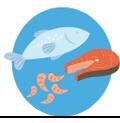


 瑪麗醫院 QUEEN MARY HOSPITAL	Department of Obstetrics and Gynaecology	Document No	OGGO-0510-03-04-E-(I)
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Etoposide (VP16-213)

Common side effects	Caring tips
Bone marrow suppression & Low white blood cell and platelet count	<p>Low white blood cell (WBC) 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 ($>100.4^{\circ}\text{F}$ / $> 38^{\circ}\text{C}$), 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 clothing and avoid strong sneezing, bowel enema, vaginal douching or tampon • Avoid using drugs that prolong bleeding (e.g. aspirin, anti-coagulant)
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 • Taking 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 food ○ 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>
Temporary postural hypotension may occur during chemotherapy	<p>Bed rest and BP monitoring during chemotherapy</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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Hair loss in large amount 	Hair loss caused by chemotherapy will grow up again <ul style="list-style-type: none"> • 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 change (e.g. hair will become curl or grey) ○ Avoid using hair-dryer, hair-curler & perming 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
Palpitation	Need bed rest and perform electrocardiogram
Constipation and Diarrhea 	Constipation <ul style="list-style-type: none"> • Take more vegetable, fruits and beverage • Take laxative drug prescribed by doctor Diarrhea <ul style="list-style-type: none"> • Drink large amount of water • Take more food rich in potassium (e.g. Bananas, oranges, potatoes, pears, almond juice, etc.) • Avoid alcohol or beverage with caffeine (e.g. tea, coffee and candies) • Take anti-diarrheals prescribed by doctor

Rare side effects	Caring tips
Bone marrow suppression (low haemoglobin level)	Symptoms of anemia include breathing difficulty, dizziness, headache and palpitation Treatment of anemia is blood transfusion and to replace growth factors aid in haemoglobin production
High dose will cause mucosal ulcer 	Ulcer and white patches will affect appetite and cause difficulty in swallowing <ul style="list-style-type: none"> • Examine your oral-cavity daily • Use soft toothbrush • Maintain oral hygiene: oral gargling daily, use gargle prescribed by doctor if there is oral ulcer • Dietary advice, avoid irritation to the oral-cavity <ul style="list-style-type: none"> ○ Avoid too hot and cold food ○ Increase fluid intake and food rich in water (e.g. ice-cream, fruits, etc.) ○ Cut food into pieces
Hypersensitivity reactions 	If skin rash and itchiness occurs, doctor will carry out examination & prescribe anti-allergic medications
Extravasations and local inflammation	<ul style="list-style-type: none"> • Chemotherapy must be stopped immediately • Use anti-inflammatory medications prescribed by doctor