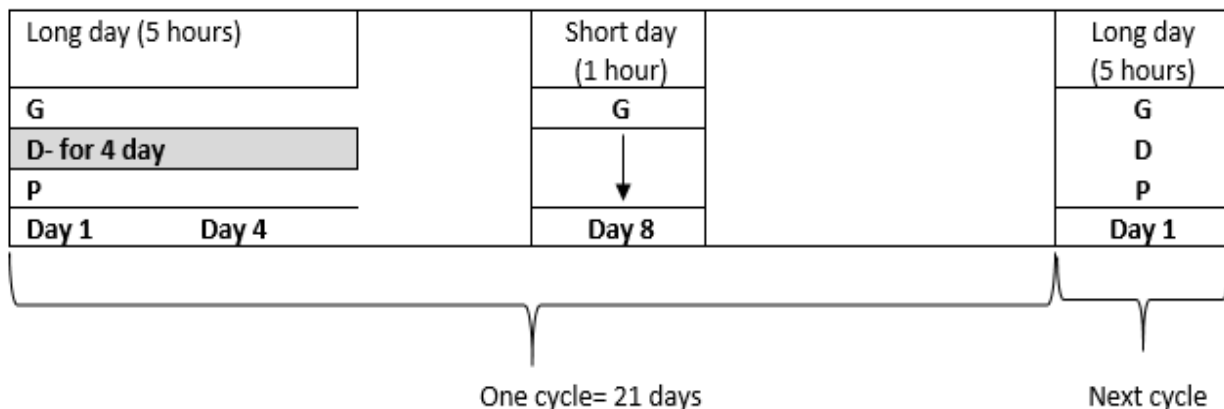


# Lymphoma Chemotherapy - GDP

Drug	How drug is given	Day drug is given
Gemcitabine	IV	Day 1 over 1 hour Plus 4 hours of IV fluid Day 8 over 1 hour
Dexamethasone	Pills	1, 2, 3, 4
P-- Cisplatin	IV	1

You will receive 2 to 3 cycles of GDP. Each cycle is 21 days.

Your chemotherapy schedule may be delayed because of side effects.



## Possible side effects:

- Nausea and vomiting. Take anti-nausea medications as directed.
- Hair loss within 21 days.
- Ringing in ears.
- Low blood counts which leads to infection, fatigue and bleeding.
- Constipation.
- Numbness and tingling in fingers and toes.

## 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 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. CALL us right away.
- Constipation (no bowel movement for 2 days). Use 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.
- Increased swelling of the feet, legs, arms and hands.
- Voiding (peeing) less.
- Ringing in ears.

## We encourage you to:

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



## Possible severe or long term side effects

- Potential of some hearing loss.
- Bone thinning/weakening.
- Potential future bone marrow damage.
- Potential infertility.

Link to chemotherapy video and book:

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

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