### The Aggressive Lymphomas: Chemotherapy – CHOP / R

<table>
<thead>
<tr>
<th>Drug</th>
<th>How drug is given</th>
<th>Day drug is given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cyclophosphamide</td>
<td>IV</td>
<td>1</td>
</tr>
<tr>
<td>Hydroxydaunorubicin (Doxorubicin, Adriamycin)</td>
<td>IV</td>
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</tr>
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<td>Prednisone</td>
<td>Pills</td>
<td>1, 2, 3, 4 and 5</td>
</tr>
<tr>
<td>Rituxan</td>
<td>IV</td>
<td>1 or 2</td>
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You will receive 6 to 8 cycles of CHOP / R. Each cycle is 21 days. Your chemotherapy schedule may be delayed because of side effects.

Rituxan is a monoclonal antibody, a type of chemotherapy that targets cancer cells. Allergic reactions such as fever, chills and a rash can happen while receiving it through your IV. The first IV treatment is given over 4 to 6 hours to reduce the chance of a reaction. If there is no reaction, it can be given over 90 minutes.
Possible side effects

- Nausea and vomiting, take anti-nausea medications as directed
- Hair loss within 21 days
- Prednisone (steroid) side effects, such as mood swings, irritability and difficulties with sleeping
- 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: ______________________ 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 or 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 beverages a day).
- Practice good hygiene.
- Practice good mouth care.
- Avoid alcohol while taking prednisone.
- Take prednisone with food.

Possible severe or long term side effects

- Heart damage
- Bone thinning/weakening
- Potential future bone marrow damage
- Infertility
Possible side effects

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# Record your experience with each cycle

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<th>Date</th>
<th>Notes</th>
</tr>
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*Rituxan*

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