

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 foods.
- Call your doctor if you are unable to keep liquids down for more than 24 hours or if you feel lightheaded or dizzy.
- Take your anti-nausea medicines as ordered by your doctor.

Low White Blood Cells/Preventing Infection

What this means: You may be at risk of 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.

Bleeding/Bruising/Black Stools

What to do:

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

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

Temozolomide (Temodar)

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: White capsules with green, brown, blue or black ink

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 a closed container in a dry place such as a cabinet away from light, heat, and moisture.
- **Do not** store in your bathroom or refrigerator.
- Keep this medicine away from children and **do not** share it with anyone.

The James



How to take:

- This medicine is usually taken once a day, often at bedtime. If you take other medicines or receive radiation therapy, your doctor may give you other directions on how to take this medicine.
- You may need to take more than 1 capsule for each dose. **Do not** take more capsules than ordered by your doctor.
- **Do not** crush, break, chew, or open the capsules.
- Take the medicine at the same time each day with a full glass of water.
- **Do not take this medicine with food.**
- 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.
- Tell your doctor if you take dexamethasone (Decadron), prednisone, or any other medicines that are from a class called “steroids”.
- **Do not** get pregnant while on this medicine. Talk with your doctor about what birth control to use.

Possible Side Effects

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

Changes in Bowel Movements

What to do:

- Call your doctor if you have **diarrhea** more than 4 times a day or for more than 1 or 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.
- Unless told otherwise, drink plenty of fluid during the day.

Headache, Joint or Muscle Pains

What to do:

- Talk to your doctor about what over-the-counter pain medicine you can take.

Excessive Fatigue or Dizziness

What to do:

- Call your doctor if you have excessive sleepiness, dizziness, problems with balance, weakness to one side of your body or seizures.

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