

## Does Cyclophosphamide affect fertility or pregnancy?

Cyclophosphamide can reduce fertility in both men and women. The effect may be reversible upon stopping Cyclophosphamide. Cyclophosphamide may cause birth defects and should not be used by pregnant women. It is necessary for both men and women to take contraceptive precautions while on Cyclophosphamide and for three months after stopping. Therefore, please discuss plans for pregnancy with your doctor. **You must not take Cyclophosphamide unless you are on reliable contraception.**

## Can I have immunisations while on Cyclophosphamide?

Pneumococcal, influenza, hepatitis A and B, tetanus vaccinations are allowed. Avoid immunisations with live vaccines such as polio, varicella (chicken pox), measles, mumps and rubella (MMR).

## Are there any alternatives to Cyclophosphamide?

Your doctor will advise you on the safest and most effective option. If you have any concerns, do raise them with your doctor.

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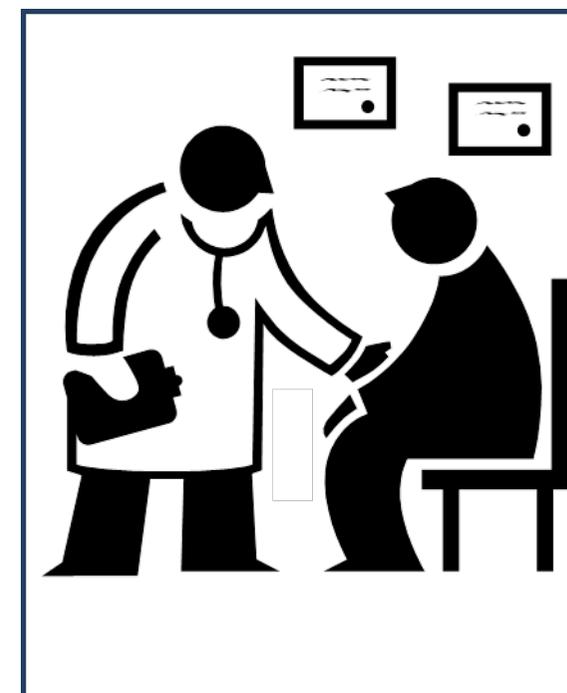
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## Medication Information for Patients

### CYCLOPHOSPHAMIDE\*\*



\*\* The information in this brochure may not be applicable to patients under the care of Haematology/Oncology unless specified by the attending doctor.

## Why am I being prescribed Cyclophosphamide?

Cyclophosphamide works by modifying your immune system's response to various diseases. It is used to treat different types of autoimmune diseases including systemic lupus erythematosus (SLE) and inflammation of the kidneys (glomerulonephritis). Other uses include prevention of organ rejection and idiopathic thrombocytopenia.

Cyclophosphamide can also be used as chemotherapy for certain cancers, but the doses used for these purposes are **very** different and the side effects are not the same.

## How do I take Cyclophosphamide?

Cyclophosphamide can be given as an intravenous injection through a drip (usually fortnightly or monthly).

It can also be given in the form of oral tablets, which should be taken with or after food. The tablets should be swallowed whole with a glassful of water, and not crushed or chewed.

## What dose do I take?

The dosage is based on your medical condition, weight, response to therapy, and other drugs or treatment you may be receiving. Do not increase your dose or take cyclophosphamide more often without your doctor's approval.

## When does Cyclophosphamide work?

Cyclophosphamide may take six weeks or more to produce an effect.

## What are the possible risks I can expect while taking Cyclophosphamide?

Side effects	Warning signs	Things you need to do
Inflammation and bleeding of the bladder wall	Blood stained urine	You must see your doctor immediately. Drinking equivalent of 8–10 glasses of water per day may reduce this risk, subjected to your doctor's approval.
Nausea, vomiting		Your doctor may prescribe medicines to relieve these symptoms
Rash		Rare. If present, inform your doctor.
Hair loss		Often transient and generally reversible when the dose is reduced
Low blood count	Easy bruising, severe sore throat, tiredness, poor exercise tolerance, pallor	Do regular blood count monitoring as advised by doctor
Risk of infection – fever, flu or sore throat		Avoid close contact with people experiencing coughs/colds. Do not take raw food. <b>Please discuss any planned vaccinations with your doctor.</b>

**Please seek medical attention if you experience any of the above symptoms.**

## What if I miss a dose?

If you miss a dose or forget to take your medicine, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule. **Do not double the next dose to make up for the missed dose.**

## Do I have to do any blood tests while taking Cyclophosphamide?

Cyclophosphamide may cause low blood counts. These are usually reversible if detected early. You will need regular blood and urine tests during and before starting Cyclophosphamide. **It is not safe to continue Cyclophosphamide if you do not come for regular blood checks.**

## Are there any other precautions while taking Cyclophosphamide?

Use sharp objects, like safety razors or nail cutters, with caution and avoid activities such as contact sports to lower the chance of getting cut, bruised or injured.

## Are there any medications to avoid while on Cyclophosphamide?

Generally, you should show your doctor and pharmacists all other medications you are taking or plan to take, including supplements and over the counter medications.

## May I drink alcohol while taking Cyclophosphamide?

There is no particular reason for you to avoid alcohol while taking cyclophosphamide.

## How is Cyclophosphamide stored?

The tablets should be stored at room temperature. Keep out of reach from children.