

# LOMUSTINE

**Other names:** CeeNU®, CCNU®



**Important note:** The following information is intended to add to, not replace, the knowledge and judgment of your doctor, pharmacist or other health care professional.

## Why you are taking this medication

Lomustine (loe-MUS-teen) is a medicine that is used to treat some kinds of cancer. It is a capsule that you take by mouth.

Tell your doctor if you have ever had an unusual or allergic reaction to lomustine before taking lomustine.

It is important to take lomustine exactly as directed by your doctor. Make sure you understand the directions. You may be given more than one strength of capsule to make the right dose. Unless your doctor gives you other directions, take all the capsules as a single dose (on an empty stomach with a glass of water).

If you vomit within 45 minutes of taking lomustine, call your cancer doctor the next morning.

Store lomustine capsules out of the reach of children, at room temperature, away from heat, light and moisture.

A blood test may be taken before each treatment. The dose and timing of your medicine may be changed based on the test results or other side effects.

Tell other doctors or dentists that you are being treated with lomustine before you receive any treatment from them.

## Other medication

Other medicines may interact with lomustine. Tell your doctor or pharmacist if you are taking other medicine including herbal or complementary products and medicines you can buy without a prescription.

Check with your doctor or pharmacist before you start taking any new medicines.

Alcohol (in small amounts) does not appear to affect the safety or usefulness of lomustine.

## Pregnancy and breast feeding

Lomustine may cause sterility in men and menopause in women. If you plan to have children, discuss this with your doctor before being treated with lomustine.

It is best to use birth control while being treated with lomustine. Lomustine may damage sperm and may harm the baby if used during pregnancy.

Tell your doctor right away if you or your partner becomes pregnant.

Do not breast feed during treatment with lomustine.

## Side effects

Unfortunately as well as having good effects, most medicines have some effects on your body that are unwanted. These are called *side effects*.

Side effects are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	WHAT TO DO
<p><b>Nausea and vomiting</b> may occur after your treatment and may last for 24 hours.</p>	<p>You may be given a prescription for an anti-nausea medicine to take at home. It is easier to prevent nausea than treat it once it has occurred, so follow the directions closely:</p> <ul style="list-style-type: none"> <li>• Drink plenty of liquids.</li> <li>• Eat often in small amounts.</li> </ul>
<p>Your <b>white blood cells</b> may decrease 5-6 weeks after your treatment. They usually return to normal 6 weeks after your last treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection.</p> <p>When they are low, <b>you are at greater risk of having an infection.</b></p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> <li>• Wash your hands often and always after using the toilet.</li> <li>• Avoid crowds and people who are sick.</li> <li>• Call your doctor <b>immediately</b> at the first sign of an infection such as fever (a body temperature of 38°C or higher by an oral thermometer), chills, cough, sore throat, or burning when you pass urine.</li> </ul>
<p>Your <b>platelets</b> may decrease 4 weeks after your first treatment. They will return to normal 6 weeks after your last treatment. Platelets help to make your blood clot when you hurt yourself.</p> <p><b>You may bruise or bleed more easily than usual.</b></p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> <li>• Try not to bruise, cut or burn yourself.</li> <li>• Clean your nose by blowing gently. Do not pick your nose.</li> <li>• Avoid constipation.</li> <li>• Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene.</li> </ul> <p>Some medicines such as aspirin or ibuprofen may increase your risk of bleeding.</p> <ul style="list-style-type: none"> <li>• Do not stop taking any medication that has been prescribed by a doctor.</li> <li>• For minor pain, try paracetamol first.</li> </ul>
<p><b>Sore mouth</b> may sometimes occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. <b>Mouth sores or bleeding gums can lead to an infection.</b></p>	<ul style="list-style-type: none"> <li>• Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste.</li> <li>• Make a mouthwash with ½ a teaspoonful of baking soda or salt in 1 cup warm water and</li> </ul>

SIDE EFFECTS	WHAT TO DO
	rinse several times a day. <ul style="list-style-type: none"> <li>• Try soft, bland foods like puddings, milkshakes and cream soups.</li> <li>• Avoid spicy, crunchy or acidic food, and very hot or cold foods.</li> </ul>
<b>Loss of appetite</b> and <b>weight loss</b> sometimes occur, and may persist after stopping lomustine.	<ul style="list-style-type: none"> <li>• Eat often in small amounts.</li> </ul>
<b>Hair loss is rare</b> with lomustine. Your hair will grow back once you have finished treatment with lomustine. The colour and texture may change.	<ul style="list-style-type: none"> <li>• Use a gentle shampoo and soft brush.</li> <li>• Care should be taken with the use of hair spray, bleaches, dyes and perms.</li> </ul>

**Stop taking lomustine and see your doctor or get emergency help immediately if you have:**

- Signs of an **infection** such as fever (a body temperature of 38°C or more by an oral thermometer); shaking chills; cough; sore throat, productive cough (coughing up thick or green sputum), cloudy or foul smelling urine, painful, tender or swollen red skin wounds or sores.
- Signs of **bleeding problems** such as black, tarry stools (bowel motions); blood in urine; pinpoint red spots on your skin, extensive bruising.
- Repeatedly **vomiting** and unable to keep liquids or medication down after chemotherapy.

**See your doctor as soon as possible (during office hours) if you have:**

- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- Signs of **lung problems** such as shortness of breath, wheezing or coughing.
- Signs of **anaemia** such as unusual tiredness or weakness.
- **Changes in eyesight**
- **Dizziness** or **trouble walking**.

**Check with your doctor if any of the following continue or bother you:**

- Uncontrolled nausea, vomiting or diarrhoea.
- Decreased appetite or weight loss.
- Easy bruising or bleeding.
- Redness, swelling, pain or sores on your lips, tongue, mouth or throat.
- Skin rash or itching.

**Read this leaflet and discuss any questions you have about your medicines with your doctor or pharmacist**