

Side Effects	What You Should Do	Prevention
<p>More Common:</p>		
<ul style="list-style-type: none"> • Signs of infection/ fever, chills, cough • Low white blood cells 	<ul style="list-style-type: none"> • Keep a thermometer at home. Recognize the signs of infection. • If your temperature is over 38°C or 100°F, go directly to the local Emergency Department. You may have an infection and need antibiotics. 	<ul style="list-style-type: none"> • Limit contact with people who are sick or have colds. Rest often. Wash your hands often.
<ul style="list-style-type: none"> • Dizziness, confusion, agitation • Missed menstrual period 	<ul style="list-style-type: none"> • Contact your doctor as soon as possible. 	
<ul style="list-style-type: none"> • Tiredness or weakness • Signs of anemia. Low hemoglobin levels 	<ul style="list-style-type: none"> • Contact your doctor or nurse as soon as possible if this bothers you. Otherwise, tell your doctor or nurse at your next visit. 	<ul style="list-style-type: none"> • Rest when feeling tired or weak. Do not drive a motor vehicle or operate machinery. Eat well-balanced meals.
<ul style="list-style-type: none"> • Nausea and vomiting 	<ul style="list-style-type: none"> • If vomiting is severe, contact your doctor or nurse right away. • If you vomit within one hour of taking antiemetic tablets, you may take another dose of the antiemetic tablets. A suppository may be ordered if you cannot keep the tablets down. 	<ul style="list-style-type: none"> • Your doctor can order medicine for nausea and vomiting. Continue drinking clear fluids. Get fresh air and rest.
<ul style="list-style-type: none"> • Hair loss (from head and body) 	<ul style="list-style-type: none"> • A wig, hat, cap, scarf or hair piece may be worn. • Your hair will regrow, once all of your treatments are over. 	
<p>Less Common:</p>		
<ul style="list-style-type: none"> • Bladder pain • Blood in urine 	<ul style="list-style-type: none"> • Check with your doctor or nurse at your next appointment, or sooner if these symptoms bother you. • Contact your doctor or nurse right away if you feel pain or discomfort while in the hospital or clinic. 	<ul style="list-style-type: none"> • Drink plenty of fluids (at least eight cups daily on treatment days). • Empty your bladder often.
<ul style="list-style-type: none"> • Easy bruising or bleeding. • Black, tar-like bowel movements • Low platelet count 	<ul style="list-style-type: none"> • If bleeding or bruising is unusual or will not stop, contact your doctor or nurse immediately or go directly to the local Emergency Department. 	<ul style="list-style-type: none"> • Use sharp objects with care. Use a soft toothbrush. Tell your doctor before any dental work is done.
<ul style="list-style-type: none"> • Diarrhea, stomach pain 	<ul style="list-style-type: none"> • If symptoms are severe, call your doctor or nurse right away. For less severe diarrhea, contact your doctor or nurse if it lasts longer than 24 to 48 hours, or if you feel weak. Be sure to drink plenty of fluids. 	<ul style="list-style-type: none"> • Avoid high fibre foods, such as bran, nuts, fruits and vegetables
<ul style="list-style-type: none"> • Skin hives, itching; severe skin reaction where you have had radiation 	<ul style="list-style-type: none"> • Contact your doctor or nurse if these bother you. 	
<p>Rare:</p>		
<ul style="list-style-type: none"> • Yellow skin or eyes • Unusual thirst 	<ul style="list-style-type: none"> • Contact your doctor or nurse at your next appointment, or sooner if these symptoms bother you. 	
<ul style="list-style-type: none"> • Sores in the mouth or the lips 	<ul style="list-style-type: none"> • Contact your doctor or nurse as soon as you notice sores on mouth or lips. 	<ul style="list-style-type: none"> • Maintain good mouth hygiene. Use a soft toothbrush. Avoid hot, spicy or acidic foods.

Precautions:

- Ask your doctor or pharmacist before using any other medicine (such as digoxin, phenobarbital, phenytoin, or warfarin), including over-the-counter medicines, vitamins, minerals, and herbal products.
- Due to increased risk of infection, check with your doctor before having any vaccinations.
- Your doctor may instruct you to drink eight glasses of water or juice daily. It is important to empty your bladder often to avoid bladder problems.
- Before you have surgery, including dental surgery, be sure to tell your doctor or dentist that you are receiving cyclophosphamide.
- It is important to tell your doctor if you have chickenpox (or have recently been exposed to someone who has had chickenpox), shingles, gout, kidney disease or liver disease.
- If a doctor has advised you to take ASA (Aspirin®) to prevent heart disease or stroke, tell your cancer doctor about this before you start cancer treatment. Otherwise, DO NOT take ASA for daily aches and pains during chemotherapy treatment; use acetaminophen (Tylenol®) products instead. (Check with your doctor or pharmacist if a product contains ASA or acetaminophen.)
- This drug alone, or in combination with other chemotherapy drugs, may cause fatigue, reduced sex drive, reduced sexual satisfaction and changes to any intimate relationships for both men and women.
- You and your partner should avoid a pregnancy while taking this medication. Birth control pills alone may not be effective for contraception. It is important to discuss the most effective birth control with your doctor.
- Cyclophosphamide should not be used if you are pregnant or breast feeding.
- Cyclophosphamide may cause permanent changes in your menstrual cycle and your ability to have children in the future. Ask your doctor or nurse for more information.
- Cyclophosphamide is a chemotherapy drug. Be careful that your family avoids any exposure to the drug from broken tablets or cleaning up if you vomit or have an incontinent accident. Your nurse will give you instructions on how to protect others in your home in case of exposure to the drug through your bodily fluids.

This information sheet does not contain all known information about this drug
For more information on this medication, please call your doctor, pharmacist or nurse

(Phone Number for your Doctor or Nurse)

Or call the Canadian Cancer Society's
Cancer Information Service at
1-888-939-3333
or at
www.cancer.ca

Collaborative Project of:
Systemic Therapy Program, Cancer Care Nova Scotia
New Brunswick Cancer Network, Division of New Brunswick Dept.
of Health

Approved by the Nova Scotia Cancer Patient Education Committee
Visit our Web site at: www.cancercare.ns.ca

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MEDICATION INFO SHEET

CYCLOPHOSPHAMIDE Tablets (sigh-clo-FOS-fa-mide)

Other names for this medication:

Cytosan®, Procytox® (Brand Name)

Appearance:

Tablets: White, sugar-coated tablet (Procytox® brand) or white tablet with blue specks (Cytosan® brand) - tablets contain 25mg or 50mg of cyclophosphamide.

Why this medication is used:

Cyclophosphamide is used to treat breast cancer, lymphomas, and other types of cancer.

How do you take this medication:

Tablets: Cyclophosphamide tablets are usually taken once daily in the morning or three times daily with meals. Take tablets with a full glass of water.

If your blood counts are low, your doctor or nurse may tell you to take fewer tablets (a lower dose) until your blood cells return to normal.

If you miss a dose, take it as soon as possible. Do not take the missed dose if it is almost time for the next dose. Do not take an extra dose to make up for a missed one.

