type: none"> <li>Avoid milk, dairy products, high fibre food or spicy food while 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>
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"> <li>Inform your doctor if blisters, severe pain or ulcers affects your normal daily activities.</li> <li>Avoid tight-fitting shoes.</li> <li>Apply moisturizer to your hands and feet.</li> <li>Apply sunscreen with an SPF (sun protection factor) of at least 30.</li> </ul>
Fatigue or tiredness	<ul style="list-style-type: none"> <li>Do not drive or operate machinery if you are feeling tired. Inform your doctor if fatigue is persistent or worsens.</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 heartbeat, or sudden swelling of legs.</li> </ul>

Side Effect	Management
Lung problems	<ul style="list-style-type: none"> <li>Please proceed to the A&amp;E department immediately if you experience difficulty breathing, shortness of breath, chest pain and/or new or worsening cough.</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?

- You must not become pregnant during treatment with Mitomycin – Fluorouracil 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.
- Drug 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 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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