TC Chemotherapy Regimen (Docetaxel + Cyclophosphamide)

TC is a regimen or treatment plan that includes a combination of chemotherapy drugs that your doctor prescribed for the treatment of your cancer. TC contains:

T: Taxotere® (Docetaxel)
C: Cytoxan® (Cyclophosphamide)

How is this regimen given?

- Docetaxel and Cyclophosphamide are given into a vein (IV) on day 1 of your chemotherapy cycle.
- This chemotherapy cycle is usually given every 21 days.
- Docetaxel will be given IV over 1 hour.
- Cyclophosphamide will be given IV over 30-60 minutes.
- Your time in infusion will be longer than the drug administration times depending on other medications/fluids given.

Are there other medications I will receive with this regimen?

Yes. You will receive other medications to help prevent possible side effects of the chemotherapy.

1. Medicines to prevent nausea will be given before you receive your chemotherapy.
2. You will also take dexamethasone (a steroid) to prevent swelling (edema) and allergic reactions. This is a pill usually taken twice a day for 3 days, beginning 1 day before chemotherapy. Your doctor may give you different instructions for taking this medication. It is important to take this mediation as prescribed and with a meal or snack.
3. You may receive a shot to support your immune system after chemotherapy. If needed, one of these medications will start the day after chemotherapy:
    a. Filgrastim (Neupogen®) is given daily
    b. Pegfilgrastim (Neulasta®) is given once per cycle

What side effects can occur with this regimen?

This information does not cover all possible side effects, but highlights the more common side effects, especially when these medications were given in combination. If you experience other side effects not listed within this document, please contact your clinic. Remember, side effects vary from person to person, depending on the situation.

Fertility Concerns

Cancer treatment may affect your fertility. You should discuss any concerns with your doctor **Before** beginning treatment.

Possible Side Effects During Infusion	What Can I Do?	When to Alert your Nurse
Infusion/Allergic Reactions	• Notify your nurse if you did not take the steroid prescribed (dexamethasone) prior to infusion.	• Alert your nurse **Immediately** if you experience shortness of breath, chills, flushing, sweating, rash, face/throat swelling, itching or dizziness during your infusion.

Common Side Effects	What Can I Do?	When to Call the Clinic
Decrease in blood cell counts (white blood cells, red blood cells, and platelets).	• Wash hands regularly. • Avoid close contact with others who are sick. • Avoid activities with high potential for injury and bleeding (e.g. contact sports). • The clinic will monitor your labs to assess.	• Temperature of 100.5˚F or higher- **Contact Immediately.** • Any signs of infection. • Unusual tiredness or weakness. • Shortness of breath, difficulty breathing. • Unusual bleeding or bruising. • Dizziness/lightheadedness.
Increased risk of infection	• Wash hands regularly. • Avoid close contact with others who are sick.	• Temperature of 100.5˚F or higher- **Contact Immediately**. • Any signs of infection.

Common Side Effects	What Can I Do?	When to Call the Clinic
Increased risk of infection (continued)	• The clinic will monitor your labs to assess.	• Unusual tiredness or weakness. • Shortness of breath, difficulty breathing.
Bone/Joint Pain	• Use pain medication as recommended by the clinic. • Rest when tired.	• Unable to perform normal daily activities.
Heartburn	• Take TUMS® 1-2 tablets every 4-6 hours as needed for heartburn pain (follow directions on package label). • Avoid acidic foods and beverages.	• Heartburn pain that interrupts sleeping or eating.
Fatigue/Tiredness / Weakness	• Don't over-exert yourself. • Rest when you're tired.	• Unable to perform normal daily activities.
Nausea/Vomiting	• Stay well-hydrated. • Use anti-nausea medication prescribed by the clinic. • Eat smaller more frequent meals/snacks (avoid an empty stomach).	• Unable to stay hydrated or hold down fluid (not able to drink 8-10 cups of liquid per day) –**Contact Immediately.** • The anti-nausea medication prescribed is not working.
Swelling/rapid weight gain (edema)	• Elevate legs when resting. • Use support compression stockings. • Avoid salty foods.	• Any trouble breathing or chest tightness. • If you have abnormal swelling in your face, hands, ankles, feet or around the eyes. • If you have had a rapid increase in weight (e.g. 5 pounds or more in one week).
Mouth Sores (Mucositis) Sores in the mouth, throat or on the lips which may be painful.	• Use a soft toothbrush. • Rinse 3-4 times daily with a solution of 1/4 tsp. baking soda + 1/8 tsp. salt in 1 cup warm water.	• Unable to stay hydrated (not able to drink 8-10 cups of liquid per day)–**Contact Immediately.** • Pain not controlled by medications.

Common Side Effects	What Can I Do?	When to Call the Clinic
Mouth Sores (Mucositis)-continued	• Try Biotene® products. • Use pain medications as prescribed.	• Unable to eat.
Peripheral Neuropathy Numbness/tingling in the hands/fingers, feet/toes, legs. Can be long-lasting but improve slowly over time.	• Notify the clinic at your next visit, as this can worsen with additional treatments.	• Discomfort that affects your ability to work or perform normal activities (i.e. unable to grasp a pen/pencil, unable to button your shirt, or unable to feel the bottoms of your feet making walking difficult).
Nail Changes (Discoloration, cracking or loss of finger and toe nails).	• Use gloves when gardening and washing dishes to prevent infections. • Use mild-hand soaps. • Use nail polish to strengthen your nails. • Use non-acetone nail polish remover.	• Signs or symptoms of infected nails including red cuticles or pain.
Hair Loss (Alopecia) Temporary total body hair loss.	• Use head coverings to protect against sun and cold temperatures. • Ask the clinic for a prescription if you plan to purchase a wig.	
Diarrhea	• Stay well-hydrated. • Take Loperamide (Imodium®) 4 mg at onset of diarrhea and up to 2 mg every 2 hours until diarrhea-free for 12 hours. • Loperamide maximum dosing = 8 mg in 24 hours unless other dosing directed by clinic. • Avoid fatty, greasy or spicy foods that may increase diarrhea.	• Unable to stay hydrated (not able to drink 8-10 cups of liquid per day) -**Contact Immediately**. • Multiple episodes of diarrhea unrelieved by anti-diarrheal medication like Loperamide (if no response in 24 hours of treatment). • Waking in the night with diarrhea or more than 4 episodes of diarrhea in 24 hours. • Feeling dizzy when standing.

Common Side Effects	What Can I Do?	When to Call the Clinic
Diarrhea, continued	• Eat smaller more frequent meals/snacks.	
Constipation	• Stay well-hydrated. • Eat at regular times each day. • Include high fiber and "bulky" foods. • Be as active as possible. • Review constipation handouts.	• No bowel movement in 3 or more days. • Abdominal pain, nausea, vomiting.
Increased Eye Tearing (watery eyes)	• Protect your eyes from sun and wind.	• Redness, irritation or pain in your eye(s).

Late Effects	What Can I Do?	When to Call the Clinic
Fertility Concerns Normal menstrual cycle and sperm production may stop.	• Do not assume you cannot get pregnant or cause a pregnancy. • Use a contraceptive method during treatment.	• Discuss fertility options with your doctor before beginning treatment.
Second Cancers Occur months-years after treatment.	• Discuss this risk with your provider. • Keep appointments for follow-up care after treatment.	

More information:

For more information, visit the Patient Education Resource Center on Level B2 in the Cancer Center.

When and How To Call Your Doctor

For Medical Emergencies, call 911

Monday through Friday 8:00am to 5:00pm Call 1-734_____

After 5pm, weekends and holidays, call the page operator at 1-734-936-6267. Ask to speak to the doctor on call:

- Adult Hematology/Oncology
- Other:_____

When should I call the doctor?

- A fever of 100.5˚ Fahrenheit, or greater
- Bleeding or unusual bruising
- Burning and/or pain when urinating
- Constipation (no bowel movement in 2-3 days)
- Diarrhea (loose, watery stools) four or more watery stools in 24 hours
- Nausea, vomiting or if you cannot keep down any liquids
- Pain not controlled by your current medications
- Redness, pain, sores or a white coating in your mouth
- Shaking and chills
- Unusual cough, sore throat, lung congestion or shortness of breath
- Any symptom that concerns you or possible side effects linked to your medications, or as directed by your doctor.

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