

## PATIENT INFORMATION

# HOW TO TAKE THE MEDICATIONS THAT YOU HAVE BEEN GIVEN ALONG WITH YOUR CHEMOTHERAPY



## How to take the medications that you have been given along with your Chemotherapy? (Nurse to tick all that apply)

### Anti-sickness tablets

☐ Ondansetron: Also called Bed and Breakfast (B&B) tablet. Start the day after chemotherapy and have before breakfast and evening meal for 2-3 days. Common side-effects include constipation and headaches.

☐ Akynzeo (Palonosetron and Netupitant): A very strong anti-sickness tablet. One dose to be taken one hour before chemotherapy. This drug works for 5 days. **DO NOT** take Ondansetron if you are on Akynzeo. Common side-effects include constipation and headaches.

☐ Aprepitant: One tablet to be taken one hour before chemotherapy, then take one tablet for the next 2 days. Please see the pack for instructions on how to take this medication. Common side-effects include hiccups, headaches, constipation and dizziness.

☐ Dexamethasone: Steroid tablet used as anti-sickness. Take the prescribed tablets **WITH food** as instructed on the box.

- If you are instructed to take this medication three times a day then take it with breakfast, lunch and at 3pm with a snack
- If you are instructed to take this medication twice daily then take it with breakfast and lunch.

**Do not take the tablet later than 3pm**, if possible as this can cause lack of sleep. Common side-effects include facial flushing, indigestion, abdominal bloating and insomnia.

☐ Domperidone: Take one tablet 3 times a day, as and when required for a maximum of one week at a time. This can be used in addition to the other anti-sickness tablets prescribed for you. Common side-effect is dry mouth.

☐ Metoclopramide: Take one tablet 3 times a day, as and when required. This can be used in addition to the other anti-sickness tablets prescribed for you. Common side-effects include diarrhoea, sleepiness and lack of energy.

☐ Cyclizine: take one tablet 3 times daily. This can be used in addition to the other anti-sickness tablets prescribed for you. Common side-effects include dizziness, drowsiness, headaches, constipation, dry mouth and blurred vision.

### **Anti-diarrhoea tablets**

☐ Loperamide 2mg capsules: These tablets are taken to minimise control diarrhoea. Take two tablets after your first episode of diarrhoea followed by one tablet every time you experience further diarrhoea. You can take up to eight tablets in 24 hours. **\*If you are taking these tablets but continue to have diarrhoea up to three more episodes than usual per day, please telephone the helpline for advice immediately\*.**

If you are treated with the chemotherapy drug called “Irinotecan” you may be asked to take a higher dose of Loperamide. Please follow the instructions on the box.

### **Growth factor injections**

☐ Filgrastim injections: Used to stimulate the bone marrow to shorten the length of time your white cells are low. The start date will be instructed to you by your nurse. Common side-effects include bone pain and itchy skin around the injection site. You can take Paracetamol to help reduce the bone pain. You will be instructed how to use the injections when you have your first chemotherapy. **This must be stored in the fridge.**

### **Laxatives**

☐ Laxido/Movicol sachets: Used to relieve constipation. **Please call the helpline for advice if bowels not open as normal.** Take one-two sachets if bowels not open after chemotherapy. Once bowel movements return to normal, stop taking them.

**For more information on side-effects you can read the information leaflet that can be found in the box of your medication.**

**If your symptoms or condition worsens, or if you are concerned about anything, please call the Acute Oncology helpline on 01905 760158.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.