

Regimen schedule

Next course of treatment, day 22																					
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Rituximab	X																				
Dexametason Morgondos		X	X	X	X	X															
Dexametason Middagsdos		X	X	X	X	X															
Dexametason Kvällsdos		X	X	X	X	X															
Vindesin		X																			
Metotrexat		X																			
Metotrexat		X																			
Kalciumfolinat (vattenfritt)				X																	
Etoposid					X	X															
Cytarabin						X															
Filgrastim								X	X	X	X	X	X	X	X	X					

About your treatment

Rituximab is an antibody, which activates your immune system to attack the cancer cells. Methotrexate, cytarabine, vindesine and etoposide are cytostatics. Dexamethasone is a cortisone preparation. Calcium folinate is a form of folic acid. Also included is filgrastim, which stimulates the bone marrow to produce white blood cells and strengthens your immune system. Each course is 21 days. On days 1, 2, 5 and 6 you will receive drops. You take dexamethasone as tablets on days 2-6. Calcium folinate is given via a syringe on day 4. Filgrastim is given via a syringe day 8-16. During the treatment, your blood samples and any side effects are monitored.

Side effects - symptoms and tips

The side effects we list here are the most common and important. They can vary greatly from person to person, and even from time to time. Side effects may determine your dose or require you to stop taking the medicine.

Tell your doctor or nurse if you have any side effects. Often the symptoms can be prevented or alleviated.

Fatigue

Fatigue is common. You may feel low in energy and never rested. Your memory may deteriorate, and you may find it harder to concentrate and solve problems. It can make you feel down, stressed and anxious. You may also find it difficult to socialise. Fatigue may persist for a long time after treatment.

Tips: Try to exercise and move around. It's the only thing known to help with fatigue.

Nausea and taste changes

You may feel unwell from the treatment. You will therefore be given anti-nausea medication in conjunction with the treatment. The medicines may cause constipation. You can get different varieties depending on how you feel. The taste of food and drink may be altered by the treatment.

Tips: Sometimes it feels better to eat lighter food and small portions. For example, try skim milk, yoghurt, omelettes, sandwiches and hot or cold soups. Drinking a little extra between meals can reduce nausea.

Problems with stomach and intestines

Constipation is common. You may also get diarrhoea.

Tip: Drink a lot, a few glasses more than usual per day. If you're constipated, try high-fibre foods and exercise. If you have diarrhoea, avoid fatty, spicy and high-fibre foods. Talk to your doctor if you get diarrhoea or constipation - you may need medication.

Infection susceptibility

You will be susceptible to infection after treatment. This is because the level of white blood cells drops. Before each treatment, blood samples are taken to see if the blood cells have recovered. If the values are too low, the treatment must be postponed.

Tips: Try to avoid close contact with people who have a cold or stomach illness, for example. Wash your hands often with soap and water. Hand sanitizer can be useful.

Problems with mouth and mucous membranes

The mucous membranes of your nose, mouth, eyes and abdomen may be affected by your treatment. For example, you may have nosebleeds and a runny nose. In the mouth, you may experience dryness, redness, burning and sores. You can also get fungus, which turns the lining of your mouth red or gives it a white coating. Eyes may become dry and watery. The mucous membranes in the lower abdomen can also become dry.

Tip: If you have a dry mouth, use saliva stimulants available in pharmacies. Rinsing your mouth with Vichy water can prevent fungus. Be attentive to oral hygiene, and use a soft toothbrush and mild toothpaste. Be careful with floss and toothpicks. Inform your dentist of your cancer treatment when you visit. Avoid contact lenses if you have eye problems. Women can use oestrogen cream, emollient cream or oil to treat dry mucous membranes in the lower abdomen.

Problems with skin, hair and nails

Skin often becomes dry and more sensitive to the sun. You may also lose hair or your hair may change texture. Nails can become brittle.

Tip: When washing your skin, be gentle and use mild soap. Lubricate often with moisturiser. Wear covering clothing to protect against the sun, and sunscreen on parts of your body that you can't cover. Wear gloves for work that is dirty or abrasive for your hands. If your nails are bothering you, you can use nail polish and brush your cuticles with oil or apply a moisturiser.

Cough and shortness of breath

You may experience coughing and shortness of breath. Tell your doctor or nurse if you have trouble breathing.

Pain in muscles and bones

Pain, tenderness and weakness in the muscles are common.

Tips: Can be relieved with common painkillers.

Contact your clinic immediately at:

Acute

- Call 112 in case of persistent acute chest pain, pressure on the chest or difficulty breathing/shortness of breath

Contact your reception immediately at:

- • Fever (temp above 38 degrees) or at a temperature below 36 degrees
- • Sudden deterioration regardless of symptoms
- • Urinary tract infection symptoms or cold symptoms before treatment
- • Severe nausea or burning in the mouth that makes it difficult for you to eat and drink
- • Nosebleeds or other bleeding you cannot stop or bruising over large parts of the body
- • Increased number of stools/diarrhea with or without stomach pain, bloody or black stools
- • New onset dry cough and shortness of breath
- • Severe itching, blisters, oozing sores and peeling skin.
- • If you or your relatives feel that you are changed, confused or that consciousness is affected.
- • Headache, unusual fatigue, pain behind the eyes and visual disturbances.

Common advice

Cancer drugs are usually excreted in the urine up to 7 days after treatment. Therefore, you should avoid splashing urine. Sit down when you pee. When finished, close the toilet lid and flush 2 times. It is important not to get pregnant or make someone pregnant while you are being treated with cancer drugs, as the drugs can affect the foetus. Therefore, use safe contraceptives. Sometimes double protection is needed, as side effects such as diarrhoea or the direct effect of cancer drugs may mean that the contraceptive pill is not enough protection on its own. If you are a man, use a condom during sexual intercourse within 72 hours of treatment, as cytostatic drugs are also excreted through the seminal fluid.

General information about cancer

Useful information about cancer is available from both 1177 Vårdguiden and Cancerfonden:

www.1177.se

www.cancerfonden.se

Notes
