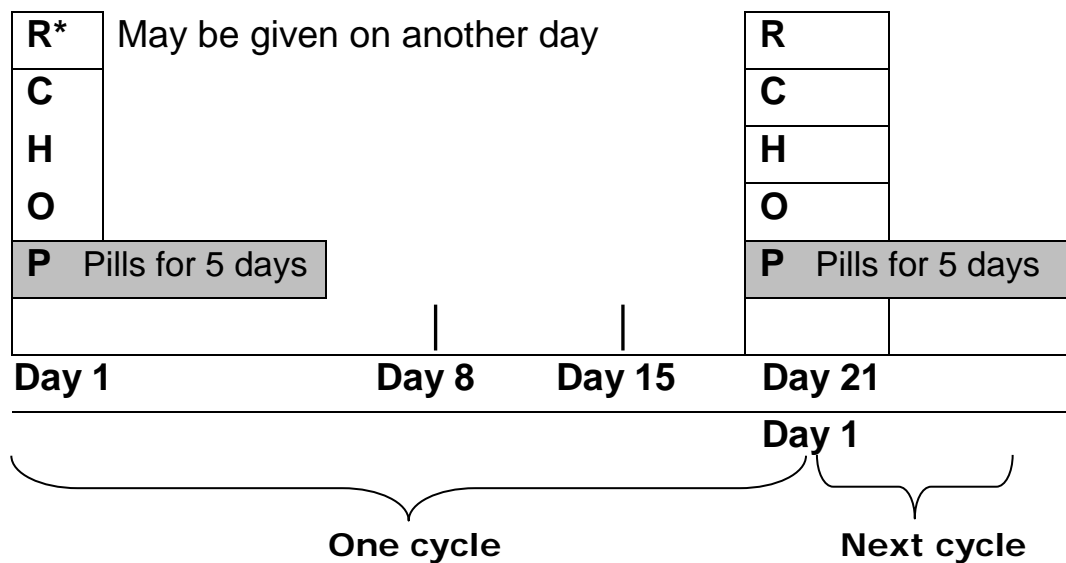


The Aggressive Lymphomas: Chemotherapy – CHOP / R

Drug	How drug is given	Day drug is given
Cyclophosphamide	IV	1
Hydroxyldaunorubicin (Doxorubicin, Adriamycin)	IV	1
Oncovin (Vincristine)	IV	1
Prednisone	Pills	1, 2, 3, 4 and 5
Rituxan	IV	1 or 2

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

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

Record your experience with each cycle

Cycle	Date	Notes
1		
2		
3		
4		
5		
6		
7		
8		



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