



# Carboplatin and caelyx

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 for you a treatment with the chemotherapy carboplatin and caelyx (Pegylated Liposomal Doxorubicin). This treatment is given via a drip.

Carboplatin is given via a drip over one hour.

Caelyx is given via a drip over one hour.

This treatment is repeated every 4 weeks for a total of 6 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 can do this by checking your blood results or we may ask you to attend for a 'GFR' test.

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.

- **Immediate allergic reactions**



Allergic reactions to carboplatin and caelyx are uncommon. Reactions can include breathlessness, a feeling of dizziness, skin rashes, itching, a high temperature, shivering, redness of the face, headache, anxiety, and a desire to pass urine. You will be monitored throughout your treatment for any signs of an allergic reaction but it is important to tell your nurse or doctor if you have any of these signs, or feel unwell in any way. Some people have hot flushes.

## 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)



- **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.**



- **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.

- **Skin changes**

This is one of the most common side effects of caelyx. Your skin may darken because of an excess production of pigment. This usually returns to normal a few months after the treatment has finished. Asian and African-Caribbean people may develop noticeable light patches on their skin. Occasionally your skin may become **dry, flake and crack**. Again, this is temporary and improves when the treatment is finished. You may also develop **red and sore skin on the palms of your hands and soles of your feet**. Occasionally other areas such as under the breasts or the groins can be affected. Rarely the skin may blister and make it difficult for you to walk or use your hands.

You can help to prevent this by keeping your hands and feet cool and if possible, uncovered. Wearing loose-fitting cotton socks and clothing can also help. This is very important for the 4 to 7 days after your treatment with caelyx. During this time, try to rest and take it easy. It is advisable not to go on long walks, exercise or do housework on these particular days. Also, it is sensible to avoid very hot drinks and only use warm water for bathing/showering. We can prescribe tablets and creams to help you. Your doctor may need to change the interval between doses or reduce the dose to help if you do develop a reaction. Caelyx can also make **your skin more sensitive to the sun** than usual. Sit in the shade, avoid direct sunlight and use a high factor sunblock.

- **Mild nausea & vomiting (sickness)**

You may have mild nausea and vomiting. You may be given anti-sickness tablets to take at home. If you continue to feel or be sick, contact your GP or this hospital, your anti-sickness medication may be changed or increased.

- **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.

- **Sore mouth**

Your mouth may become sore or dry, or you may notice small mouth ulcers during this treatment. Drinking plenty of fluids and cleaning your teeth regularly and gently with a soft toothbrush can help to reduce the risk of this happening. We can prescribe a mouthwash for you to use during treatment. You can dilute this with water if your mouth is sore. Ask your doctor or nurse for further advice. There is also general mouth care information in the chemotherapy booklet. If you continue to have a sore mouth, please contact The Christie Hotline.

- **Urine discolouration**

You may notice that your urine is coloured red for a day or two after each treatment. This is due to the chemotherapy leaving your body and is nothing to worry about.

- **Tingling and numbness in fingers and toes**

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

- **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 the problem persists contact this hospital. Ask the staff for a copy of *Eating: Help Yourself* which has some useful ideas about diet when you are having treatment.

### **Uncommon side effects (less than 1 in 10)**



- **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.

- **Occasional 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.'*

## Rare side effects (less than 1 in 100)

- **Changes in the way your heart works**

Caelyx can affect how the heart works. However, it is very rare for the heart to be affected by the doses of treatment you will be receiving.

- **Tinnitus & high frequency hearing loss**

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

- **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 straightaway.

## 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.

## Other medicines

Some medicines can be harmful to take when you are having chemotherapy. Let your doctor know about any medications you are taking, including non-prescribed medicines such as complementary therapies and herbal remedies.

## 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.

**Loss of periods:** Due to the effects of chemotherapy on the ovaries you may find that your periods become irregular or may eventually stop. In younger women this may be temporary, but if you are closer to your menopause it may be permanent. This will result in hot flushes, sweats and vaginal dryness.

## 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

For 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](mailto:Patient.Information@christie.nhs.uk)