

PHARMACY

Drug Information

Gemcitabine-Carboplatin Regimen



What is Gemcitabine-Carboplatin Regimen?

- Gemcitabine–Carboplatin regimen is usually given for the treatment of lung cancer, ovarian cancer, bladder cancer, nasopharyngeal cancer or breast cancer.

How is Gemcitabine-Carboplatin Regimen Administered?

- Gemcitabine–Carboplatin are administered as two separate infusions into your vein (intravenous). The frequency of the regimen depends on your type of cancer.

Can Gemcitabine-Carboplatin 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 Gemcitabine-Carboplatin?

Inform the nurses immediately during infusion of Gemcitabine-Carboplatin if you experience the following:

- Allergic reaction
Gemcitabine-Carboplatin may rarely cause an allergic reaction while it's being given. Signs of a reaction can include a rash, flushing, shortness of breath, facial or lip swelling, feeling dizzy, having abdominal, back or chest pain or feeling unwell.
- Pain along the vein
Gemcitabine-Carboplatin may cause pain along the vein. If you feel pain, tell your nurse straight away so that the infusion site can be checked. The drug may be given more slowly or flushed with more fluids to reduce pain.

- 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 Gemcitabine - 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 Gemcitabine – 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.
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.

Side Effect	Management
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.
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.
Flu-like symptoms eg, Fever, chills, headache, muscle and joint aches	<ul style="list-style-type: none"> • You can take Paracetamol or Panadol ® to help with muscle and joint aches. Proceed to the A & E department if fever exceeds 38 degrees and do not take Paracetamol or Panadol ®.
Mild rash	<ul style="list-style-type: none"> • Inform doctor or nurses and applying 1% Hydrocortisone cream may help.
Risk of blood disorders/leukemia and secondary cancers	<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 Gemcitabine and Carboplatin 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 Carboplatin 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 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 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>



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PECC-PHA-ED-2018-440-v2