



Gemcitabine and carboplatin (Lung)

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 which includes the chemotherapy gemcitabine and carboplatin

- | | |
|----------------|--|
| Day 1: | Gemcitabine is given via a drip over 30 minutes followed by carboplatin via a drip over 1 hour |
| Day 8: | Gemcitabine via a drip over 30 minutes |
| Day 15: | Clinic visit. No treatment |
| Day 21: | Restart with the next cycle (cycle 2 Day 1) |

The treatment is given for a maximum of 4 cycles.

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

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.

- **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 a 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.

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 your temperature is 37.5°C or above or below 36°C or you have symptoms of an infection, 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)**

Nausea and vomiting are commonly associated with chemotherapy but the severity of this varies from person to person. Anti-sickness medication may be given along with your chemotherapy to prevent this. You may 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.

Uncommon 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 may help with this.

- **Skin rash**

You may develop a skin rash. This is usually mild and easily treated. Please tell your doctor on your next visit.

- **Hair thinning**

You will not usually lose your hair with this chemotherapy but some people do have some thinning of their hair. Please remember that this is a temporary side effect and your hair will grow back normally 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 at The Christie'.

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

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

- **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.

- **Lethargy**

Chemotherapy often makes 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.

- **Flu-like symptoms and headaches**

Some chemotherapy may cause flu-like symptoms such as fever, aches and pains and shivering about 3 to 5 hours after it is given. These symptoms are temporary and should go within 12 to 24 hours. Paracetamol will help. If your symptoms are particularly severe, tell your doctor on your next visit.

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

Constipation. 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' which has useful ideas about diet when you are having treatment.

Rare side effects (less than 1 in 100)

- **Pulmonary toxicity**

Very rarely, this type of chemotherapy can make your breathing worse (this is usually temporary) or cause inflammation of the lungs which may need treatment. If you notice persistent and worsening shortness of breath, please tell your doctor or nurse straight away.

- **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

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

- 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.....

Your consultant is:

Your hospital number is:

Your key worker is:



The Christie Patient Information Service July 2014

CHR/CT/832/09.08.11 Version 2 Review date: July 2017

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