

 瑪麗醫院 QUEEN MARY HOSPITAL	Department of Obstetrics and Gynaecology	Document No	OGGO-0510-03-01-E-(I)
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Adriamycin

Common side effects	Caring tips
Bone marrow suppression (on white blood cell)	Low white blood cell count will cause infection easily <ul style="list-style-type: none"> • If fever develops, patient must seek medical treatment immediately. Chemotherapy must be stopped and delay for a few days until WBC count back to normal • Wash hands frequently • Avoid contact infectious patient (e.g. Cold) • Inform your nurse & doctor if you have fever ($>100.4^{\circ}\text{F}$ / $> 38^{\circ}\text{C}$), malaise or any signs of infection
Nausea & Vomiting 	<ul style="list-style-type: none"> • Chemotherapy inhibits growth of cancer cells but may affect gastric and brain cells causing nausea & vomiting. This side effect will subside when chemotherapy stops • Doctor will prescribe adequate anti-emetics before chemotherapy • Take anti-emetic half hour before meal can alleviate vomiting • Diet advice <ul style="list-style-type: none"> ○ Small & frequent meals can decrease gastric-full symptoms ○ Don't take large amount of fluid during or after meal to avoid gastric-full symptoms. Better to take fluid between meals ○ Avoid oily, too hot or too cold foods ○ Eat & chew slowly ○ Take a rest after meal but avoid lying down immediately after meal. Better to stand up or walk ○ Avoid non-delicious food • Other methods such as relaxation exercise, hypnosis & acupuncture have certain effect on precipitating vomiting • In severe vomiting, intravenous fluid and electrolyte will be infused to maintain body fluid balance
Decrease appetite 	Small & frequent meals, maintain balanced diet, avoid non-delicious, spicy & oily food. Take more beverage & snack, easy-swallowing, digestible & soft food. Try to take sufficient calories & protein to maintain your body weight
Hair loss in large amount 	<ul style="list-style-type: none"> • Hair loss caused by chemotherapy will grow up again. Usually, hair will grow 2 to 3 months after chemotherapy completed • Tips for alleviate anxiety caused by hair loss <ul style="list-style-type: none"> ○ Buy hair-wig or cap before early stage of hair loss ○ Understand the reason and level of hair loss ○ Express the feelings towards hair loss ○ Know that hair will grow again and the color and quality may have some change (e.g. hair will become curl or grey) ○ Avoid using hair-dryer, hair-curler & perming hair which will cause hair loss ○ Use cap and sun-block to protect your head from sunshine ○ Keep hair scalp clean after hair completely lost ○ Cut hair before chemotherapy or use hair-wig, cap or scarf

Remarks : Different patient will have different side effects toward chemotherapy. The response should only be compared with that after previous chemotherapy for each individual. Please inform doctor for this condition on follow-up.

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Mucosal Ulcer 	<p>Ulcer or white patches will affect appetite and cause difficulty in swallowing</p> <ul style="list-style-type: none"> • Examine your oral-cavity daily • Use soft toothbrush • Maintain oral hygiene: oral gargling daily, use drug-gargle prescribed by doctor if there is oral ulcer • Dietary advice, avoid irritation to the oral-cavity <ul style="list-style-type: none"> ○ Avoid too hot and cold food ○ Increase water intake and food rich in water (e.g. ice-cream, fruits, etc.) ○ Cut food into pieces
Cardiac toxicity 	<p>(According to the dosage of the chemo-agent) An echocardiogram is required before the first treatment and will be repeated after 3rd to 4th cycle of treatment An electrocardiogram will be performed before each treatment</p>
Red urine colour during each chemotherapy period	<ul style="list-style-type: none"> • Increase fluid intake • Follow up on observation of urine color

Rare side effects	Caring tips
Bone marrow suppression (platelet and haemoglobin count)	<p>Low platelet count will delay blood clotting function & easily cause bruising</p> <ul style="list-style-type: none"> • Use soft toothbrush & maintain oral hygiene, avoid using interdental brush • Avoid tight clothing and avoid strong sneezing, bowel enema, vaginal douching or tampon • Avoid using drugs that prolong bleeding (e.g. aspirin, anti-coagulant) <p>Symptoms of anaemia include shortness of breath, dizziness and palpitation</p> <ul style="list-style-type: none"> • Red blood cell transfusion or supplement with red blood cell-growth factor • Maintain balanced diet and adequate nutrition
Extravasation and local inflammation	<p>If chemotherapy drug leaks into the tissue area outside the infusion catheter, the surrounding area will become red, swollen and painful on touching, the skin tissue will become necroses in severe case</p> <ul style="list-style-type: none"> • Treatment: chemotherapy must be stopped immediately. Antidote, anti-inflammatory medications & adequate nursing care will be applied. Inflammation will usually subside within 1 to 2 weeks • Please notify the nurse if any abnormality occurs during or after chemotherapy
Hypersensitivity reactions 	<p>If skin rash and itchiness occurs, doctor will carry out examination & prescribe anti-allergic medications</p>