



## Myeloma Haematology and Transplant Unit

### Supportive medications

We will give you additional 'preventative' medicines to take alongside your chemotherapy. Some of the commonly prescribed medicines are listed below.

Name	Date started	Dose	Frequency	Reason for use
Co-trimoxazole (Septrin)		960mg	once a day – Monday, Wednesday and Friday	preventative antibiotic
Aciclovir		400mg	twice daily	preventative antiviral
Fluconazole		50mg	once a day	preventative antifungal
Ondansetron		8mg	twice daily	antisickness
Metoclopramide		10mg	3 times a day	antisickness
Lansoprazole		30mg	once a day	prevents heartburn due to steroids
Allopurinol		300mg	once a day	prevents side effects due to tumour breakdown
Dalteparin (Fragmin)		5000 units	one injection daily	prevents blood clots
Aspirin		75mg	once a day	prevents blood clots
Senna		7.5mg	2-4 tablets at bedtime	laxative

- Occasionally the type or dose of medication is changed, according to your symptoms.
- Typically, these medicines are taken for the duration of your chemotherapy treatment. New supplies will be issued at clinic visits.
- Please bring an up-to-date list of your medicines every time you attend clinic. Include any medicines you have bought in the chemist or health food shop.
- There are a lot of medicines to take each day! Often knowing what to take and when can be confusing. A medication box may help – please speak to the myeloma clinical nurse specialist who can advise you.
- Prescriptions are free for NHS patients from The Christie pharmacy. You will need an exemption certificate to get free prescriptions from a community pharmacy. These are available from the pharmacy and social work departments at The Christie and from your GP. If you have any queries about your medications please speak to your myeloma doctor, or Anne-Marie, the myeloma nurse specialist.