

## Lomustine®

Patient Name \_\_\_\_\_

Total Dose \_\_\_\_\_

Take the number of capsules shown below:

10 mg	
40 mg	
100 mg	

30-60 minutes before taking Lomustine®, take \_\_\_\_ mg of Zofran® to control nausea.

At bedtime and at least two hours after a meal, take \_\_\_\_ mg of Lomustine with a large glass of water. Do not eat again for at least one hour.

Start date:

\_\_\_\_\_

What pharmacy will my Lomustine come from?:

\_\_\_\_\_

**Lomustine** is a chemotherapy drug used to treat some types of cancers. Its other name is CCNU or Gleostine. Your lomustine dose is based on your height and weight. The amount you take may change during your treatment.

### What is My Treatment Plan?

You will take lomustine once every 6 weeks. A few days before beginning a new cycle, you will return to the clinic for lab tests or a doctor visit to prepare for the next cycle.

### What are the Side Effects?

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

- **Fatigue** – Lomustine will make you feel tired. This is normal, and usually happens within the first few days of your dose, and then again at the end of the 6 weeks. Try not to nap late in the afternoon so you sleep at night.
- **Nausea** – Taking lomustine alone will make you feel sick to your stomach. Be sure to take Zofran (generic name: ondansetron) 30-60 minutes before you take lomustine to help keep your stomach settled. If you need, you can take another Zofran pill every eight hours. Let your treatment care team know if you continue to have nausea on Zofran. They can prescribe different medicines that may work better for you.

- **Low blood counts and infections** – Lomustine may lower the number of cells in your body that fight infection as well as the number of cells in your body that help your blood clot. During cancer treatment, you may be more likely than usual to get infections. Your health care team will check your blood at least every 6 weeks to make sure the number of infection-fighting cells and the number of clotting cells in your blood do not get too low.

Here are hints to help prevent infections and bleeding:

- Do not take over-the-counter pain relievers such as aspirin or NSAIDs such as ibuprofen. Take acetaminophen (Tylenol®) instead.
- Let your care team know before you take any over-the-counter or herbal supplements.
- Wash your hands with soap and water or use hand sanitizer often. Remind your family and guests, 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.

- Mouth sores – Your mouth may become sore or dry after your treatment. Tell your nurse or doctor if you have this problem, as they can prescribe special mouthwashes and medicine to help. Here are some tips:
  - Use a soft toothbrush when brushing your teeth to prevent sore gums and bleeding.
  - Use toothpaste for sensitive teeth if normal toothpaste bothers you.
  - Mix 1/2 teaspoon baking soda and 1/2 teaspoon salt in 1 quart of water. You may also buy mouthwash such as Biotene available at the Huntsman Cancer Institute Pharmacy.
  - DO NOT use products that contain alcohol such as Listerine or Scope. These can irritate the mouth.
- Shortness of breath – In rare cases, lomustine can cause lung problems. Let your health care team know if you experience shortness of breath when sitting or walking short distances.