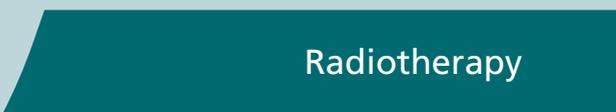


Three large, overlapping teal arcs on the left side of the page, creating a stylized graphic element.

# Concurrent Temozolomide with radiotherapy for brain tumours

A horizontal teal bar with a white border on the right side, containing the word 'Radiotherapy' in white text.

Radiotherapy



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This information is for patients who are going to receive a chemotherapy capsules called (Temozolomide) with radiotherapy for the treatment of brain tumours. This leaflet will explain how to take your Temozolomide capsules and other medication and the most common side effects you may experience.

Before you begin your treatment you will be issued with a chemotherapy alert card. Please ensure you carry this with you at all times and show any healthcare professional that you see while receiving chemotherapy treatment.



## How to take your medication

### Temozolomide

Before you begin your radiotherapy treatment, you will be asked to attend Delamere Day Case Unit at The Clatterbridge Cancer Centre - Wirral, for a Systemic Anti-Cancer Treatment (SACT) appointment. The SACT assessment is a 20-minute consultation with a chemotherapy trained nurse, who will review your blood results and check you are fit for treatment. During this appointment the nurse will give you a three week supply of Temozolomide capsules and explain how to take them. You will take your first dose of medication on the first day of your radiotherapy treatment and continue every day( including weekends and bank holidays) until the last day of your radiotherapy treatment. You may have a further two to three SACT assessments, during the course of radiotherapy treatment, where you will collect a further supply of Temozolomide capsules each time. This is dependent on the number of radiotherapy treatments you are receiving.

On your radiotherapy **treatment** days (typically Monday-Friday), please book in at the patient arrivals desk in the radiotherapy department and you will be asked to take a seat in the appropriate waiting area. The treatment radiographers will take into account if there are any delays for your treatment and will instruct you with the correct time to take your capsules. **Do not take your capsules until directed by a member of staff (approximately 30 minutes before your radiotherapy treatment).** On **non-treatment days** (typically Saturday & Sunday) your capsules should be taken first thing in the morning, on an empty stomach.

When taking your medication, you should swallow the capsule whole, with a glass of water and on an empty stomach. Please ensure that you keep the handling of the capsules to a minimum. Do not eat a large meal two hours before taking your medication and make sure that you do not eat for one hour afterwards. **Do not open, crush or chew the capsules.**

The capsules are colour coded and clearly marked to help you keep track of the medication doses.

If you have missed a dose, **DO NOT** double up or take extra doses. Carry on with your normal dose when it is next due and inform your radiographer or oncology doctor on your next visit to The Clatterbridge Cancer Centre.

### **Antibiotics**

While undergoing radiotherapy and taking Temozolomide capsules the risk of infection increases, therefore your oncology doctor will prescribe antibiotics (co-trimoxazole) to decrease the risk of infection. The antibiotics are to be taken on a Monday, Wednesday and Friday just before bed (not on an empty stomach). The dose and number of tablets will be clearly marked on the bottle. Your oncology doctor may ask you to continue taking them even after finishing your radiotherapy treatment depending on your blood count. Co-trimoxazole antibiotics can be associated with a rash, if this occurs, you should contact The Clatterbridge Cancer Centre Hotline for urgent advice (**Telephone: 0800 169 555**)

### **Other medications**

Please continue taking any other medication that you have been prescribed after discussing with your oncology doctor. If you have any concerns regarding drug interactions, please speak to your GP or pharmacist.



## Side effects

### Blood cells

The body consists of three main types of blood cells; each type has a specific function. The white blood cells help protect you from infection, the red blood cells carry oxygen around the body, and the platelets help your blood clot when you have a cut.

Temozolomide lowers the amount of cells in your blood which can leave you more prone to infection, tiredness and vulnerable to bruising or bleeding. Due to this effect, blood tests will be carried out every week throughout your treatment, usually the day before you see your oncology doctor in the floor clinic. The appointment date and time to have your blood taken will be indicated on your printed radiotherapy appointment list.

### Nausea and vomiting

You may experience nausea or vomiting, but by eating small and frequent meals and avoiding rich and spicy foods and keeping well-hydrated, you may lessen the effects of sickness. Anti-sickness tablets will be prescribed, if needed. Take the anti-sickness medication, if required, at least 30 minutes before taking the Temozolomide capsules; this should prevent you from feeling nauseous.

### Fatigue

For several months after treatment, you can be left feeling tired. Try and rest when you need to, but also try to maintain at least some of your daily activities as this can be beneficial to you.

### Driving

You should NOT be driving, as per DVLA guidance and restrictions, or operating heavy machinery.

**Please report any known allergies you have or any side effects you may experience.**

**We would recommend that you take your temperature daily - observing the temperature range opposite.**

## Fertility, pregnancy and breast feeding

Before beginning your treatment, you may need to discuss methods of contraception with your partner, nurse or oncology doctor. If fertility is important to you in the future, please discuss it in more detail with your oncology doctor.

We advise you not to become pregnant or father a child during chemotherapy, and for at least six months after treatment, as the medication is dangerous to the unborn child. If you suspect that you may be pregnant, you must inform your oncology doctor, radiographer or any healthcare professional involved in your treatment at The Clatterbridge Cancer Centre immediately.

Women are advised to stop breast feeding whilst receiving this treatment.

### **The Clatterbridge Cancer Centre Hotline 0800 169 5555**

If you are unwell during or up to six weeks following your cancer treatment, please call The Clatterbridge Cancer Centre Hotline.

Your call will be answered by a dedicated nurse advisor. This line is available 24 hours a day, 7 days a week



Please call if you have any queries, but it is particularly important if you are experiencing any of the following:

- A temperature greater than 37.5°C
- A temperature lower than 36 °C
- Any unexplained bruising or bleeding
- Diarrhoea for more than 24 hours
- Nausea or vomiting lasting more than 24 hours
- Unrelieved shortness of breath
- Mouth ulcers that stop you eating or drinking

## Temozolomide (Temodal) capsules with Radiotherapy

### Patient details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

CCC no: \_\_\_\_\_

Dob: \_\_\_\_\_

**Medication:** \_\_\_\_\_

**Total daily dose:** \_\_\_\_\_

## How we produce our information

All of our leaflets are produced by staff at The Clatterbridge Cancer Centre and this information is not sponsored or influenced in any way. Every effort is made to ensure that the information included in this leaflet is accurate and complete and we hope that it will add to any professional advice you have had. All our leaflets are evidence based where appropriate and they are regularly reviewed and updated. If you are concerned about your health in any way, you should consult your healthcare team.

We rely on a number of sources to gather evidence for our information. All of our information is in line with accepted national or international guidelines where possible. Where no guidelines exist, we rely on other reliable sources such as systematic reviews, published clinical trials data or a consensus review of experts. We also use medical textbooks, journals and government publications.

References for this leaflet can be obtained by telephoning 0151 556 5570.

If you need this leaflet in large print, Braille, audio or different language, please call 0151 556 5570.

**If you have a comment, concern, compliment or complaint, please call 0151 556 5203.**

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