

PHARMACY

Drug Information

TCH Regimen (Docetaxel-Carboplatin-Trastuzumab)



What is TCH Regimen?

- TCH is a chemotherapy regimen consisting of three drugs (Docetaxel, Carboplatin and Trastuzumab), usually given for the treatment of HER2 positive breast cancer.

How is TCH Regimen Administered / Taken?

- TCH is given into your veins (intravenously) as three separate injections, every three weeks.
- For the first six cycles, you will receive TCH. After completion of six cycles of TCH, you will then continue three weekly Trastuzumab for up to one year (total 17 cycles of Trastuzumab). Each cycle of TCH would take roughly four hours to complete.
- In some cases, the doctor may prescribe oral Dexamethasone tablets for three days, to be started one day before the day of infusion to reduce the chances of allergic reactions and water retention due to Docetaxel.

Can TCH 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 TCH Regimen?

Infusion related/allergic reactions

- These are usually mild or moderate, but rarely, they can be severe. You may be given drugs before the infusion to reduce the chance of a reaction happening.
- If you do have an infusion related reaction, this can usually be treated by slowing or stopping the drip until the reaction is over. Any future infusions will be given at a slower rate.
- *Inform the nurses immediately during infusion of TCH if you experience the following:*
 - Flu-like symptoms, such as headache, feeling flushed, having a fever, chills or dizziness
 - Red, warm and itchy bumps on the skin
 - Swelling in the lips, tongue or throat
 - Breathlessness, wheezing, a cough or sudden difficulty breathing

- Chest tightness or chest pain

- Drug leakage
TCH may leak out of the veins and could potentially 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 may be increased as Docetaxel and Carboplatin can reduce the number of white blood cells in your blood	<ul style="list-style-type: none"> • To reduce risk 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 fever and hence delay treatment of infection.
Bruising or bleeding may occur as Docetaxel and Carboplatin 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 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 (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.
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
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.
Hair Loss	<ul style="list-style-type: none"> Wear a wig or hat or use a gentle shampoo.
Nail may become brittle and break easily, get 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 get pain, redness or swelling around your nails, inform your doctor.
Hand-foot syndrome where palms of hands and soles of your feet may tingle, become red, numb, painful, or swollen. Skin may also become dry or itchy	<ul style="list-style-type: none"> Inform your doctor if blisters, severe pain or ulcers affects your normal daily activities. Avoid tight-fitting shoes or rubbing pressure to hands and feet if this occurs. Applying moisturizer to hands and feet liberally often may help. Applying sunscreen with an SPF (sun protection factor) of at least 30 may help.
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.
Effects on the heart	<ul style="list-style-type: none"> You will need tests to check your heart function before starting treatment with Trastuzumab and also at regular intervals during treatment.
Risk of blood disorders/leukemia and secondary cancer	<ul style="list-style-type: none"> Occurs very rarely. Please discuss with your physician if you have concerns.

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 TCH 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.
- TCH 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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