

Possible Side Effects (*continued*):

Diarrhea

What to do:

- Drink extra fluids during the day.
- Call your doctor if this happens more than 4 times in a day or for more than 1 or 2 days or if you feel lightheaded or dizzy.

Nausea and Vomiting

What to do:

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

Bleeding/Bruising/Black Stools

What to do:

- Call your doctor if you have bruising, bleeding, black stools or sudden or severe stomach pain.
- **Do not** use aspirin, ibuprofen (Advil, Motrin), or naproxen (Aleve) for regular aches and pains unless your doctor says it is okay.

Rash

What to do:

- Call your doctor if you develop a rash. Tell your doctor when the rash started, the location of your rash, if it is itchy or painful and if the rash has spread or is getting worse.
- Protect your skin from sunlight. Wear clothes to cover your skin and use sunscreen (at least SPF 30).
- **Do not** use strong detergents or soaps on the rash.

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

Tretinoin (ATRA/Vesanoid)

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: Yellow/brown or light pink 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 a closed container at room temperature 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 2 times each day, 10 to 12 hours between each dose.
- Swallow the capsule whole, with a full glass of water.
- Take this medicine with food.
- **Do not** take more capsules than ordered by your doctor.
- **Do not** crush, break, open or chew the capsule.
- If you miss a dose, take it as soon as you remember it. If it is almost time for your next dose, skip the missed dose. **Do not double up on doses.**

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 take St. John's Wort.**
- **Do not get pregnant or breastfeed 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*.

Headache**What to do:**

- Talk to your doctor before you take any over-the-counter pain medicine.
- Call your doctor if your headache does not go away or makes you unable to do your normal daily activities.

Swelling/Fluid Retention

What it means: You may have swelling around your eyes, or in your hands, feet or lower legs. You may gain weight.

What to do: Call your doctor if you have:

- Swelling or a large weight gain
- Shortness of breath

Difficulty Breathing**What to do:**

- Call your doctor if you have any changes in your ability to breathe.

Low White Blood Cells/Preventing Infection

- Call your doctor if you have a fever of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher, sore throat, chills or other signs and symptoms of infection.
- Wash your hands often.
- It is important to keep your appointments to have your blood checked.

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