

Cabazitaxel (Jevtana®) with GCSF support and oral prednisolone

The possible benefit of treatment vary; for some people this chemotherapy may reduce the risk of the cancer coming back, for others it may control the cancer and its symptoms. 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 will find it useful to refer to the booklet *Chemotherapy: a guide* which gives information on chemotherapy and side effects.

Your treatment

Your doctor or nurse clinician has prescribed for you a course of treatment which includes the chemotherapy cabazitaxel (also called Jevtana®).

Cabazitaxel is given into the vein (intravenously) through a fine tube (cannula) as an infusion over 1 hour.

The treatment is repeated every 3 weeks for a total of 6 to 10 cycles.

Cabazitaxel may rarely cause an allergic reaction. To prevent this happening, we will give you pre-medication injections 30 minutes before starting the cabazitaxel.

GCSF is given as an injection under your skin for 7 days starting the day after chemotherapy with each cycle.

We will also prescribe prednisolone tablets for you to take daily.

You will have a routine blood test before the start of each cycle of treatment. Occasionally we may not be able to go ahead with your treatment until your blood counts are back to a safe level. If this happens, your chemotherapy may be delayed a week.

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 suggest 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)

• Immediate allergic reaction

Ask the staff for help if you notice any of the following:

- Some people have hot flushes when the drug is being given.
- Fevers and chills: back pain, shortness of breath, headaches and swelling of the face may occur during the time the drug is being given. If this happens, please tell the staff straightaway. Your doctor may prescribe a drug that can help you reduce these side effects and, if necessary, we can give you this before your next treatment.

Common side effects (more than 1 in 10)

• Diarrhoea

If this is a mild 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 or becomes severe, do not delay in contacting The Christie. Ask the staff for a copy of The Christie booklet 'Eating - help yourself' which has useful ideas about diet when you are having treatment.

• Fatigue or 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.

• 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 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. Tell your doctor 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.

• GCSF side effects

GCSF is a growth factor which stimulates the bone marrow to make white blood cells, may be used during chemotherapy treatment to help reduce the risk of infection.

Possible side effects of GCSF may include nausea, vomiting, chest pain, musculoskeletal pain, tiredness, generalised weakness, hair loss, skin rash, constipation, anorexia, diarrhoea, cough, sore mouth/throat, headache and gout. These side effects are the most common side effects of GCSF. Some people may experience other less common side effects, therefore it is important to tell your hospital doctor or nurse about any side effects that you experience.

- **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 reduce the risk of this happening. We can prescribe a mouthwash for you to use during your treatment. You can dilute this with water if your mouth is sore. Ask your doctor or nurse for further advice. There is also general mouthcare information in the chemotherapy booklet. If you continue to have a sore mouth, please contact The Christie Hotline.

- **Hair thinning**

You may lose some of your hair, although you do not usually get total hair loss with this treatment. The time scale varies from person to person. Please remember that this is a temporary side effect and your hair will grow back when your treatment is completed. Very rarely, hair loss can be permanent.

The cancer information centre offers a coping with hair loss service to all patients where support, information and advice will be given. Drop in, contact **0161 446 8100** or email informationcentre@christie.nhs.uk. Information about the wig service can also be found here and vouchers for wigs can also be obtained for eligible patients. The wig room provides a drop in service, please see The Christie leaflet 'The wig fitting service' for further information.

The Maggie's Centre runs a Talking Heads hair loss support workshop for anyone who is anticipating or experiencing hair loss (both men and women). These sessions cover the practicalities of hair loss as well as offering support with its emotional impact. Contact Maggie's on **0161 641 4848** or email manchester@maggiescentres.org.

- **Cough and shortness of breath**

You may develop a cough and feel breathless. If this happens, please contact The Christie Hotline for advice.

Uncommon side effects (less than 1 in 10)

- **Blood sugar**

Cabazitaxel may cause your blood sugar to rise. If you are diabetic then you may need to increase the dose of any diabetic medication you take (insulin or tablets). You should discuss this with your doctor before starting the chemotherapy.

- **Skin rash**

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

- **Joint or muscle pain**

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

- **Constipation**

It is very common to be 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' which has useful ideas about diet when you are having treatment. Please contact The Christie Hotline on **0161 446 3658** if your constipation lasts more than 3 days or you experience abdominal discomfort.

- **Blood clots**

During chemotherapy you are more at risk of blood clots in the legs (DVT) or lungs (PE). Occasionally these clots can be life threatening. To help prevent clots, keep mobile and drink plenty of non-alcoholic fluids.

- **Sensitivity to the sun**

Some chemotherapy can make your skin more sensitive to the sun than usual. Sit in the shade, avoid too much sun and use a high factor sunblock cream. Asian and African-Caribbean people may develop noticeable light patches on their skin.

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

This is only usually mild and temporary but sometimes lasts for some time or becomes permanent. Please report these symptoms to your doctor on your next hospital visit.

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.

- **Extravasation**

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.

Sex, contraception and 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)

Your consultant is:

Your hospital number is:

Your key worker is:

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If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **the-christie.patient.information@nhs.net**

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



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urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week