

September 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|---|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | <div>CYCLE 1</div> <div>Labs</div> <div>Davis Clinic</div> <div>Doxorubicin Infusion</div> <div>Ifosfamide Infusion</div> <div>Mesna @ ___ PM</div> | <div>Urine Labs</div> <div>Mesna @ ___ PM</div> | <div>Urine Labs</div> <div>Mesna @ ___ PM</div> <div>Neulasta</div> | <div>Dexamethasone 4mg 2x daily</div> <div>Ondansetron 8mg 2x daily</div> | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | | | | <div>Labs</div> <div>Davis Clinic</div> | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| | <div>CYCLE 2</div> <div>Labs</div> <div>Davis Clinic</div> <div>Doxorubicin Infusion</div> <div>Ifosfamide Infusion</div> <div>Mesna @ ___ PM</div> | <div>Urine Labs</div> <div>Mesna @ ___ PM</div> | <div>Urine Labs</div> <div>Mesna @ ___ PM</div> <div>Neulasta</div> | <div>Dexamethasone 4mg 2x daily</div> <div>Ondansetron 8mg 2x daily</div> | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | | | <div>Labs</div> <div>Davis Clinic</div> | | |

Nausea

Take Dexamethasone (Decadron) 4mg and Ondansetron (Zofran) 8mg twice daily for 3 days after infusion (see calendar).

For extra nausea, take below as needed:

- Level 1: Ondansetron (Zofran)
- Level 2: Prochlorperazine (Compazine)
- Level 3: Lorazepam (Ativan)

Port

You will have blood labs drawn on the first day of the cycle and approximately the 10th day. You can use Emla cream on your port to help numb it. Apply cream 40 minutes before and cover with plastic wrap.

Mesna

Mesna is a medication that will help protect your bladder from chemotherapy. You will take it at a different time everyday depending on what time your infusion started. Your nurse will tell you what time to take it.

Neulasta

Neulasta helps increase your white (infection-fighting) blood cells. On your third day of infusion, your nurse will put an on-body injector. It will inject the medication on the next day. It will beep before it starts injecting.

Mouth care

To decrease the risk of mouth sores, mix 1 tablespoon of baking soda and 1 tablespoon of salt with a glass of water. As you remember, rinse your mouth daily 3-4 times a day with this solution.

Fever

If your temperature exceeds 100.4 F, call the clinic. For pain, avoid using regular Acetaminophen (Tylenol), Ibuprofen (Advil, Motrin), Naproxen (Aleve), or Aspirin. These can mask signs of infection and impair platelet (blood clotting) cells.