



Cisplatin and Vinorelbine

This leaflet is offered as a guide to you and your family. The possible benefits of treatment vary; for some people chemotherapy may reduce the risk of the cancer coming back, for others it may control the cancer and its symptoms. Chemotherapy is the most commonly prescribed anti-cancer treatment but other types of treatment are also used. Your doctor will explain to you whether you will receive chemotherapy or another type of treatment, or a combination of both. Your doctor or nurse will be happy to answer any questions you have about your treatment. You will find it useful to refer to the booklet *Chemotherapy, a guide* which gives general information on chemotherapy and side effects.

Your treatment

Your doctor has prescribed a regimen of treatment for you with cisplatin and vinorelbine. Cisplatin is given into the vein via a drip and Vinorelbine is given as an infusion via a syringe.

- Day 1** Cisplatin via a drip and an infusion of vinorelbine approximately 5 hours in total
- Day 8** Infusion of vinorelbine approximately 1 hour visit.
(Sometimes this can also be given in oral capsule form but this is less likely at this treatment centre)
- Day 15** Blood test, an x-ray and clinic visit
- Day 21** Restart with the next cycle (day 1 cycle 2)

Treatment is given every 3 weeks for 4 cycles.

You will have a routine blood test before the start of each cycle of treatment



Kidney function. It is important to monitor how your kidneys are working while you are having treatment. We will do this through routine blood tests, or GFR test (the most accurate test of kidney function). It is important to drink plenty of fluids (at least 8 cups) the day before and for a few days after chemotherapy.

This treatment can have serious or possibly life-threatening side effects. It is very important that you report side effects straight away. Don't delay, if you feel unwell, please ring The Christie Hotline on 0161 446 3658. The lines are open 24 hours a day.

Increased risk of serious infection

You are vulnerable to infection while you are having chemotherapy. Minor infections can become life-threatening in a matter of hours if left untreated. Symptoms of infection include fever, shivering, sweats, sore throat, diarrhoea, discomfort when you pass urine, cough or breathlessness. We recommend that you use a digital thermometer so you can check your temperature. You can buy one from your local chemist.

If you feel unwell, you have symptoms of an infection or your temperature is 37.5°C or above or below 36°C contact The Christie Hotline straight away.

Possible side effects

Chemotherapy can cause many different side effects. Some are more likely to occur than others. Everyone is different and not everyone gets all the side effects. Most side effects are usually temporary, but in some rare cases they can be life-threatening. It is important to tell your hospital doctor or nurse about any side effects so they can be monitored and, where possible, treated.

Common side effects (more than 1 in 10)

- **Anaemia (low number of red blood cells)**

While having this treatment you may become anaemic. This may make you feel tired and breathless. Let your doctor or nurse know if these symptoms are a problem. You may need a blood transfusion.

- **Bruising or bleeding**

This treatment can reduce the production of platelets which help the blood clot. Let your doctor know if you have any unexplained bruising or bleeding, such as nosebleeds, bloodspots or rashes on the skin, and bleeding gums. You may need a platelet transfusion.



- **Nausea and vomiting (sickness)**

The severity of this varies from person to person. Anti-sickness medication will be given along with your chemotherapy to prevent this. You will also be given anti-sickness tablets to take at home. If you continue to feel or be sick, contact your GP or this hospital, because your anti-sickness medication may need to be changed or increased, and you may need extra fluid through a drip.

- **Upset bowels**

You may get upset bowels with this chemotherapy:

Diarrhoea If this becomes a problem while you are having treatment, anti-diarrhoea tablets can be bought from a pharmacy or prescribed by your GP for a temporary period until this is resolved. **If you develop severe diarrhoea, it is important to contact The Christie Hotline straight away as this may be a sign of a serious infection. Don't delay!**

Constipation This can be caused by vinorelbine or by the anti-sickness medication called Ondansetron. If you are prone to constipation or you become constipated, try to drink plenty of fluids and eat foods high in fibre. Tell your doctor who may prescribe a suitable laxative. Ask the staff for a copy of 'Eating: Help Yourself' leaflet which has useful ideas about diet when you are having treatment.

- **Lethargy**

Some chemotherapy may make you feel tired and lacking in energy. It can be frustrating when you feel unable to cope with routine tasks. If you do feel tired, take rest and get help with household chores. If necessary, take time off work. Gentle exercise such as walking can be beneficial.

- **Vein pain**

Vinorelbine can cause pain along the vein during and after treatment. This should only be temporary but contact your hospital doctor or nurse if this becomes severe.

- **Hair thinning**

Some hair loss may occur during treatment although this is unlikely. It is advisable to avoid perms, colours, use of hot brushes and vigorous, frequent washing that could increase hair loss. Please remember that this is a temporary side effect and your hair will grow back when your treatment is completed. If you would like an appointment with the wig service, this can be arranged for you. Ask the staff for a copy of 'The Wig Fitting Service.' leaflet.

Less common side effects (less than 1 in 10)

- **Strange taste**

Occasionally during treatment you may experience a strange taste, sometimes described as metallic or bitter. A strongly flavoured sweet or mint will help to disguise this.

- **Tinnitus & high frequency hearing loss**

You may develop tinnitus (ringing in the ears), this sensation should subside when your treatment finishes. Please tell your doctor if this occurs. High frequency hearing loss can also occur with this chemotherapy, this may be permanent.

- **Tingling & numbness in the fingers or toes**

This is only usually mild and temporary. Please report these symptoms to your doctor on your next hospital visit. On rare occasions, this may be permanent.

- **Joint and muscle pain**

Pain in the joints (also called arthralgia) or muscles (also called myalgia) can be a temporary side effect while having chemotherapy. It is important to tell your doctor about this, so that appropriate painkillers can be prescribed.

Rare side effects (less than 1 in 100)

- **Extravasation** is when chemotherapy leaks outside the vein. If you develop redness, soreness or pain at the injection site **at any time** please let us know straight away.

Serious and potentially life threatening side effects

In a small proportion of patients chemotherapy can result in very severe side effects which may rarely result in death. The team caring for you will discuss the risk of these side effects with you.

Sex, contraception & fertility

Protecting your partner and contraception: We recommend that you or your partner use a condom during sexual intercourse while you are having the course of chemotherapy. Chemotherapy is dangerous to unborn babies and this will also protect you and your partner from any chemotherapy drugs that may be present in semen and in the vagina. If you suspect that you may be pregnant please tell your doctor immediately.

Fertility: This chemotherapy may affect your ability to have children. Your doctor or nurse should have discussed this with you. If not, please ask them before you start treatment.

Late side effects

Some side effects may become evident only after a number of years. In reaching any decision with you about treatment, the potential benefit you receive from treatment will be weighed against the risks of serious long term side effects to the heart, lungs, kidneys and bone marrow. With some drugs there is also a small but definite risk of developing another cancer. If any of these problems specifically applies to you, the doctor will discuss these with you and note this on your consent form.

Contacts

If you have any general questions or concerns about your treatment, please ring the area where you are having treatment:

- Administration enquiries 0161 918 7606/7610
- Chemotherapy nurse: 0161 918 7171
- Clinical trials unit 0161 918 7663

- Jackie Fenemore, Lung Cancer Clinical Nurse Specialist 0161 446 3018
Emma Halkyard, Lung Cancer Clinical Nurse Specialist 0161 918 7473

- Your doctor's secretary0161 446.....

For urgent advice ring The Christie Hotline on 0161 446 3658 (24 hours)

Your consultant is:

Your hospital number is:

Your key worker is:

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Details of the sources used are available, please contact Patient.Information@christie.nhs.uk