



PIL-0098

Cisplatin and Etoposide with Radiation Q28 Days

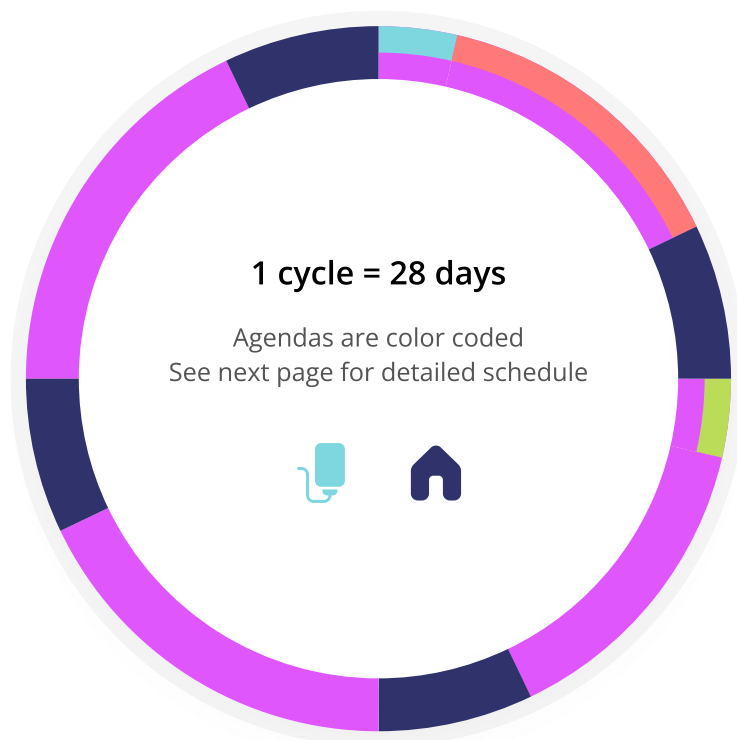
About the treatment

The concurrent use of chemotherapy, including cisplatin (a platinum-based compound) and etoposide (a topoisomerase inhibitor), with radiation can be effective in certain lung cancer conditions. Radiation and cancer medicines are used together to slow or stop cancer growth and spread.

Treatment details

- **Cisplatin and Etoposide** will be administered intravenously over ~3 hours **on day 1 of your 28-day cycle.**
- **Etoposide** will be administered intravenously over ~ 30 to 60 mins **on days 2 to 5 of your 28-day cycle.**
- **Cisplatin** will be administered intravenously over ~2 to 3 hours **on day 8 of your 28-day cycle.**
- **Radiation** will be administered over ~ 15 to 30 mins, 5 days **every week of your 28-day cycle.**
(Individual radiation plans may vary somehow from this standard)
- **On days 6, 7, 13, 14, 20, 21, 27 and 28,** you won't have any anti-cancer treatment.

Take this time to rest and recover.





Cisplatin, Etoposide

Intravenously, over ~ 3 hours, at the cancer centre



Etoposide

Intravenously, over ~ 30 - 60 minutes, at the cancer centre



Cisplatin

Intravenously, over ~ 2 - 3 hours, at the cancer centre



Radiation

Administered, over ~ 15 - 30 minutes, at the cancer centre



Rest

No treatment

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28

Side Effects

Chemotherapy is often linked to so many side effects. While it is true that chemotherapy drugs often cause a wide range of side effects, most of these side effects are temporary and can be minimised or prevented. Remember that different drugs cause different side effects and that each person experiences different side effects to varying degrees.

Common Side Effects

The following side effects occur in more than 10 out of every 100 people. You might have one or more of them.

Low white blood cell count (Leukopenia or Neutropenia)

White blood cells (WBCs) are vital for combating infection. During the course of your treatment, your WBC count may decrease, increasing your susceptibility to illness.

Low red blood cell count (anaemia)

Red blood cells (RBC) are responsible for carrying oxygen to the tissues in your body. When you have a low RBC count, you may feel tired or weak and have pale skin.

Low platelet count (thrombocytopenia)

Platelets help your blood to form a clot, so you are at a higher risk of bleeding when your platelet count decreases. Inform your oncology care team if you experience any excessive bruising or bleeding, such as nosebleeds, tender gums, or blood in your urine or faeces.

Fatigue

You may feel weary and find it more challenging to carry out daily tasks/activities that you typically undertake or wish to undertake. It could be physical, emotional, and mental fatigue.

Nausea and/or vomiting

Every patient responds differently to cancer medication. Many people feel nauseous, and some also experience vomiting. Nausea and vomiting can be managed or reduced with medication.

Diarrhoea

This treatment may disrupt the intestinal lining and cause loose, watery, and more frequent stools than usual. Certain medications have a greater likelihood of causing diarrhoea.

Patient Information Use and Disclaimer: this is not a complete list of side effects. Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

Constipation

This treatment can lead to difficulties in passing faeces. However, constipation may also arise due to other factors, such as reduced physical activity or inadequate nourishment, among other reasons.

Hair loss (alopecia)

This treatment causes the hair on your head and other body parts to fall. In most cases, hair loss is temporary, and hair grows back to normal after treatment.

Low appetite

Loss of appetite or reduced appetite are common side effects of cancer and its treatment. This means you may eat less than usual, not feel hungry, or feel full after eating only a small amount.

Abdominal pain

Pain may be achy or cramp-like and is associated with increased flatulence (gas). Chemotherapy may also alter the normal bacterial flora in the intestines. This can affect digestion and cause abdominal pain, cramping or flatulence (gas).

Other Common Side Effects

- Hearing problems
- Electrolyte imbalance (Monitored by specific blood tests)
- Liver dysfunction (Monitored by specific blood tests)
- Kidney dysfunction (Monitored by specific blood tests)

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Occasional Side Effects

**The following side effects occur in between 1 to 10 out of every 100 people (1 - 10%)
You might have one or more of them.**

- Allergic reactions
- Hypotension or Hypertension
- Taste disorder
- Mouth sores & ulcers
- Dizziness
- Rash, itchy, dry skin
- Blood clots
- Injection site reactions (redness, swelling, itching, pain at the site of injection)
- Cardiac problems (Chest pain or tightness, irregular heartbeat or blood pressure changes, shortness of breath)
- Increased risk of a second cancer

Rare Side Effects

The following side effects occur in fewer than 1 out of every 100 people.

- Drowsiness
- Seizures
- Severe skin rash, blisters, peeling often with fever
- Sensitivity to sun or UV light
- Visual disturbances
- Difficulty in swallowing
- Peripheral neuropathy
- Lung/Breathing problems (Cough, shortness of breath, fever)
- Neurological disorder (Headaches, confusion, vision changes, drooping eyelids, swallowing difficulty, weakness or numbness in arms, legs or face)

Food & Drink



Tell your healthcare team about any medicines you are taking. This includes vitamins, herbal supplements, traditional Chinese medicine and over-the-counter remedies. During treatment, please do not drink the juice of the following fruits, including supplements that may contain them: grapefruit, starfruit, pomegranate and pomelo. They may interfere with the effects of drugs or cause dangerous side effects.

As some treatments may weaken your immune system, avoiding raw or undercooked food such as sushi, raw meat, and runny eggs is advisable to prevent infection. Bacteria are often present in uncooked food and are usually killed by the cooking process. If your doctor determines it is safe to eat raw vegetables and fruits, they should be carefully washed. We have dietitian services that can help you plan your diet and meals. Please let a member of your healthcare team know if you are interested.

Pregnancy, Contraception and Breastfeeding



This drug may harm a baby developing in the womb. It is critical not to become pregnant while having treatment and for at least six months afterwards. Before starting treatment, talk to your healthcare team about effective contraception (for both male and female partners). Do not breastfeed during this treatment because the drug may pass through your breast milk.

Fertility



It is not known whether this treatment affects fertility in people. We have fertility services that can assist with family planning. Talk to your healthcare team before starting treatment if you intend to have a baby in the future.

Immunisations



You may have immunisations and vaccinations to protect your health. Please check with your healthcare team on which immunisations and vaccinations you can take, as this may vary depending on the type of cancer and treatment you are having.

Alcohol



It is generally advisable to avoid alcohol while undergoing cancer treatment.

Exercise



Keep an active routine. Regular exercise, such as walking 30 minutes weekly, would be helpful.

How to contact your Healthcare Team

Cancer Line (+65) 9722 0569



8:30 am - 5:30 pm (Mondays - Fridays)
Closed on Weekends & Public Holidays

For non-operating hours, weekends, and public holidays, please go to your nearest **Emergency Department**.

Contact your healthcare team as soon as possible if:



- You have severe side effects.
- Your side effects aren't getting any better.
- Your side effects are getting worse.

Seek medical attention if you develop the following:



- Soon after treatment, signs of an allergic reaction include rashes, face swelling, dizziness, chest tightness, a fast heartbeat, or breathing difficulties.
- Symptoms of an infection include fever (temperature over 38°C), chills, severe sore throat, wet cough (coughing up thick or green phlegm), and cloudy or foul-smelling urine.
- Signs of unusual bleeding, bruising, or dark and sticky stools.
- Feeling unwell (despite not having a fever).

Chemotherapy resources:

