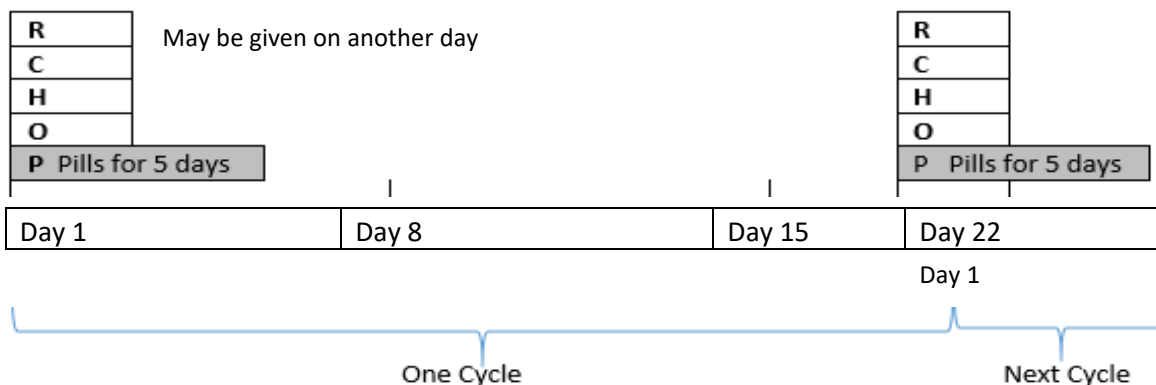


# Aggressive Lymphoma Chemotherapy - CHOP/R

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
Rituximab	IV and subcutaneous (under the skin) injection	Cycle 1 is IV in Oncology Day Services at Juravinski Hospital. Cycle 2+ is subcutaneous (under the skin) injection in JCC Chemo Suite.

You will receive 6 cycles of CHOP/R. Each cycle is 21 days. Your chemotherapy schedule may be delayed because of side effects.



**Rituximab** 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 intravenously (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 as a subcutaneous injection in the JCC Chemo Suite.

### **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 cells, red cells, hemoglobin and platelets.

- **CALL your Health Care Team if any side effects seem unexpected or extreme.**

### **Contact information:**

Health Care Team: **905-387-9495**

- Doctor: \_\_\_\_\_
- Nurse: \_\_\_\_\_

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 Health 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 that produces coloured phlegm or sputum.
- Red inflamed skin.
- Diarrhea that does not go away - CALL if more than 4 loose stools in one day.
- Increased shortness of breath.
- Pain or burning with urination.
- Sore throat.
- Signs of shingles: pain, blisters or a skin rash. It may look like chicken pox.

## What to watch for:

- Unusual bleeding. CALL us right away.
- Constipation (no bowel movement for 2 days). Use oral laxatives as needed. Do not use a suppository, enema, or insert anything into your rectum.
- Numbness and tingling in your fingers and toes.
- Increased thirst, voiding (peeing) more often, or an increase in blood sugar.
- Increased swelling of feet and hands.
- Voiding (peeing) less.

## We encourage you to:

- Watch the [chemotherapy video](#) and read the [chemotherapy book](#).
- Eat and drink well (at least 2 litres of non-caffeinated fluids a day).
- Practice good hygiene.
- Practice good mouth care.
- Take prednisone early in the day with food. Do not drink alcohol while on prednisone.



## Possible severe or long term side effects:

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

Link to chemotherapy video and book:

<https://www.hamiltonhealthsciences.ca/areas-of-care/cancer-care/cancer-services/chemotherapy/>



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