TCH is a chemotherapy regimen or treatment plan that your doctor prescribed for the treatment of your cancer. TCH stands for:

- Docetaxel (Taxotere®)
- Carboplatin (Paraplatin®)
- Trastuzumab (Herceptin®)

How is this regimen given?

- On Day 1, trastuzumab (Herceptin®), docetaxel (Taxotere®), carboplatin (Paraplatin®) are given into a vein (IV).
- This chemotherapy regimen is usually given every 21 days.
- Trastuzumab is given as an IV infusion over 30-90 minutes.
  - The first dose will be over 90 minutes.
- Docetaxel is given as an IV infusion over 60 minutes.
- Carboplatin is given as an IV infusion over 30 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 that is usually taken twice a day for 3 days, beginning 1 day before chemotherapy. Your physician may give you different instructions. It is important to take this medication as prescribed and with a meal or snack.
3. You may receive a shot to support your immune system after chemotherapy. You may be given one of these medications starting the day after your 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 physician **Before** beginning treatment.

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<thead>
<tr>
<th>Possible Side Effects During Infusion</th>
<th>What Can I Do?</th>
<th>When to Alert your Nurse</th>
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<tbody>
<tr>
<td>Infusion Allergic Reactions</td>
<td>• Notify your nurse if you did not take the steroid as prescribed (dexamethasone) prior to infusion.</td>
<td>• Alert your nurse <strong>Immediately</strong> if you experience shortness of breath, chills, flushing, sweating, rash, face/throat swelling, itching or dizziness during your infusion.</td>
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<th>Common Side Effects</th>
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| 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). | • Temperature of 100.5°F or higher- **Contact Immediately**.  
• Any signs of infection.  
• Unusual tiredness or weakness.  
• Shortness of breath, difficulty breathing. |
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| **Decrease in blood cell counts, continued** | • The clinic will monitor your labs to assess. | • Unusual bleeding or bruising.  
 • Dizziness/lightheadedness. |
| **Increased risk of infection** | • Wash hands regularly.  
 • Avoid close contact with others who are sick.  
 • 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. |
| **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.  
 • Try Biotene® products.  
 • Use pain medications as prescribed. | • Unable to stay hydrated (not able to drink 8-10 cups of liquid per day)– **Contact Immediately**  
 • Pain not controlled by medications.  
 • Unable to eat or drink. |
| **Peripheral Neuropathy**  
 Numbness/tingling in the hands/fingers, feet/toes, legs. | • 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 (e.g., unable to grasp a pen/pencil, unable to button your shirt, or unable to feel the bottoms of your feet making walking difficult). |
| **Fatigue/Tiredness/Weakness** | • Don’t over-exert yourself.  
 • Rest when tired. | • Unable to perform normal daily activities. |
| **Nausea/Vomiting** | • Stay well-hydrated.  
 • Use anti-nausea medication prescribed by the clinic.  
 • Eat smaller more frequent | • 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. |
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<td>Nausea/Vomiting, continued</td>
<td>meals/snacks (avoid an empty stomach).</td>
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| 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). |
| Bone/Joint Pain | • Use pain medication as recommended by the clinic.  
• Rest when tired. | • Unable to perform normal daily activities. |
| Cardiac Toxicity  
Possible damage to heart muscle over time. | • You will have tests to assess your heart function during treatment every 3 months or if you have symptoms. | • Shortness of breath or difficulty breathing.  
• Rapid swelling of your legs.  
• Chest pain (Call 911).  
• Feeling like you have an irregular heartbeat. |
| Kidney Dysfunction | • The clinic will monitor your labs to assess.  
• Stay hydrated (8-10 cups of fluid per day). | • Changes in urination (decrease in frequency, pain with urination, blood in your urine). |
| 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 | • Use head coverings to protect against sun and cold |  |
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<td>hair loss.</td>
<td>temperatur...</td>
<td>• Ask the clinic for a...</td>
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<td>• Ask the clinic for a prescription if you plan to purchase a wig.</td>
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<tr>
<td><strong>Heartburn</strong></td>
<td>• Take TUMS® 1-2 tablets every 4-6 hours as needed for heartburn pain (follow directions on package label).</td>
<td>• Heartburn pain that interrupts sleeping or eating.</td>
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<td>• Avoid acidic foods and beverages.</td>
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<tr>
<td><strong>Diarrhea</strong></td>
<td>• Stay well-hydrated.</td>
<td>• Unable to stay hydrated (not able to drink 8-10 cups of liquid per day) - <strong>Contact Immediately</strong>.</td>
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<td></td>
<td>• Take Loperamide (Imodium®) 4 mg at onset of diarrhea and up to 2 mg every 2 hours until diarrhea-free for 12 hours.</td>
<td>• Multiple episodes of diarrhea unrelieved by anti-diarrheal medication like Loperamide (if no response in 24 hours of treatment).</td>
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<td>• Loperamide maximum dosing = 8 mg in 24 hours unless other dosing directed by clinic.</td>
<td>• Waking in the night with diarrhea or more than 4 episodes of diarrhea in 24 hours.</td>
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<td>• Avoid fatty, greasy or spicy foods that may increase diarrhea.</td>
<td>• Feeling dizzy when standing.</td>
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<td>• Eat smaller more frequent meals/snacks.</td>
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<td><strong>Constipation</strong></td>
<td>• Stay well-hydrated.</td>
<td>• No bowel movement in 3 or more days.</td>
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<td>• Eat at regular times each day.</td>
<td>• Abdominal pain, nausea, vomiting.</td>
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<td>• Include high fiber and “bulky” foods.</td>
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<td>• Be as active as possible.</td>
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<td>• Review constipation handouts.</td>
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### Common Side Effects

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<td>Increased Eye Tearing (watery eyes)</td>
<td>• Protect your eyes from sun and wind</td>
<td>• Redness, irritation or pain in your eye(s).</td>
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### Late Effects

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<tr>
<td>Fertility Concerns</td>
<td>• Do not assume you cannot get pregnant or cause a pregnancy. • Use a contraceptive method during treatment.</td>
<td>• Discuss fertility options with your doctor before beginning treatment.</td>
</tr>
</tbody>
</table>

**More information:**
For more information, visit the Patient Education Resource Center in the Cancer Center on level B2.
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?

- Any symptom that concerns you or possible side effects linked to your medications, or as directed by your 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