

 瑪麗醫院 QUEEN MARY HOSPITAL	Department of Obstetrics and Gynaecology	Document No	OGGO-0510-03-11-E-(I)
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Topotecan

Common side effects	Caring tips
Bone marrow suppression	<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°F / > 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 & maintain oral hygiene, avoid using interdental brush • 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 anemia include breathing difficulty, dizziness, headache and palpitation</p> <ul style="list-style-type: none"> • Treatment of anemia 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 also 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, easily swallowed, digestible & soft food. Try to take sufficient calories & protein to maintain your body weight</p>
Tiredness 	<p>Have sufficient rest. Take naps as necessary</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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Mild headache 	Have sufficient rest. Take pain-killer prescribed by doctor if necessary
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
Constipation and diarrhea 	<p>Constipation</p> <ul style="list-style-type: none"> • Take more vegetable, fruits and beverage • Take laxative drug prescribed by doctor <p>Diarrhea</p> <ul style="list-style-type: none"> • Drink large amount of water • Take more food rich in potassium (e.g. Banana, orange, potato, pears, almond juice, etc.) • Avoid alcohol or beverage with caffeine (e.g. tea, coffee and candies) • Take anti-diarrheal prescribed by doctor

Rare side effects	Caring tips
Affect liver function	Chemotherapy will only be proceeded when the liver function before chemotherapy is normal
Extravasation and local inflammation	<ul style="list-style-type: none"> • Chemotherapy will be stopped immediately • Doctor will prescribe anti-inflammatory medications and adequate nursing care will be applied
Hypersensitivity reaction 	If skin rash and itchiness occurs, chemotherapy will be stopped immediately. Doctor will carry out examination & prescribe anti-allergic medications
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 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