



Cyclophosphamide (Cytosan®)

(“sye-kloe-FOS-fa-mide”)

How drug is given: by mouth

Purpose: to stop the growth of 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 you have trouble swallowing the tablet, the pharmacist will give you specific instructions.
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.**
4. Wash hands after taking the medication. Avoid handling crushed or broken tablets.

Storage and disposal

- Store at room temperature, away from heat and moisture.
- Keep this medicine in its original container, out of reach of children and pets.
- If you have unused oral chemotherapy pills (tablets or capsules), please return them to the pharmacy where the prescription was filled. Do not flush them down the toilet, dump in the sink, or throw away in the trash.

Things that may occur during treatment

1. Mild to moderate nausea, vomiting, and loss of appetite may occur. You may be given medicine to help with this.
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 cancer care team 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, 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, tell your cancer care team right away.
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. Loose stools or diarrhea may occur within a few days after the drug is started. You may take loperamide (Imodium A-D®) to help control diarrhea. You can buy this at most drug stores. Be sure to also drink more fluids (water, juice, sports drinks). If these do not help within 24 hours, **call your cancer care team.**
6. Rarely, this drug may injure your heart. This is usually related to the total amount of drug that you are given over time. Your cancer team will monitor your heart function. You should let your cancer care team know if you have any of the following symptoms: coughing, trouble breathing, chest pain, or swelling in the feet or ankles.
7. In rare cases, blurred vision may occur. If this happens, **tell your cancer care team right away.**

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

- Fertility:
 - It is very important to use birth control if you are having sex, because this drug could harm an unborn baby.
 - Men can 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.
- 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 listed 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 are taking other medications. Please speak with your cancer care team if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your cancer care team.

If you experience any significant change in your health during or after treatment, contact a member of your cancer 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.

THIS SPACE RESERVED FOR WRITTEN COMMENTS OR NOTES FOR THE PATIENT AND FAMILY:



Oral Chemotherapy Fact Sheet

Oral chemotherapy medicines are given by mouth in the form of capsules, tablets, or liquid. These safety tips will help you understand what to do when you are taking oral chemotherapy.

Please note: If you are on a clinical trial, you may be given special instructions.

How to take this drug

- Swallow each tablet or capsule whole. Do not break, crush, or chew.
- Prepare your drug away from food and food prep areas.
- 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 the dose.
- If you are on a clinical trial, you will be given special instructions if you miss a dose.
- If you are unable to swallow the pill, speak with your nurse or pharmacist about other ways to take your medication.
- If you vomit or throw up your medication, call your physician for further instructions.
- Wash your hands after taking the medication. Avoid handling crushed or broken pills (tablets or capsules).

Storage

- Most oral chemotherapy medicine is stored at room temperature, away from excess heat and moisture. You will be told if the medication you are taking needs special storage or handling.
- Keep this medicine in its original container, in a safe place, away from other family medications. All medications need to be kept out of the reach of children and pets.

Disposal

- If you have unused oral chemotherapy pills (tablets or capsules), please return them to the pharmacy where the prescription was filled. Do not flush down the toilet, dump in the sink, or throw away in the trash.

Safe handling of body waste in the home after chemotherapy

- Chemotherapy stays in the body for hours or even days, and is found in vomit, urine, stool, and sweat (body wastes). Special care must be taken to prevent the patient's body waste from coming into accidental contact with the patient or caregiver.

Body wastes

Patient and caregiver:

- You can use the toilet (septic tank or city sewage) as usual. There is no research to support double flushing to prevent accidental contact (although this may be suggested for certain medications). Ask your doctor or nurse what they suggest for your medication.
- Wash your hands well with soap and water after using the toilet. If urine, vomit, or stool gets on your body, wash with soap and water. Always wear gloves when cleaning equipment or disposing waste from a urinal or commode.
- Pregnant caregivers should **not** handle patient body waste.
- It is safe for family and friends to use the same toilet, as long as all body waste is cleaned from the toilet.
- To absorb urine or stool, use a disposable, plastic-backed pad, diaper, or sheet. Change it immediately when soiled. Then wash skin with soap and water.
- If you have an ostomy, you or your caregiver may want to wear gloves when emptying or changing appliances.

Laundry

- Always wear disposable gloves when handling sheets or clothes that have been soiled with body waste.
- Soiled items should be kept and washed separately from the other laundry.

Oral chemotherapy is a serious drug that requires extra caution. If you have questions or concerns about your oral chemotherapy, do not hesitate to call your clinician. For more tips, tools and short videos to help you manage oral chemotherapy visit our web page at <http://www.dana-farber.org/oralchemo>

The materials included on this page are for informational purposes only. The content is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

