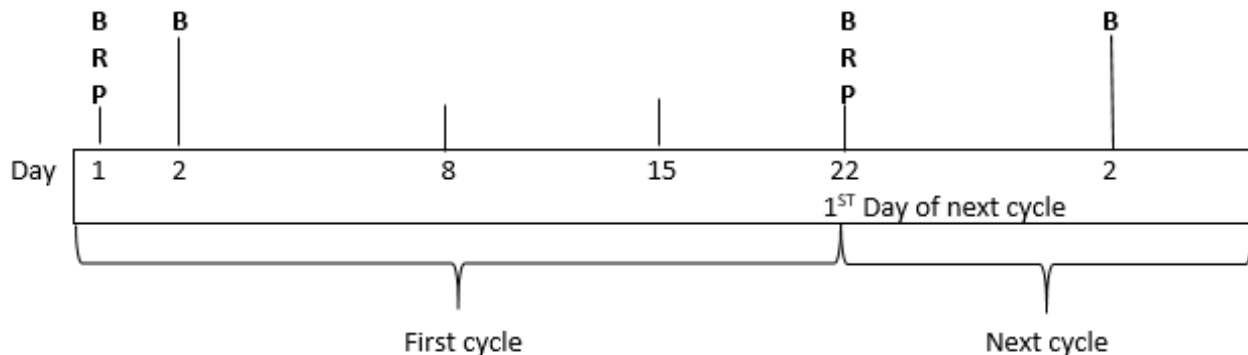


Lymphoma Chemotherapy Polatuzumab Bendamustine and Rituximab (POLA-BR)

Drug	How drug is given	Day drug is given
Polatuzumab (Pola)	IV	1
Bendamustine	IV	1 and 2
Rituximab	IV	1

You will receive 6 cycles of Pola-BR. 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 ordered.
- Rash.
- May be irritating to vein.
- Low blood counts which leads to infection, fatigue and bleeding.
- Change in bowel habits.
- Infusion reaction.
- Numbness, tingling or pain in hands and feet.

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.**
- **If you require blood, you will always require irradiated blood products.**

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 – 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 laxatives as needed. Do not use a suppository or enema.
- Increased swelling of the feet, legs, arms and hands.
- Voiding (peeing) less.
- Dark urine or yellow skin. CALL us right away.

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.



Possible severe or long term side effects:

- Infertility.
- 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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