

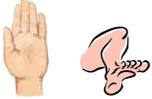
 瑪麗醫院 QUEEN MARY HOSPITAL	Department of Obstetrics and Gynaecology	Document No	OGGO-0510-03-12-E-(I)
		Issue Date	Jul 2016
	Subject Side effects and Nursing tips of the chemotherapy - VAC	Review Date	Jul 2019
		Approved by	Gynae-Oncology Team, QMH
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Vincristine (V)/ Actinomycin-D (Act-D)/ Cyclophosphamide (C)
= VAC

Common side effects	Caring tips
Bone marrow suppression & Low white blood cell count	<p>Low white blood cell count will cause infection easily</p> <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 <p>Low platelet count will delay blood clotting function & easily cause bruising</p> <ul style="list-style-type: none"> Use soft toothbrush & keep oral hygiene, avoid using interdental brush Avoid tight clothings and avoid strong sneezing, bowel enema, vaginal douching or tempon Avoid using drugs that prolong bleeding (e.g. aspirin, anti-coagulant)
(A) & (C) 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 	<p>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</p>
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

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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Hair loss 	<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 • The following methods can help adaptation and 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 on 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 & perm hair which will cause hair loss ○ Use cap and sun-block to protect your head from sunshine ○ Keep hair scalp clean and appropriately after hair completely lost ○ Cut hair before chemotherapy or use hair-wig, cap or scarf
(V): Limbs parenthesis & numbness Skin pigmentation 	Limbs parenthesis and numbness <ul style="list-style-type: none"> • Doctor may prescribe vitamin B6 to alleviate the side effects in severe condition Skin pigmentation: <ul style="list-style-type: none"> • Use appropriate lubricant cream • Avoid sun burn
(V) & (C): Constipation & diarrhea 	Constipation <ul style="list-style-type: none"> • Take more vegetable, fruits and beverage • Take laxative drug prescribed by doctor Diarrhea <ul style="list-style-type: none"> • Drink large amount of water • Unless doctor has special order, take more food rich in potassium (e.g. banana, orange, potato, pears and almond juice, etc.) • Avoid alcoholic or beverage with caffeine (e.g. tea, coffee and candies) • Take anti-diarrheal prescribed by doctor

Rare side effects	Caring tips
(C): Haemorrhagic cystitis	<ul style="list-style-type: none"> • Increase fluid intake • Follow up to observe urine colour • Doctor will prescribe anti-inflammatory drug if necessary
(V) & (A): Extravasations and local inflammation	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 necrosis in severe case <ul style="list-style-type: none"> • Chemotherapy must be stopped immediately • Use anti-inflammatory medications prescribed by doctor • Inflammation will usually subside within 1 to 2 weeks
Hypersensitivity reaction 	If skin rash and itchiness occurs, doctor will carry out examination & prescribe anti-allergic medications