Record your experience with each cycle

<table>
<thead>
<tr>
<th>Cycle</th>
<th>Date</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Hodgkin’s Lymphoma Chemotherapy - GDP

<table>
<thead>
<tr>
<th>Drug</th>
<th>How drug is given</th>
<th>Day drug is given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gemcitabine</td>
<td>IV</td>
<td>Day 1 IV over 1 hour</td>
</tr>
<tr>
<td></td>
<td></td>
<td>plus 4 hours of IV fluids</td>
</tr>
<tr>
<td>Dexamethasone</td>
<td>pills</td>
<td>Day 8 IV over 1 hour</td>
</tr>
<tr>
<td>Cisplatin</td>
<td>IV</td>
<td></td>
</tr>
</tbody>
</table>

You will receive 2 to 3 cycles of GDP. Each cycle is 21 days. Your chemotherapy schedule may be delayed because of side effects.

Possible side effects

- Nausea and vomiting, take anti-nausea medications as directed
- Hair loss within 21 days
- Ringing in ears
- Low blood counts which leads to infection, fatigue and bleeding
- Constipation
- Numbness and tingling in fingers and toes
Chemotherapy – What you need to know

There will be a decrease in your blood cells. These include white blood cells, red blood cells, hemoglobin and platelets.

- Call if any side effects seem unexpected or extreme.

Contact information

Primary Team:

- Doctor: ______________________
- Nurse: ______________________
- Pharmacy: __________________________________________
- Phone: ________________________  Fax: ______________

You will need a digital thermometer. You can buy one at most drug stores.

If you have any of these signs of an infection call your primary doctor/nurse care team right away:

- A temperature of 38°C or 100°F or more. This is a fever. Do not take Tylenol, Aspirin, ibuprofen or anti-inflammatory medications without checking with your team first. They may cause bleeding and may hide a fever. Call if you need medication for pain.
- A cough productive of coloured phlegm or sputum.
- Red inflamed skin.
- Diarrhea that does not go away.
- Increased shortness of breath.
- Pain or burning with urination.
- Sore throat.
- Watch for signs of shingles: pain, blisters or a skin rash that may look like chicken pox.

What to watch for:

- Unusual bleeding. Call us right away.
- Constipation. Use your laxatives as needed. Do not use a suppository or enema.
- Numbness and tingling in your fingers and toes.
- Increased thirst, voiding (peeing) more often, or an increase in blood sugar.
- Increase swelling of the feet, legs, arms and hands. Voiding less.

We encourage you to:

- Attend the chemotherapy class and read the chemotherapy book.
- Eat and drink well (at least 2 liters of non-caffeinated fluids a day).
- Practice good hygiene.
- Practice good mouth care.
- Avoid alcohol while taking dexamethasone.
- Take dexamethasone with food.

Possible severe or long term side effects

- Potential of some hearing loss.
- Bone thinning/weakening.
- Potential future bone marrow damage.
- Potential infertility.
Chemotherapy – What you need to know

There will be a decrease in your blood cells. These include white blood cells, red blood cells, hemoglobin and platelets.

- Call if any side effects seem unexpected or extreme.

Contact information
Primary Team:
- Doctor: ______________________
- Nurse: ______________________
  Phone:_______________
- Pharmacy: __________________________________________
  Phone: ________________________  Fax: ______________

You will need a digital thermometer.
You can buy one at most drug stores.

If you have any of these signs of an infection call your primary doctor/nurse care team right away:
- A temperature of 38°C or 100°F or more. This is a fever. Do not take Tylenol, Aspirin, ibuprofen or anti-inflammatory medications without checking with your team first. They may cause bleeding and may hide a fever. Call if you need medication for pain.
- A cough productive of coloured phlegm or sputum.
- Red inflamed skin.
- Diarrhea that does not go away.
- Increased shortness of breath.
- Pain or burning with urination.
- Sore throat.
- Watch for signs of shingles: pain, blisters or a skin rash that may look like chicken pox.

What to watch for:
- Unusual bleeding. Call us right away.
- Constipation. Use your laxatives as needed. Do not use a suppository or enema.
- Numbness and tingling in your fingers and toes.
- Increased thirst, voiding (peeing) more often, or an increase in blood sugar.
- Increase swelling of the feet, legs, arms and hands. Voiding less.

We encourage you to:
- Attend the chemotherapy class and read the chemotherapy book.
- Eat and drink well (at least 2 liters of non-caffeinated fluids a day).
- Practice good hygiene.
- Practice good mouth care.
- Avoid alcohol while taking dexamethasone.
- Take dexamethasone with food.

Possible severe or long term side effects
- Potential of some hearing loss.
- Bone thinning/weakening.
- Potential future bone marrow damage.
- Potential infertility.
Hodgkin’s Lymphoma
Chemotherapy - GDP

You will receive 2 to 3 cycles of GDP. Each cycle is 21 days. Your chemotherapy schedule may be delayed because of side effects.

Long day - 5 hours
Short day - 1 hour

Long day - 5 hours

G
D
P

Possible side effects

- Nausea and vomiting, take anti-nausea medications as directed
- Hair loss within 21 days
- Ringing in ears
- Low blood counts which leads to infection, fatigue and bleeding
- Constipation
- Numbness and tingling in fingers and toes