

Regimen Information Sheet

FEC100 Treatment

This document provides general information about your cancer treatment. It does not replace the advice of your health care professional. Always discuss your therapy with your health care team.

What medications are in this treatment?

- This treatment consists of Fluorouracil, Epirubicin and Cyclophosphamide.
- Refer to the medication information sheet for each drug for more information.

What is this treatment for?

- FEC100 is a drug combination for treating breast cancer.

What should I do before I have this treatment?

- It is important to tell your oncologist about any other medical conditions you have, as some conditions may affect therapy with this treatment.

How will this treatment affect sex, pregnancy and breastfeeding?

- Since these medications may harm your baby if used during pregnancy, women who have not yet reached menopause should use effective forms of birth control while being treated. Do not use birth control pills. Please discuss this with your oncologist.
- If you become pregnant, tell your oncologist right away.
- Do not breastfeed while undergoing treatment.
- Also, if you plan to have children, discuss this with your oncologist before starting your first treatment, as chemotherapy may affect your fertility and your chances of having a baby in the future.

How is this treatment given?

- Your treatment plan consists of 6 chemotherapy cycles, given on one day, every 21 days. For each cycle, you will receive three drugs (Fluorouracil, Epirubicin and Cyclophosphamide) through a vein in your arm (IV) on day 1.

*The most updated version and more symptom control information can be found on: <http://www.cancercare.on.ca/druginfo>

Prepared with input from the Cancer Care Ontario-Medication Information Sheets Working Group.

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- You will have a blood test before each treatment to check if your blood counts are high enough for you to receive chemotherapy.

What else do I need to know while on this treatment?

- Epirubicin can cause damage to surrounding tissues if it leaks out of the vein and into the surrounding area. The nurses are extremely careful when giving this medication, but tell them immediately if you experience burning or pain with the injection.
- Epirubicin, rarely, can have an effect on the function of the heart, which in some patients might cause shortness of breath, fatigue and leg swelling. Your oncologist may order special heart tests, usually before you have your first treatment. Tell your oncologist if you are concerned about any symptoms or if you have had any heart problems.
- Cyclophosphamide can irritate your bladder. Starting the day before treatment, for a total of 2-3 days, drink plenty of fluids (at least 8 glasses per day) during the day and empty your bladder (pass urine) frequently. Tell your oncologist or nurse if you experience pain on urination, see blood in your urine, or need to urinate small amounts frequently.
- Fluorouracil will make your skin more sensitive to sunlight. Limit the amount of sunlight to which you are exposed. Apply sunscreen with UVA and UVB protection and a SPF of at least 30. Use a lip balm with sunscreen for your lips. Wear long sleeved shirts, long pants and hats.
- All patients will experience some or total hair loss. This generally starts 2 to 3 weeks after the first injection. Your scalp may feel tender. It's a good idea to consider a wig or other head covering before starting treatment. Hair loss on your face (e.g. eyebrows, eyelashes) and body can also occur. Your hair will start to grow back once your treatment is over. The colour and texture of your new hair may be different.
- Medications in this regimen may make your periods heavier or lighter. Your periods may even stop completely. This may be permanent. You may develop symptoms of menopause such as hot flashes, vaginal dryness, mood swings and changes in sexual desire. Please discuss any concerns with your nurse or oncologist.
- Tell your oncologist, nurse, and pharmacist about any other prescription and non-prescription medications you are currently taking. Check with your oncologist, nurse or pharmacist before you start taking any new drugs, including herbal or alternative treatments. Also, tell other healthcare professionals you are seeing about the chemotherapy you are receiving.
- Due to increased risk of developing infections, check with your oncologist before having any vaccinations. Also check with your oncologist, before any surgery or dental work.
- If you are taking ASA (Aspirin®, acetylsalicylic acid), please discuss this with your oncologist as this may interfere with your chemotherapy treatment. For headache, fever, or occasional aches and pains, use acetaminophen (Tylenol®) instead of ASA.

What are the side effects of this treatment?

The table below lists some common or important side effects with this treatment. You may not have all of the side effects. Other side effects may occur. If you have any unusual or bothersome symptoms, discuss with your doctor.

Side effects and what to do	When to contact doctor?
More Common Side Effects	
<p><i>Hair thinning or loss</i></p> <ul style="list-style-type: none"> • Generally starts 2 to 3 weeks after the first injection. • Use a gentle shampoo and a soft hairbrush. Avoid dyes, perms, bleaches and hair sprays. • Protect your scalp from sun exposure and cold weather. • This is expected. Your hair will grow back after your chemotherapy is finished. 	<p>Contact your health care team if no improvement or if severe</p>
<p><i>Nail changes</i></p> <ul style="list-style-type: none"> • You may notice colour changes (darkening) of your fingernails and toenails a few weeks after the 1st treatment. • This will return to normal after you have completed the chemotherapy. 	<p>Contact your health care team if no improvement or if severe</p>
<p><i>Irritated and watery eyes</i></p> <ul style="list-style-type: none"> • Avoid wearing contact lenses during your treatment. • You might be more sensitive to sunlight. Wear sunglasses. • Use of artificial tears may help soothe your eyes. 	<p>Contact your health care team if no improvement or if severe</p>
<p><i>Tiredness or weakness; Lack of energy</i></p> <ul style="list-style-type: none"> • May increase with the number of cycles given. • Eat well-balanced meals. • Mild exercise, such as walking, may help. • Rest when feeling tired or weak. Don't drive a motor vehicle or operate machinery. • Your energy level will improve over time. However, it may take a few months for the tiredness to go away even after your chemotherapy is finished. 	<p>Contact your health care team if no improvement or if severe</p>
<p><i>Joint pain</i></p> <ul style="list-style-type: none"> • May happen about a month after treatment. This can last up to a year. • Your family doctor can help you to manage this. • Discuss this with your oncologist. 	<p>Contact your health care team if no improvement or if severe</p>
<p><i>Sores in the mouth or on the lips</i></p> <ul style="list-style-type: none"> • May start a few days after treatment begins. • Maintain good mouth hygiene. Brush teeth often with a soft toothbrush. Avoid hot, spicy and acidic foods. • Avoid commercial mouthwashes. See Mouth Care pamphlet.* • Check with your oncologist or nurse as soon as you notice sores on lips or tongue or in the mouth. 	<p>Contact your health care team as soon as possible</p>

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Side effects and what to do	When to contact doctor?
More Common Side Effects	
<p>Signs of infection, for example, fever, chills, cough, sore throat</p> <ul style="list-style-type: none"> • The risk of infection is greatest between days 8 to 21. • Limit contact with people who are sick or have colds. Wash your hands often. • Phone your oncologist or go to the closest emergency room right away if you have a fever* • *You have a fever if your temperature taken in your mouth (oral temperature) is: <ul style="list-style-type: none"> • 38.3°C (100.9°F) or higher at any time OR • 38.0°C (or 100.4°F) or higher for at least one hour. • While you are getting chemotherapy treatments: <ul style="list-style-type: none"> • Keep a digital thermometer at home and take your temperature if you feel hot or unwell (for example, chills). • Avoid taking medications that treat a fever before you take your temperature (for example, Tylenol®, acetaminophen, Advil® or ibuprofen) as they may hide a fever. • Do not eat or drink anything hot or cold right before taking your temperature. • Check with your doctor before getting any vaccines, surgeries, medical procedures or visiting your dentist. 	<p>Get emergency medical help right away</p>
<p>Weight gain</p> <ul style="list-style-type: none"> • Eat a well balanced diet. Avoid high fat and “junk” food. • Consult a dietician at your cancer centre. 	<p>Contact your health care team if no improvement or if severe</p>
<p>Metallic taste</p> <ul style="list-style-type: none"> • May occur soon after treatment. • It may help to chew sugarless gum or suck on hard candy. • Drinking fluids with a strong flavour may be helpful. • This will return to normal after you have completed the chemotherapy. 	<p>Contact your health care team if no improvement or if severe</p>
<p>Nausea and vomiting</p> <ul style="list-style-type: none"> • Usually worst in the first 12–24 hours and usually wears off by days 3 to 7. • Take prescribed medicine for nausea and vomiting. • Continue drinking clear fluids. Get fresh air and rest. • If you vomit within 1 hour of taking anti-vomiting tablets, you may take another dose. • A suppository may be ordered if you can't keep pills down. • Phone your oncologist if vomiting lasts more than 24 hours or nausea longer than 48 hours. • See Nausea and Vomiting pamphlet.* 	<p>Contact your health care team if nausea lasts more than 48 hours or vomiting lasts for more than 24 hours</p>

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Side effects and what to do	When to contact doctor?
More Common Side Effects	
<p>Red urine</p> <ul style="list-style-type: none"> • Your urine will turn pink or red for up to 24 hours after you receive the drug Epirubicin. • This is normal and is due to the colour of the drug. 	<p>Contact your health care team if no improvement or if severe</p>

For more links on how to manage your symptoms go to www.cancercare.on.ca/symptoms.

The information set out in the medication information sheets, regimen information sheets, and symptom management information (for patients) contained in the Drug Formulary (the "Formulary") is intended to be used by health professionals and patients for informational purposes only. The information is not intended to cover all possible uses, directions, precautions, drug interactions or side effects of a certain drug, nor should it be used to indicate that use of a particular drug is safe, appropriate or effective for a given condition.

A patient should always consult a healthcare provider if he/she has any questions regarding the information set out in the Formulary. The information in the Formulary is not intended to act as or replace medical advice and should not be relied upon in any such regard. All uses of the Formulary are subject to clinical judgment and actual prescribing patterns may not follow the information provided in the Formulary.

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