



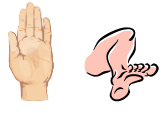
 瑪麗醫院 QUEEN MARY HOSPITAL	Department of Obstetrics and Gynaecology	Document No	OGGO-0510-03-03-E-(I)
		Issue Date	Jul 2016
	Subject Side effects and Nursing tips of the chemotherapy – Cisplatin (DDP)	Review Date	Jul 2019
		Approved by	Gynae-Oncology Team, QMH
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Cisplatin (DDP)

Common side effects	Caring tips
Bone marrow suppression especially low white blood cell count	<p>Low white blood cell count (WBC) 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 hand frequently • Avoid contact infectious patient (e.g. Cold) • Inform your nurse & doctor if you have fever ($>100.4^{\circ}\text{F}$ / $> 38^{\circ}\text{C}$), 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 & maintain oral hygiene, avoid using interdental brush & flossing • Avoid tight clothings and avoid strong sneezing, bowel enema, vaginal douching or tempon • Avoid using drugs that prolong bleeding (e.g. aspirin, anti-coagulant) <p>Symptoms of anaemia included breathing difficulty, dizziness, headache & palpitation</p> <ul style="list-style-type: none"> • Treatment of anaemia is blood transfusion and to replace growth factors aid in haemoglobin production
Mild 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 fluid during or after meal to avoid gastric-full symptoms. Better to take fluid 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 	<p>Small & frequent meals, maintain balanced diet, avoid non-delicious, spicy & oily food. Take more beverage & snack, easy-swallowing, digestible & soft food. Try to take sufficient calories & protein to maintain your body weight</p>

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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Affect renal function	Blood for renal function test will be taken before chemotherapy. The test result must be within normal range should chemotherapy commenced
Decrease the body magnesium and calcium level	Doctor will prescribe oral or intravenous replacement if necessary
Affect hearing function 	An audiogram will be performed before chemotherapy. The test result must be within normal range should chemotherapy commence. Inform your doctor or nurse if tinnitus occurs
Limbs paraesthesia and numbness 	You may have hand and foot numbness, tingling pain and hotness. These conditions may persist for few years. Doctor may consider prescribe vitamin B6 to alleviate the side effects if condition is severe
Extravasation and local inflammation	<ul style="list-style-type: none"> • Chemotherapy must be stopped immediately • Doctor will prescribe 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

Rare side effects	Caring tips
Hypersensitivity reactions 	If skin rash and itchiness occurs, doctor will carry out examination & prescribe anti-allergic medications