

5-Day Temodar® Cycle

Patient Name _____

30 minutes before taking Temodar, take _____ mg of Zofran to control nausea.

At bedtime and at least 2 hours after a meal, take _____ mg of Temodar on an empty stomach. Do not eat again for at least 1 hour.

Temodar capsules are color-coded. Take the number of capsules shown below:

5 mg		20 mg	
100 mg		140 mg	
180 mg		250 mg	

Start date _____

What pharmacy will my Temodar come from?

What is Temodar?

Temodar is a chemotherapy drug used to treat some types of cancers. Its generic name is temozolomide. Your health care team has chosen the 5-day dosage plan. The dose is based on your height and weight. The amount you take may change during your treatment.

What is the 5-day plan?

You will take Temodar 5 nights in a row. Then you take no Temodar for 23 nights. This 28-day period is called a cycle. Depending on what your cancer care team recommends, you will complete 6 to 12 cycles (about 6 to 12 months).

A few days before the beginning of each new cycle, you will return to the clinic for lab tests or a doctor visit to get ready for the next cycle.

Managing Side Effects

You are likely to have some side effects when you take Temodar. Here are some problems you can expect and some hints that will help ease them.

Fatigue. Temodar may make you feel very tired. This is normal. Try not to nap late in the afternoon so you can sleep better at night.

Nausea. Taking Temodar alone will make you feel sick to your stomach. Be sure to take Zofran (generic name: ondansetron) 30 minutes before you take Temodar to help

keep your stomach settled. If you need to, you can take another Zofran pill every 8 hours.

Constipation. Your bowel movements may become hard to pass while taking Temodar. Over-the-counter medicines can help. We recommend a stool softener such as Miralax® or Colace®. Take it daily according to package directions. Other options include laxatives such as Dulcolax®, or a stool softener and laxative combination such as Senna S.

Infections. During your cancer treatment, you may be more likely than usual to get infections. This is because Temodar may lower the number of cells in your blood that fight infections. Your health care team will check your blood at least monthly to make sure the number of infection-fighting cells in your blood does not get too low.

Here are hints to help prevent infections:

- Wash your hands with soap and water or use hand sanitizer often. Remind your family and guests to clean their hands, too.
- Avoid people who are sick. If someone you live with is sick, wear a mask to protect yourself from germs.
- Clean the fruits and vegetables you eat thoroughly. Make sure to keep cold foods cold and hot foods hot.

If you have questions or concerns, please call your cancer care team at _____