






Anti-Nausea Medication Guide with Aprepitant (4 Day Regimen)

Patient Name: _____

Chemo Regimen: _____

Cycle Number: _____

Instructions for patient: Please have your anti-nausea medications refilled BEFORE your next cycle.
Bring your anti-nausea medications on your treatment day.





| | Day 1: Treatment Day | | Day 2: | | Day 3: | | Day 4: | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|--------------------------------------------|----|--------------------------------------------|----|--------------------------------------------|----|
| | *Before chemo | *After chemo (PM) | AM | PM | AM | PM | AM | PM |
| <p>Note: Images are not to scale</p> <p>Aprepitant (Emend®) 125mg White & pink capsule <i>Take with or without food</i></p>  | Take 1 125 mg tablet | | | | | | | |
| <p>Aprepitant (Emend®) 80mg White capsule <i>Take with or without food</i></p>  | | | Take 1 80mg tablet | | Take 1 80mg tablet | | | |
| <p>Ondansetron (Zofran®) 8 mg Yellow, oval <i>Take with or without food</i></p>  | Take 1 8 mg tablet | Take 1 8 mg tablet | | | | | | |
| <p>Dexamethasone (Decadron®) 4mg White, 5-sided <i>Take with food</i></p>  | Take 3 Tablets (12mg Total) | | Take 2 Tablets (8mg total) | | Take 2 Tablets (8mg total) | | Take 2 Tablets (8mg total) | |
| <p>Prochlorperazine 10mg Orange, round <i>Take with or without food</i></p>  | <ul style="list-style-type: none"> You can take 1 tablet every 4 to 6 hours when needed for nausea or vomiting (up to a maximum of 4 tablets (40mg) per day) You can start taking this tablet on “Day 1: Treatment Day” and continue as needed when nauseated | | | | | | | |

If you have questions about your medications call the Cancer Symptom Support Telephone Service:
Monday—Friday 8 am—3:30 pm: (705) 728 – 9090 ext. 79565. After hours: 1-877-681-3057.
Bring this sheet and your medications to your next chemotherapy treatment appointment.

*Before chemo: 30-60 minutes before your chemo appointment

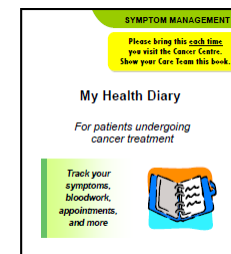
*After chemo: 12 hours after your “before chemo” dose

Your Medications, Common Side Effects & How to Manage Them:

| | |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p>Aprepitant (Emend®) prevents nausea and vomiting. Common side effects can include diarrhea, constipation, upset stomach, dizziness, hiccups, and fatigue. If you have trouble breathing, swelling, and/or a rash appears, stop taking the drug and let us know about these symptoms.</p> |
|  | <p>Ondansetron (Zofran®) works well to prevent nausea and vomiting within the first 24 hours after you have received your chemotherapy. Common side effects can include constipation, and/or headache.</p> |
|  | <p>Dexamethasone (Decadron®) works well to help control your nausea but it may increase your blood sugar if you are diabetic, interfere with sleep, increase appetite, cause nervousness, or cause moodiness.</p> <p>If you have diabetes, check your blood sugars regularly and work with your family doctor to help keep blood sugars near normal. Speak with your oncology nurse or doctor to manage other side effects.</p> |
|  | <p>Prochlorperazine is to help prevent nausea and vomiting following chemotherapy. Common side effects can include drowsiness, dry mouth, and/or constipation.</p> <p>If you experience any difficulty with emptying your bladder or any new muscle twitching or jerking, please stop the medication and let your oncology nurse or doctor know about this problem.</p> |

Other tips:

- Drink at least 2 litres of non-caffeinated fluids per day, unless told otherwise by your cancer care team. Staying hydrated helps to prevent nausea.
- Use the *My Health Diary* to track your symptoms and bring the Diary each time you visit the hospital
- Complete your symptom screening to rate your symptoms at each doctor visit
- Before you start your anti-nausea medications, inform your cancer care team of the medications you're taking including any over-the-counter drugs



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