

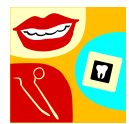





| | | | |
|--|---|--------------------|--------------------------|
|  瑪麗醫院 QUEEN MARY HOSPITAL | Department of Obstetrics and Gynaecology | Document No | OGGO-0510-03-07-E-(I) |
| | | Issue Date | Jul 2016 |
| | Subject Side effects and Nursing tips of the chemotherapy – Liposomal Doxorubicin | Review Date | Jul 2019 |
| | | Approved by | Gynae-Oncology Team, QMH |
| | | Page | Page 1 of 2 |




Liposomal Doxorubicin (Caelyx)

| Common side effects | Caring tips |
|--|--|
| Bone marrow suppression | <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 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 & keep oral hygiene, avoid using interdental brush • Avoid tight clothing and avoid strong sneezing, bowel enema, vaginal douching or tampon • Avoid using drugs that prolong bleeding (e.g. aspirin, anti-coagulant) <p>Symptoms of anaemia include breathing difficulty, dizziness, headache and palpitation</p> <ul style="list-style-type: none"> • Treatment of anaemia is blood transfusion or to replace growth factors aid in haemoglobin production |
| Nausea & Vomiting <div style="text-align: center; margin-top: 10px;">  </div> | <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 |
| Mucosal ulcer <div style="text-align: center; margin-top: 10px;">  </div> | <p>Ulcer or white patches will affect appetite and cause difficulty in swallowing</p> <ul style="list-style-type: none"> • Examine your oral-cavity daily • Use soft toothbrush • Maintain oral hygiene: oral gargling daily, use drug-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 water intake and food rich in water (e.g. ice-cream, fruits, etc.) ○ Cut food into pieces |

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.

| | | | |
|--|---|--------------------|--------------------------|
|  瑪麗醫院 QUEEN MARY HOSPITAL | Department of Obstetrics and Gynaecology | Document No | OGGO-0510-03-07-E-(I) |
| | | Issue Date | Jul 2016 |
| | Subject Side effects and Nursing tips of the chemotherapy – Liposomal Doxorubicin | Review Date | Jul 2019 |
| | | Approved by | Gynae-Oncology Team, QMH |
| | | Page | Page 2 of 2 |

| | |
|---|--|
| Cardiac toxicity  | (According to the dosage of the chemo-agent) An echocardiogram is required before the first treatment. An electrocardiogram will be performed before each treatment |
| Hand & foot syndrome  | (Rash, desquamation, blister may extend to hand & foot, face. Chest itchiness, tingling pain, numbness and darkening of nail may occur one week after chemotherapy) <ul style="list-style-type: none"> • Apply appropriate lubricant cream • Avoid sunshine, hot bath • Take drug for itchiness prescribed by doctor if necessary |
| Red urine colour during each chemotherapy period | <ul style="list-style-type: none"> • Increase fluid intake • Follow up on observation of urine color |

| 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 change (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 you head from sunshine ○ Keep hair scalp clean after hair completely lost ○ Cut hair before chemotherapy or use hair-wig, cap or scarf |
| Photosensitivity  | Skin will easily burn by sunshine during chemotherapy period <ul style="list-style-type: none"> • Avoid direct sunshine • Use cap or umbrella • Use Sun-block cream with SPF15 at outdoor |
| Extravasation and local inflammation | If chemotherapy drug leaks into the tissue area outside the infusion catheter, the surrounding area will become red, swollen and painful on touching, the skin tissue will die in severe case <ul style="list-style-type: none"> • Treatment: 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 reactions  | If skin rash and itchiness occurs, doctor will carry out examination & prescribe anti-allergic medications |