Cyclophosphamide (Cytoxan®)
(“sye kloe FOS fa mide”)

How drug is given: by mouth

Purpose: to kill cancer cells in lymphoma, adult acute leukemia, breast cancer, endometrial cancer, lung cancer, multiple myeloma, sarcoma, and other cancers

How to take this drug

1. Take with or immediately after a meal, preferably in the morning.

2. Swallow each tablet whole. Do not crush or chew them. If unable to swallow the tablet, let the pharmacist know. Take with a large glass of water.

3. If you miss a dose, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not double dose.

Storage

• Store this medicine at room temperature, away from heat. Keep this medicine in its original container, out of the reach of children and pets.

Things that may occur during or within hours of treatment

1. Cyclophosphamide, as with many drugs, may cause an allergic reaction. If you have a rash, facial flushing (warmth or redness of the face), or itching during or after you get this drug, tell your doctor or nurse right away.

2. Nausea, vomiting, and loss of appetite are common and usually begin 3 to 12 hours after the drug is taken. It may last 8 to 12 hours when taken in high doses. Taking with meals may sometimes be helpful. Drugs to help with this may be given to you.

Things that may occur a few days to weeks later

1. Your blood cell counts may drop. This is known as bone marrow suppression. This includes a decrease in your:
   - Red blood cells, which carry oxygen in your body to help give you energy
   - White blood cells, which fight infection in your body
   - Platelets, which help clot the blood to stop bleeding
This may happen 7 to 14 days after the drug is taken and then blood counts should return to normal. If you have a fever of 100.5°F (39°C) or higher, chills, a cough, or any bleeding problems, tell your doctor or nurse right away.

2. Cyclophosphamide may irritate the bladder or cause blood in the urine. It is important to drink 2 to 3 quarts (about 12 glasses) of fluid, such as water, juice, or milk, every day that you take cyclophosphamide and for at least 2 days afterwards. Empty your bladder often during the day and night. Cyclophosphamide should be taken in the morning. If you have nausea during the day, you can take it at night as long as you can drink a large glass of fluid at bedtime and can get to the bathroom easily. When you get up in the morning drink an additional glass of water. If you have problems drinking, have any pain, or see blood in your urine, let your doctor or nurse know as soon as possible.

3. Skin may darken slightly and ridges may form on fingernails and toenails.

4. Some or all of your hair may fall out around 3 to 4 weeks after treatment starts. You may lose hair on your head as well as facial and body hair. You may want to buy a wig before hair loss begins. Hair may grow back during treatment.

5. In rare cases, blurred vision may occur. If this happens, tell your doctor or nurse right away.

Things that may occur after treatment ends (even months to years later)

1. **Fertility:**
   - It is still very important to use birth control if you are having sex, because this drug could be harmful to an unborn baby.
   - Men may become sterile and may want to think about sperm banking prior to chemotherapy.
   - For women, your period (menstrual cycle) may not be regular for a while or may stop completely and you may not be able to get pregnant.
   - If you are concerned about any of this, please talk with your doctor or nurse.

2. In rare cases, you may be at risk of getting another type of cancer after taking cyclophosphamide.

The above information includes some, but not necessarily all, of the possible side effects of this medication. The side effects in this teaching sheet may not be the same ones you experience. Your side effects may be different, depending on how often you receive treatment (your schedule) and how much you receive each time (your dosage). Side effects may also vary if you take other medications. Please talk with your doctor or nurse if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your health care team.
If you experience any significant change in your health during or after treatment, contact a member of your health care team right away.

Managing your oral chemotherapy schedule at home can be challenging. To help you with this, consider using tools to help you keep track of your schedule and any side effects you may have. You can find these tools online at [www.dana-farber.org/OralChemoDiary](http://www.dana-farber.org/OralChemoDiary).

This space reserved for written comments or notes for the patient and family: