

# AC regimen



Adriamycine/Cyclofosfamide



FUNDASHON MARIADAL

# Introduction

Together with your consultant, you have decided to start treatment with cytostatics (chemotherapy). This treatment involves taking a course of drugs that inhibits cell division for a longer period of time.

You are receiving a lot of information, and it is not easy to take in everything at once. That is why this information has been written down so that you can reread everything at home.



## **How are drugs administered, and how often?**

You will come to the hospital once every three weeks. You will be given the cytostatics through an IV in your arm. Each drug is given separately. The infusion system is then rinsed clean with a neutral infusion fluid. The total 'run time' of the drugs and infusion fluid is about an hour and a half to two hours.

## **What side effects should I take into account?**

If you experience any side effects, please inform the nurse at the next treatment. Possibly something can be done about it.

Please get in touch with the oncology nurse if you have any questions and/or complaints. Available on office days/hours on number: 780 0493.

# Possible side effects

- **Effect on the bone marrow**

The chemotherapy affects bone marrow cells; about a week after the treatment, there will be a drop in the red and white blood cells and platelets in your blood. Every one or two days before the next treatment, your blood will be tested to see whether this drop has been restored.
- **Nausea and vomiting**

This complaint can occur to a greater or lesser extent, as well as belching. To keep this to a minimum, you will receive the drug dexamethasone first in the IV before the cytostatics. In the enclosure with this brochure, you will find the schedule for taking nausea medication after each treatment.
- **Hair loss**

After about 14 days, you will start to lose almost all of your hair. Eyebrows and eyelashes are generally preserved.  
We can recommend a hairdresser for wigs. Wigs are also reimbursed.
- **Oral mucosa irritation**

Sometimes the treatment irritates the oral mucosa. Good oral care is essential.



- **Bladder irritation**  
You may experience a burning sensation when urinating.  
Drinking enough water helps prevent bladder irritation (at least two litres per day).
- **Red discolouration of urine and tears**  
The chemotherapy can cause your urine and tears to discolour red during the first two days after the treatment.
- **Fatigue**  
You may notice that you have less energy as a result of the treatment.
- **Painful IV arm**  
The chemotherapy has an irritating effect on the vessel wall. As a result, you may have painful vessels in the IV arm. In principle, not much can be done about this and apart from the pain, this additional problem has no further consequences. It is advisable to contact us if your arm also feels red, swollen and warm.

- **Constipation**  
Because the mucous membrane cells of the large intestine can become irritated, you may get constipated. In addition, constipation is a side effect of the drug 'Ondansetron'.  
Drinking enough water helps prevent constipation.
- **Menstruation**  
In many cases, chemotherapy affects menstruation. This can vary from 'missing a period once' to the complete absence of menstruation and can be accompanied by menopausal symptoms. Sometimes the symptoms of blood loss during menstruation get worse.

There are a number of reasons to call the oncology nurse/doctor or hospital immediately. See the form for this: 'Reasons to call the oncology nurse/doctor.'

## Questions?

If you have any questions about the 'Chemotherapy' brochure, you can contact the oncology nurse on workdays during office hours on telephone number: 780 0493.



## Medication schedule anti-nausea tablets

Time of day	Day 1			Day 2			Day 3			Day 4			Day 5			If necessary	If necessary		
	8h	12	20	8h	12	20	8h	12	20	8h	12	20	8h	12	20				
<b>Anti-nausea</b>	Granisetron 1 mg. tablet			1			1			1			1			1		1	
	Primperan 10 mg. tablet				1			1			1			1			1		1
<b>Chemotherapy</b>	Doxorubicin (Adriamycin)																		
	Cyclophosphamide (Endoxan)																		

Green = take tablets.

White = take tablets if necessary in case of nausea.



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