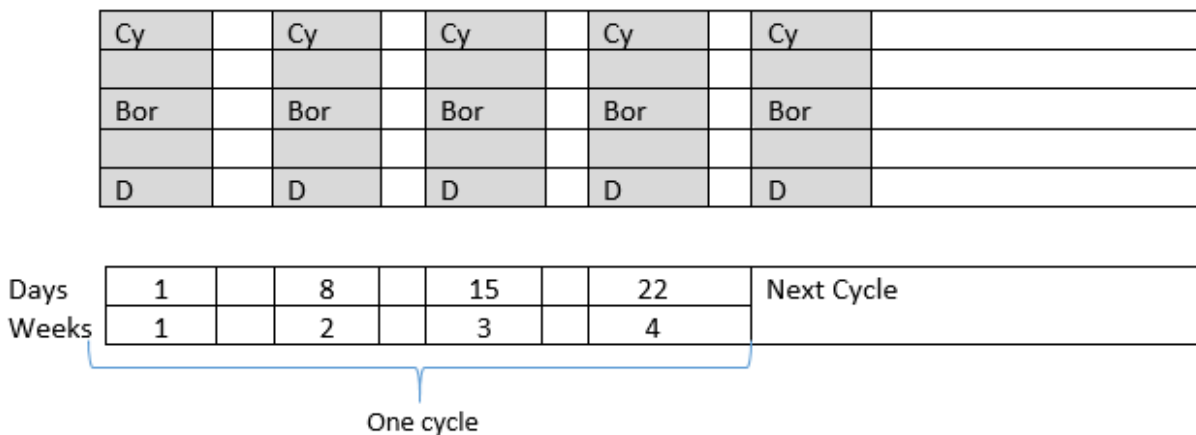


# Myeloma Chemotherapy - CYBORD

Drug	How drug is given	Day drug is given
Cyclophosphamide	Pills	1, 8, 15 and 22
Bortezomib (Velcade)	Subcutaneous injection	
Dexamethasone	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.



## Possible side effects:

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

## What you need to know:

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

- You will be on an antiviral medication daily during treatment and for 6 months after treatment.

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

## Contact information:

Primary 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.
- 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 or bruising.
- Diarrhea that does not go away.
- No bowel movement for 3 days. Constipation. Use 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.
- Increased swelling of the 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 Dexamethasone early in the day 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.

Link to chemotherapy video and book:

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

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