

Vinblastine (lymphoma)

The possible benefits of treatment vary; for some people it may reduce the risk of the cancer coming back, for others it may control the cancer and its symptoms. 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 or nurse clinician has prescribed a chemotherapy treatment for your lymphoma called vinblastine.

It is given every 2 weeks via a short infusion (into a vein) over 5 – 10 minutes.

The number of treatments will depend upon how well the treatment is controlling or improving your symptoms and how well you are tolerating the treatment.

You will have a routine blood test and medical review before the start of each cycle of treatment. This is so your team can monitor and manage any side effects as well as assess your response to 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.

- **If you are taking any other medicines:** It is important to tell the doctor if you are taking medicine for any other condition. Some medicines can react with your treatment. So always tell your doctor at every visit about any other medicines or tablets you are taking.

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 to 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

- **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.

- **Low platelets**

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.

- **Tingling and numbness in the fingers or toes/muscle weakness**

This is usually only mild and temporary. It can sometimes last for some time or become permanent. Sometimes you may also have difficulty controlling the muscles in your arms and legs or your balance. Please report these symptoms to your doctor on your next hospital visit.

- **Nausea and vomiting (sickness)**

Nausea and vomiting may occur during treatment, 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 The Christie, because your anti-sickness medication may need to be changed or increased.

- **Constipation**

This can be a problem at any time during your treatment but especially while you are taking anti-sickness medication in the days following your treatment. Your GP can prescribe tablets or medicine to relieve this. You can help by drinking plenty of water (2-3 litres per day) and by taking extra fibre in your diet. Ask for a copy of 'Eating – help yourself.' Contact your doctor or nurse if you have any abdominal pain.

- **Diarrhoea**

If this becomes a problem during or after your treatment, anti-diarrhoea tablets can be prescribed by your doctor. Ask the staff for a copy of 'Eating: help yourself' which has some useful ideas about diet when you are having treatment.

- **Sore mouth and altered taste**

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 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 advice in the chemotherapy booklet. If you continue to have a sore mouth, please contact The Christie Hotline.

Occasionally during treatment you may have a strange taste (metallic or bitter). A strongly flavoured sweet or mint will help to disguise this. Normal taste will usually return after the treatment finishes.

- **Hair thinning**

It is uncommon to lose hair with this treatment although it may thin a little. 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 by visiting the cancer information centre, or call **0161 446 8100**. Ask the staff for a copy of 'The wig fitting service'.

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 to arrange an appointment.

- **Muscle weakness/bone or jaw pain**

Vinblastine can cause muscle weakness, bone or jaw pain. Let your doctor or nurse know if you experience any of these symptoms.

Uncommon side effects (less than 1 in 10)

- **High blood pressure**

Although this is uncommon Vinblastine can cause high blood pressure. Tell your doctor if you are known to have high blood pressure or take medication for this.

- **Headaches**

Please let your doctor know if you experience headaches whilst you are having this treatment. Simple painkillers can be taken to help with this symptom.

- **Lung changes**

This treatment can cause changes to the lungs. Always tell your doctor if you develop wheezing, a cough, a fever or feel breathless. You should also let them know if any existing breathing problems get worse. If necessary, they can arrange for you to have tests to check your lungs.

Rare side effects (less than 1 in 100)

- **Changes to hearing**

Although this is rare, you may experience hearing difficulty, sometimes with dizziness. Tell your doctor or nurse if you experience these symptoms.

- **Eye problems**

Rarely, vinblastine may affect your vision. Always tell your doctor or nurse if you have eye pain or notice any changes in your vision.

- **Extravasation**

This 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 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:

Haematology day unit - **0161 446 3924**

Lymphoma clinical nurse specialists - **0161 446 9573**

Lymphoma secretaries -

0161 446 3753 - Professor Radford/Dr Linton/Dr Phillips/Dr Broadbent

0161 446 8574 - Professor Illidge

0161 446 3333 - Dr Hague/Dr Chan

0161 446 3302 - Dr Harris

0161 446 3869 - Professor Bloor

Palatine treatment ward - **0161 446 3925**

General enquiries - **0161 446 3000**

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, Salford or Macclesfield. Opening times can vary, please check before making a special journey.



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