

# Myeloma Chemotherapy - CYBORD

Drug	How drug is given	Day drug is given
<b>Cyclophosphamide</b>	pills	1, 8, 15 and 22
<b>Bortezomib</b> (Velcade)	Subcutaneous injection (under the skin)	1, 8, 15 and 22
<b>Dexamethasone</b>	Pills	1, 8, 15 and 22

You will receive 4 to 6 cycles. Each cycle is 28 days or 4 weeks.  
Your chemotherapy schedule may be delayed because of side effects.

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Days	1	8	15	22	Next Cycle					
Weeks	1	2	3	4						


  
One cycle

### Possible side effects

- Nausea and vomiting, take anti-nausea medications as directed
- Dexamethasone (steroid) side effects, such as mood swings, irritability and difficulties with sleeping
- Diarrhea or constipation
- Numbness and tingling in fingers and toes
- Rash

### 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.

- You will be on an antiviral medication daily during treatment and for 6 months after treatment.
- **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 or bruising.
- Diarrhea that does not go away.
- No bowel movement for 2 days. Constipation. Use your laxatives as needed. Do not use a suppository or enema.
- Increased thirst, voiding (peeing) more often, or an increase in blood sugar.
- Numbness and tingling in hands and feet.
- 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.
- Take dexamethasone with food. Do not drink alcohol while on dexamethasone.
- No green tea, grapefruit, pomegranate or star fruit. No seville oranges for 24 hours before and after Velcade.
- You will be on an antiviral medication during your treatment and 6 months after your treatment has ended.

**Possible severe or long term side effects**

- Bone thinning/weakening.
- Potential future bone marrow damage.

## Record your experience with each cycle

Cycle	Date	Notes
1		
2		
3		
4		
5		
6		