

Pre-Medication Guide for Patients with a reaction to Oxaliplatin




Patient Name: _____

Chemo Regimen: _____

Cycle Number: _____

Instructions for patient:




Please refill your anti-nausea medications BEFORE your next cycle. Bring your anti-nausea medications on your treatment day.

	2 days before treatment		1 day before treatment		Treatment day		Day after treatment	
	AM	PM	AM	PM	*Before chemo	*After chemo	AM	PM
Note: Images are not to scale								
Ondansetron (Zofran®) 8 mg Yellow, oval Take with or without food 					Take 1 8 mg tablet	Take 1 8 mg tablet		
Dexamethasone (Decadron®) 4mg White, 5-sided Take with food 					Take 2 4 mg tablets			
Montelukast (Singulair®) 10mg Brown, round Take with or without food 	Take 1 10 mg tablet	Take 1 10 mg tablet	Take 1 10 mg tablet	Take 1 10 mg tablet	Take 1 10 mg tablet	Take 1 10 mg tablet	Take 1 10 mg tablet	Take 1 10 mg tablet
Enteric coated ASA (OTC) 325mg Various brands available Take with food	Take 1 325 mg tablet		Take 1 325 mg tablet		Take 1 325 mg tablet		Take 1 325 mg tablet	

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

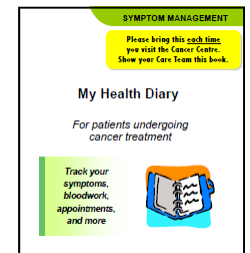
*After chemo: 12 hours after your "before chemo" dose

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

	<p>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 have diabetes, 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>Montelukast (Singulair®) used to prevent symptoms of sensitivity to chemotherapy medications. May cause abdominal pain, headache, thirst, diarrhea, itchy skin.</p>
	<p>Enteric coated ASA (OTC) used to prevent symptoms of sensitivity to chemotherapy medications. Do NOT take if history of stomach ulcers, bleeding disorders or allergy to ASA. Take with food.</p>

Other tips:

- Drink at least 2 litres of non-caffeinated fluids per day. 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
- Do your symptom screening to rate your systems at each doctor visit
- Before you start anti-nausea medications, inform your Care Team of the medications you're taking including any over-the-counter drugs



If you have questions about your medications call the Cancer Symptom Support Telephone Service:
During the day: (705) 728 – 9090 ext. 79565. Evenings, weekends and holidays: 1-877-681-3057.
Please visit www.rvh.on.ca for the latest hours of operation.
Bring this sheet and your medications to your next chemotherapy treatment appointment.