Get the Best From Your Chemotherapy and Hormone Therapy

For men who have advanced prostate cancer

Read this resource to learn:

• Why you should get chemotherapy and hormone therapy at the same time
• Who to call for more information
• What is Docetaxel chemotherapy
• What are the side effects of chemotherapy
• What is hormone therapy (Androgen Deprivation Therapy or ADT)
• What are the side effects of hormone therapy

If you have questions, call the GU Clinic:
Monday – Friday, 9:00 am – 4:00 pm
Phone: 416 946 2233, Press 2 for a GU Team Nurse

For more information on chemotherapy, visit the chemotherapy website: http://www.uhn.ca/PrincessMargaret/PatientsFamilies/ClinicsTests/ChemotherapyTransfusion
Why you should get chemotherapy and hormone therapy at the same time

These two therapies work together to help you live longer with a better quality of life.

You will get two therapies at the same time:
1. Chemotherapy
2. Hormone Therapy (also called Androgen Deprivation Therapy or ADT)

It is important that you get both therapies and do not miss any appointments.

Sadly, many patients miss appointments. This is because the schedule is confusing. If you miss appointments, you will not get all the treatments that you need.

It is important that you do not miss a chemotherapy appointment.

It is important that you get both your chemotherapy and your hormone therapy because both treatments are needed for you to get the best outcome.

Your chemotherapy and your hormone therapy are two different appointments. These appointments may be booked by different doctors.

- Your chemotherapy will be organized with your medical oncologist (your chemotherapy doctor).

- Your hormone therapy may be organized with:
  - your medical oncologist (chemotherapy doctor) or
  - your radiation oncologist (your radiation doctor) or
  - your surgical oncologist (your cancer surgeon)

Know who to check with about your appointments.

Know what you can do to be sure you do not miss a treatment.
Who to call for more information

Princess Margaret Cancer Centre
Main phone line: 416 946 2000

Chemotherapy treatment and side effect concerns
Call the Chemotherapy Reception Desk
Monday, 8:30 am – 5:00 pm
Tuesday – Friday, 8:30 am – 6:00 pm
Phone: 416 946 4501 ext. 5118

Weekdays from 4:00 pm – 7:30 am, any time on weekends, and during holidays: Call the Princess Margaret Cancer Centre. Ask the operator to page the Nursing Supervisor.

For urgent concerns: Go to your nearest emergency department.

Hormone therapy treatment and side effect concerns
Call the GU Clinic
Weekdays (Monday – Friday) between 9:00 am – 4:00 pm
Phone: 416 946 2233, Press 2 for a GU Team Nurse

Weekdays from 4:00 pm – 7:30 am, any time on weekends, and during holidays: Call the Princess Margaret Cancer Centre. Ask the operator to page the Nursing Supervisor.

For urgent concerns: Go to your nearest emergency department.
What is Docetaxel Chemotherapy?

Chemotherapy is a type of cancer treatment that uses drugs to kill cancer cells. You will be getting a chemotherapy drug called Docetaxel.

How long will my chemotherapy treatment last?

You will have 6 cycles (treatments) of chemotherapy. You will have one cycle every 3 weeks. It will take 18 weeks to finish your chemotherapy.

You can only book 3 cycles of chemotherapy appointments at one time. Make sure you have your last 3 cycles booked by the clinic nurse after your first 3 cycles are done. Make sure you get all 6 cycles.

How will I get my chemotherapy?

You will get your chemotherapy by intravenous. Intravenous is when your medicine is put right into your blood using a needle. This is often called IV for short.

How long does it take to get my chemotherapy treatment?

It takes about 1 to 2 hours to get your chemotherapy. You may have to wait before and after your treatment. You should plan to spend about 3 hours in total for your appointment.

What do I need to do before my appointment for chemotherapy treatment?

You will need to see your medical oncologist (chemotherapy doctor). You will have your blood checked to make sure you are well enough to have chemotherapy. If you are well enough, you will have your treatment. Your doctor will give you a prescription for medicines that you will take at home.
• **Check your appointment schedule for exact times and locations:**
  You can pick up a printed list with the times and dates for your appointments from the Genitourinary (GU) clinic. This is on the 4th floor of the Princess Margaret Cancer Centre in the GU and Prostate Centre.

• **Pick up your medicine from the pharmacy:**
  Get your medicine at least 2 days before your first chemotherapy appointment. You can use the Princess Margaret Outpatient Pharmacy or a pharmacy near you. If you want to use your local pharmacy, go as early as you can. They may not have your medicine in stock.

  The Outpatient Pharmacy is in the Main lobby of the Princess Margaret Cancer Centre (beside the Blood Collection Lab). For more information, call the Outpatient Pharmacy at 416 946 6593.

• **Go to your doctor’s appointment:**
  You will have an appointment with your medical oncologist (chemotherapy doctor) within a week or less of having your treatment.

• **Get your blood work (tests) done:**
  Get your blood work done at least 2 hours before you meet with your medical oncologist. You will get your blood work done at the Blood Collection Lab in the main lobby of the Princess Margaret Cancer Centre.

  Your blood work needs to be done within 2 days of getting your chemotherapy. For example, if your chemotherapy is on a Thursday, you will need to get your blood work done on Tuesday or Wednesday.

  Sometimes, you may need to get extra blood work done or have a different schedule for your bloodwork. If this is the case, you will get your instructions and your schedule at the end of your clinic visit.
Where do I go for chemotherapy?
You will get your chemotherapy at the Chemotherapy and Transfusion Centre on the 4th floor. After you check-in at the main desk on the 4th floor, you will go to one of the coloured pods (for example, blue, red or yellow) for treatment.

What do I need to bring to my appointment?
Bring your health card (OHIP card). If you have questions or any other concerns talk with your medical oncologist (chemotherapy doctor) at your appointment.

What are some of the side effects of chemotherapy?
These are some of the most common side effects:
• Tiredness
• Nausea (feeling sick)
• Vomiting (throwing up)
• Constipation (trouble having a poo)
• Diarrhea (loose, watery poo)
• Hair loss
• Muscle aches and joint pains
• Fever
• Rash or feeling hot during the chemotherapy treatment
• Changes in how you taste food
• Mouth problems (cold sores, a dry mouth and tongue)
• Lymphedema (swelling in your arms or legs)
• Tingling feeling in your fingers or toes or a numb feeling

You may not get all of these side effects. Talk to your doctor or nurse if you have any questions.

For more information go to the Princess Margaret Patient & Family Library located on the Main Floor (M) of Princess Margaret or call 416 946 4501, ext. 5383.
Go to the nearest emergency department if you have:

- vomiting (throwing up) for more than 24 hours after chemotherapy
- diarrhea (loose, watery poo) for more than 24 hours after chemotherapy
- constipation for 3 days (not able to poo)
- poo is black
- pains or cramps in your stomach
- blood in your vomit
- bleeding gums or a bleeding nose
- getting bruises for no reason
- a fever above 38° C or 100.5° F and/or you feel chills
- dizziness
- extreme tiredness
- shortness of breath
- coughing all the time
- coughing up mucous (sticky fluid) that is yellow, green or a rusty colour
- painful throat or mouth
- burning feeling when you urinate (pee), blood in your urine or less urine than normal

Tell the staff at the emergency department what treatments you are getting for cancer.

Call 416 946 2233 and press 2, to talk to a GU Team Nurse if you have any other health problems that worry you.
**What is hormone therapy?**
Hormone therapy (Androgen Deprivation Therapy or ADT) is a way to slow down the growth of your prostate cancer. A hormone is a chemical in your body that helps different parts of your body know how to work or grow.

Prostate cancer cells need a hormone called testosterone to grow. There are many different hormone treatments but they all act in the same way. Common hormone treatments are ELIGARD, LUPRON, ZOLADEX, TRELSTAR and FIRMAGON. These drugs will stop your body from making testosterone.

**How long will my hormone therapy last?**
Your hormone therapy may last your whole life but your doctor will tell you if you can stop and then re-start therapy.

**How will I get my hormone therapy?**
You will get your hormone therapy by needle just under the skin on your belly or any other spot where there is enough fatty tissue, or your bottom which has a large muscle area. This way the medicine can go into your body slowly.

**How long does it take to get my hormone therapy?**
The injection will take about 1 minute to get. It is given at your clinic appointment in the GU clinic on the 4th floor of the Princess Margaret Cancer Centre.

- **Check your appointment schedule for exact times and locations:** You can pick up a printed list with the times and dates of your appointments from the GU clinic.
- **Pick up your medicine from the pharmacy:** Get your medicine before your first appointment. You can use the Princess Margaret Outpatient Pharmacy or a pharmacy near you. If you choose to use your local pharmacy, go as early as possible. They may not have your hormone therapy medicine in stock.
If you choose to use the Princess Margaret Outpatient Pharmacy, call 48 hours before your appointment for your injection so that you do not have to wait for your medicine.

The Outpatient Pharmacy is in the Main lobby of the Princess Margaret Cancer Centre (beside the Blood Collection Lab). For more information, call the Outpatient Pharmacy at 416 946 6593.

• **Go to your doctor’s appointment:**
  You will have an appointment with either your medical oncologist, your surgical oncologist or your radiation oncologist at the same time as you get your hormone therapy.

• **Get your blood work (tests) done:**
  Get your blood work done at least 2 hours before your meet with your doctor. You will get you blood work done at the Blood Collection Lab in the main lobby of the Princess Margaret Cancer Centre.

**Where do I go for my hormone therapy?**
You will get your injection in the GU clinic whether you see your medical oncologist, your radiation oncologist or your surgical oncologist. If you need to get your injection at a different time outside of your clinic appointment, then you will be told when you need to go and where you need to go.
What do I need to bring to my appointment?
Bring your hormone medicine to your appointment. Bring your OHIP card.

If you have questions about drug coverage or costs, talk to the Medication Reimbursement Specialist at:

Princess Margaret Cancer Centre, 4th floor, room 104.

Monday – Friday
9:00 am – 4:00 pm
Phone: 416 946 2830
Fax: 416 946 6515
Email: PMH-MRS@uhn.ca

What are the side effects of hormone therapy?
These are some of the most common side effects:

- Constipation (not able to poo)
- Diarrhea (loose, watery poo)
- Headache
- Hot flashes (suddenly feeling hot)
- Memory loss
- Loss of sexual desire
- Impotence (unable to get an erection)
- Trouble peeing
- Feelings of irritation (angry or annoyed)
- Breast swelling or soreness
- Bone and muscle loss
Below is a list of side effects from having advanced cancer. Go to the nearest emergency department if you have:

- Severe bone pain
- Severe hot flashes
- Lots of sweating
- Swelling that is not normal
- Very fast heart beat
- Feeling numb or weak in your legs
- Cannot move legs
- Severe chest or stomach pain
- Constant trouble peeing
- Feeling nervous
- Change in mood (depression or confused thoughts)
- Sudden severe headache
- Changes in vision

Tell the staff at the emergency department what treatments you are getting for cancer.

Call 416 946 2233 and press 2, to talk to a GU Team Nurse if you have any other health problems that worry you.
Chemotherapy schedule

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Hormone therapy schedule

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Visit www.uhnpatienteducation.ca for more health information. The development of patient education resources is supported by the Princess Margaret Cancer Foundation.

Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: pfep@uhn.ca