

 瑪麗醫院 QUEEN MARY HOSPITAL	Department of Obstetrics and Gynaecology	Document No	OGGO-0510-03-02-E-(I)
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Carboplatin

Common side effects	Caring tips
Bone marrow suppression especially low white blood cell and platelet count	<p>Low white blood cell count will cause infection easily</p> <ul style="list-style-type: none"> • If fever develops, patient must seek medical treatment immediately. Chemotherapy must be stopped and delay for a few days until WBC count back to normal • Wash hands frequently • Avoid contact infectious patient (e.g. Cold) • Inform your nurse & doctor if you have fever > 38 ° C, malaise or any signs of infection <p>Low platelet count will delay blood clotting function & easily cause bruising</p> <ul style="list-style-type: none"> • Use soft toothbrush & keep oral hygiene, avoid using interdental brush. • Avoid tight clothings • Avoid strong sneezing, bowel enema, vaginal douching or tempon • Avoid using drugs that prolong bleeding, e.g. aspirin, anti-coagulant
Nausea & Vomiting 	<ul style="list-style-type: none"> • Chemotherapy inhibits growth of cancer cells but may affect gastric and brain cells causing nausea & vomiting • This side effect will subside when chemotherapy stops • Doctor will prescribe adequate anti-emetics before chemotherapy • Take anti-emetic half hour before meal can alleviate vomiting • Diet advice <ul style="list-style-type: none"> ○ Small & frequent meals can decrease gastric-full symptoms ○ Don't take large amount of water during or after meal to avoid gastric-full symptoms. Better to take water between meals ○ Avoid oily, too hot or too cold foods ○ Eat & chew slowly ○ Take a rest after meal but avoid lying down immediately after meal. Better to stand up or walk ○ Avoid non-delicious food • Other methods such as relaxation exercise, hypnosis & acupuncture have certain effect on precipitating vomiting • In severe vomiting, intravenous fluid and electrolyte will be infused to maintain body fluid balance
Decrease appetite 	Small & frequent meals, maintain balanced diet, avoid non-delicious, spicy & oily food. Take more beverage & snack, easily swallowed, digestible & soft food. Try to take sufficient calories & protein to maintain your body weight
Decrease the body Magnesium level	Doctor will prescribe oral or intravenous replacement if necessary

Remarks : Different patient will have different side effects toward chemotherapy. The response should only be compared with that after previous chemotherapy for each individual. Please inform doctor for this condition on follow-up.

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Rare side effects	Caring tips
Hair loss 	<ul style="list-style-type: none"> • Hair loss caused by chemotherapy will grow up again. Usually, hair will grow 2 to 3 months after chemotherapy completed • Tips for alleviate anxiety caused by hair loss <ul style="list-style-type: none"> ○ buy hair-wig or cap before early stage of hair loss ○ understand the reason and level of hair loss ○ express the feelings towards hair loss ○ know that hair will grow again and the color and quality may have some changes (e.g. hair will become curl or grey) ○ Avoid using hair-dryer, hair-curler and perm hair which will cause hair loss ○ Use cap and sun-block to protect your head from sunshine ○ Keep hair scalp clean after hair completely lost ○ Cut hair before chemotherapy or use hair-wig, cap or scarf
Slightly affect liver and renal function	Chemotherapy will only be preceded when the liver & renal function before chemotherapy is normal
Extravasation and local inflammation	<ul style="list-style-type: none"> • Chemotherapy must be stopped immediately • Antidote, anti-inflammatory medications & adequate nursing care will be applied. Inflammation will usually subside within 1 to 2 weeks • Please notify the nurse if any abnormality occurs during or after chemotherapy
Hypersensitivity reaction 	If skin rash and itchiness occurs, doctor will carry out examination & prescribe anti-allergic medications

Remarks : Different patient will have different side effects towards chemotherapy. The response should only be compared with that after previous chemotherapy for each individual. Please inform doctor for this condition on follow-up.