Oxaliplatin (Eloxatin®)
(“ox AL i pla tin“)

**How drug is given:** by vein (IV)

**Purpose:** For treatment of colon cancer, rectal cancer, and other cancers

**Things that may occur during or within hours after each treatment:**

1. This drug might make you more sensitive to the cold. Do not drink ice cold beverages during infusion.

2. If the drug leaks out of the vein into the tissue while it is being given, it can cause harm. This is called *extravasation*. If you feel any burning or tingling in the area of your IV, please let your nurse know right away.

3. **Swelling, redness, blisters or bruising around the area of the IV or port may occur one or two weeks after getting this drug. Call your doctor or nurse immediately if you experience any of these symptoms.**

**Things that may occur a few days to weeks later:**

1. You may also be sensitive to cold temperatures and cold objects. You may lose some feeling, or have tingling or burning in your hands, feet, or around your mouth or throat. This may increase with continued treatment. This may get better over time, after the drug is stopped, but can be permanent.

There are several things that you can do to reduce the side effects caused by cold temperatures:

- Cover yourself with a blanket while you are getting oxaliplatin.
- Wear warm clothing and gloves in cold weather. Cover your mouth and nose with a scarf when the temperature drops. This helps warm the cold air going into your lungs.
- Wear gloves if you need to take items from the freezer or refrigerator, or touch other cold items.
- Try warming up your hands under warm water if they get cold.
• Drink fluids warm or at room temperature.
• Drink through a straw.
• Avoid setting your air conditioning to low temperatures that make you feel cold.

2. Mild to moderate nausea, vomiting, and loss of appetite may occur. Your health care team may prescribe drugs to help with this.

3. Loose stools or diarrhea may occur during or within 3 days after the drug is given, especially when combined with fluorouracil. Loperamide (Imodium A-D®) may be taken to help control diarrhea. You may buy this at most drug stores. **If this does not help, let your doctor or nurse know right away.** It is important to drink more fluids (water, juice, sports drinks). Do not use other constipation drugs.

4. 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 given 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.

   Some patients may feel very tired, also known as fatigue. You may need to rest or take naps more often. Mild to moderate exercise may also help you maintain your energy.

5. You may get mouth sores 7 to 10 days after this drug is given. It is important to keep your mouth clean. Use a soft-bristle toothbrush when brushing your teeth. You may have a burning feeling and redness inside the mouth or on the lips. Use a **baking soda mouth rinse** 4 or 5 times a day.

   **Mouth Rinse Recipe:**
   Mix: 1 tsp salt or baking soda with 8 oz. glass of water

   Other mouth rinses may be ordered by your doctor. Do not use mouth washes that have alcohol in them, because they will dry out the mouth. If you cannot eat or swallow because of this, let your doctor or nurse know. Check with your doctor before having any dental work done.

6. 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.
Things that may occur after your treatment ends (even months to years later):

- **Fertility and Related Precautions:**
  - It is very important to use birth control if you are having sex, because this drug can 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.
  - Women should not breast-feed while receiving this drug.
  - If you are concerned about any of this, please talk with your doctor or nurse.

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 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.

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