

## Possible Side Effects (*continued*):

### Nausea and Vomiting

#### What to do:

- Eat small meals or snacks often during the day. Stay away from spicy or high-fat food.
- Drink water during the day.
- Call your doctor if you are unable to keep down fluids for more than 24 hours or if you feel lightheaded or dizzy.
- Take your anti-nausea medicine as ordered by your doctor.

### Changes in Bowel Movement

#### What to do:

- Call your doctor if you have diarrhea more than 4 times a day or for more than 1 to 2 days or if you feel lightheaded or dizzy.
- Call your doctor if you do not have a bowel movement for 2 days or you are uncomfortable because you are unable to have a bowel movement.
- Drink plenty of fluid during the day.

### Hair Loss

#### What to do:

- May happen 2 to 3 weeks after you start treatment.
- You may wear a wig or hat to protect your head.
- Talk to your doctor if you have more questions.

**This is not a complete list of all possible side effects. Tell your doctor if you have these or any other side effects that you think are caused by this medicine. Your James health care team will give you further help to manage side effects.**

## PATIENT EDUCATION

# Taking Your Treatment Home

## What you need to know about your Anti-Cancer Medicine

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### Etoposide (Vepesid)

This brochure has important information on how to use, handle, and store your medicine, what side effects to look for and how to manage them.

**What it looks like:** Oblong, pink liquid-filled soft gelatin capsules

#### How to handle and store:

- **There are special safe handling instructions for this medicine.** Talk to your doctor, pharmacist or nurse about the precautions you need to follow when you take this medicine at home.
- **Store in the refrigerator in an airtight container away from light, heat and moisture.**
- **Do not** store in your bathroom.
- Keep this medicine away from children and **do not** share it with anyone.

The James



**How to take:**

- Swallow the capsule whole with a full glass of water. You may take this medicine with or without food.
- **Do not** crush, break or chew the capsule.
- **Do not** take more capsules than ordered by your doctor. It is very important that you follow the treatment plan as ordered by your doctor.
- If you miss a dose, wait until it is time for your next dose and skip the missed dose. **Do not double up on doses.**
- Use a calendar or diary to keep track of what days and what times you take this medicine.

**Disposal:**

- Talk with your doctor or pharmacist about how to get rid of prescription medicines safely.

**Precautions:**

- Tell your doctor or pharmacist about any medicines you take, including prescription and over-the-counter medicines, vitamins and herbal products.
- **Do not get pregnant or breastfeed while on this medicine.** Talk with your doctor about what birth control to use.
- **It is important to follow these safety precautions while you take this medicine:**
  - Wash your hands well after each time you use the toilet or if you touch soiled linens.
  - Make sure all body fluids are cleaned up after each time you use the toilet.
  - Sit down to urinate.
  - Close the lid before you flush. Flush the toilet **at least 2 times** after each use. Do this for at least 48 hours after your last dose of medicine.

**Possible Side Effects**

You can find more information on side effects in the Patient Education booklet, *Treatment with Chemotherapy and Anti-Cancer Medicines*.

**Low White Blood Cells/Preventing Infection**

**What this means:** You may be at risk for getting an infection.

**What to do:**

- Call your doctor if your temperature is 100.4 degrees Fahrenheit (38 degrees Celsius) or higher.
- Wash your hands often.
- Wear a mask and stay away from people who are sick or do not feel well.
- Ask your doctor if you should get a flu or pneumococcal vaccine.

**Bleeding/Bruising/Black Stools****What to do:**

- Call your doctor if you have bruising, bleeding, and black stools or if you have unusual bleeding, such as bright red blood in your stools or nose bleeds that do not stop.
- Call your doctor if you have sudden or severe stomach pain.
- **Do not** use aspirin, ibuprofen (Advil, Motrin), or naproxen (Aleve) for regular aches and pains.

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