Small cell lung cancer extensive disease cARBOplatin and etoposide

ID: 215 v.5 **Endorsed** Essential Medicine List

⚠ ADDIKD Carboplatin dosing:

For dosing carboplatin, ADDIKD recommends that:

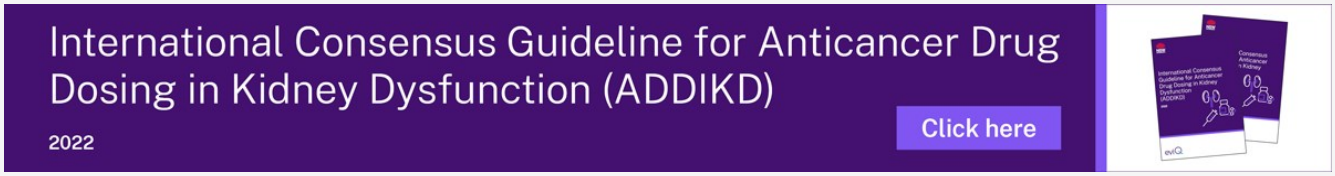
- Directly measured glomerular filtration rate (mGFR) is the preferred kidney function value in the Calvert formula, especially where estimated kidney function may be unreliable for accurate therapeutic dosing.
- Where mGFR is unavailable, eGFR adjusted to an individual's body surface area (BSA-adjusted eGFR) is a suitable alternative for use in the Calvert formula.
- Kidney function should not be capped at 125 mL/min for use in the Calvert formula.
- Recalculation of carboplatin doses at each cycle is unnecessary, except when baseline kidney function (e.g., eGFR) alters by > 20% or when there is a change in the clinical status of the patient.

For further information refer the eviQ Factsheet around carboplatin dosing and the carboplatin drug monograph within the ADDIKD guideline. To assist with calculations, use the eviQ Estimated Glomerular Filtration Rate (eGFR) and carboplatin dose calculators.

Check for clinical trials in this patient group. Link to Australian Clinical Trials website

Link to Clinical practice guidelines for the treatment of lung cancer

The anticancer drug(s) in this protocol may have been included in the ADDIKD guideline. Dose recommendations in kidney dysfunction have yet to be updated to align with the ADDIKD guideline. Recommendations will be updated once the individual protocol has been evaluated by the reference committee. For further information refer to the ADDIKD guideline. To assist with calculations, use the eviQ Estimated Glomerular Filtration Rate (eGFR) calculator.



Related pages:

- Small cell lung cancer extensive disease cARBOplatin and oral etoposide
- Small cell lung cancer extensive disease CAV (CYCLOPHOSPHamide DOXOrubicin vinCRISTine)

Treatment schedule - Overview

Cycle 1 to 4

Drug	Dose	Route	Day
cARBOplatin	5 AUC *	IV infusion	1
Etoposide **	100 mg/m^2	IV infusion	1 to 3

*if estimated GFR is greater than 125 mL/min (i.e. 5 AUC dose greater than 750 mg), obtaining direct measurement rather than an estimated renal function and/or dose capping is strongly recommended

**Etopophos (etoposide phosphate) 113.6 mg is equivalent to etoposide 100 mg. Doses in this protocol are expressed as etoposide.

Frequency: 21 days

Cycles: 4 unless otherwise indicated

Notes:
For selected patients it may be appropriate to substitute cisplatin for carboplatin.

Oral etoposide may be substituted for intravenous etoposide at the correct conversion dose. There is no evidence to support this but clinical circumstances may justify the use of oral etoposide in this regimen and in this patient population.

The standard oral etoposide dose is approximately twice the effective intravenous etoposide dose i.e. 200 mg/m^2 (*orally*) = 100 mg/m^2 (*intravenously*). Prediction of oral doses based on intravenous doses may be unreliable; it is recommended to titrate the oral dose to achieve maximal effect and minimise toxicity.

Drug status: All drugs in this protocol are on the PBS general schedule

Cost: ~ $420 per cycle

Treatment schedule - Detail

The supportive therapies (e.g. antiemetics, premedications, etc.), infusion times, diluents, volumes and routes of administration, if included, are listed as defaults. They may vary between institutions and can be substituted to reflect individual institutional policy.

*Antiemetics if included in the treatment schedule are based upon recommendations from national and international guidelines. These are **defaults only** and may be substituted to reflect individual institutional policy. Select here for recommended doses of alternative antiemetics.*

Cycle 1 to 4

Day 1		
Netupitant	300 mg (PO)	60 minutes before chemotherapy (fixed dose preparation with palonosetron)
Palonosetron	0.5 mg (PO)	60 minutes before chemotherapy (fixed dose preparation with netupitant)
Dexamethasone	8 mg (PO)	60 minutes before chemotherapy
cARBOplatin	5 AUC (IV infusion)	in 500 mL glucose 5% over 30 to 60 minutes (if estimated GFR is greater than 125 mL/min (i.e. 5 AUC dose greater than 750 mg), obtaining direct measurement rather than an estimated renal function and/or dose capping is strongly recommended)
Etoposide	100 mg/m^2 (IV infusion)	in 500 mL sodium chloride 0.9% over 30 to 60 minutes
Day 2 and 3		
Etoposide	100 mg/m^2 (IV infusion)	in 500 mL sodium chloride 0.9% over 30 to 60 minutes
Dexamethasone	8 mg (PO)	ONCE a day (or in divided doses) with or after food. Note: dexamethasone doses on day 2 and 3 may not be required and may be reduced or omitted at the clinicians discretion *

- Etopophos (etoposide phosphate) 113.6 mg is equivalent to etoposide 100 mg. Doses in this protocol are expressed as etoposide.

* Link to ID 7 Prevention of antineoplastic induced nausea and vomiting

Frequency: 21 days

Cycles: 4 unless otherwise indicated

Indications and patient population

- Small cell lung cancer, extensive disease

Clinical information

Venous access required	IV cannula (IVC) or central venous access device (CVAD) is required to administer this treatment. Read more about central venous access device line selection
Hypersensitivity/infusion related reaction	High risk with etoposide. High risk with carboplatin. Hypersensitivity risk increases with number of cycles of carboplatin. Rechallenge with carboplatin after hypersensitivity carries a high risk of anaphylaxis, and where clinically indicated, should be undertaken with a desensitisation protocol with appropriate supports in place. Refer to local institutional policy. Read more about Hypersensitivity reaction
Emetogenicity MODERATE	Suggested default antiemetics have been added to the treatment schedule, and may be substituted to reflect institutional policy. Carboplatin AUC ≥ 4 is classified by MASCC/ESMO Antiemetic Guidelines 2016 and ASCO Antiemetic Guidelines 2017 as having moderate emetogenicity. However, a NK1 receptor antagonist and a $5HT_3$ receptor antagonist in combination with dexamethasone are available on the PBS for primary prophylaxis of carboplatin induced nausea and vomiting. Ensure that patients also have sufficient antiemetics for breakthrough emesis: Metoclopramide 10 mg three times a day when necessary (maximum of 30 mg/24 hours, up to 5 days) OR Prochlorperazine 10 mg PO every 6 hours when necessary. Read more about preventing anti-cancer therapy induced nausea and vomiting
Etoposide conversion factor	Note: Etopophos (etoposide phosphate) 113.6 mg is equivalent to etoposide 100 mg. Doses in this protocol are expressed as etoposide.
Blood tests	FBC, EUC, eGFR and LFTs (consider calcium and magnesium) at baseline and prior to each treatment. Recalculation of carboplatin doses at each cycle is unnecessary, except when baseline kidney function (e.g., eGFR) alters by greater than 20% or when there is a change in the clinical status of the patient.
Hepatitis B screening and prophylaxis	Routine screening for HBsAg and anti-HBc is NOT usually recommended for patients receiving this treatment. Read more about hepatitis B screening and prophylaxis in cancer patients requiring cytotoxic and/or immunosuppressive therapy
Vaccinations	Live vaccines are contraindicated in cancer patients receiving immunosuppressive therapy and/or who have poorly controlled malignant disease. Refer to the recommended schedule of vaccination for immunocompromised patients, as outlined in the Australian Immunisation Handbook. Read more about COVID-19 vaccines and cancer.
Fertility, pregnancy and lactation	Cancer treatment can have harmful effects on fertility and this should be discussed with all patients of reproductive potential prior to commencing treatment. There is a risk of foetal harm in pregnant women. A pregnancy test should be considered prior to initiating treatment in females of reproductive potential if sexually active. It is important that all patients of reproductive potential use effective contraception whilst on therapy and after treatment finishes. Effective contraception methods and adequate contraception timeframe should be discussed with all patients of reproductive potential. Possibility of infant risk should be discussed with breastfeeding patients. Read more about the effect of cancer treatment on fertility

Dose modifications

Evidence for dose modifications is limited, and the recommendations made on eviQ are intended as a guide only. They are generally conservative with an emphasis on safety. Any dose modification should be based on clinical judgement, and the individual patient's situation including but not limited to treatment intent (curative vs palliative), the anti-cancer regimen (single versus combination therapy versus chemotherapy versus immunotherapy), biology of the cancer (site, size, mutations, metastases), other treatment related side effects, additional co-morbidities, performance status and patient preferences.Suggested dose modifications are based on clinical trial findings, product information, published guidelines and reference committee consensus . The dose reduction applies to each individual dose and not to the total number of days or duration of treatment cycle unless stated otherwise. Non-haematological gradings are based on Common Terminology Criteria for Adverse Events (CTCAE) unless otherwise specified. Renal and hepatic dose modifications have been standardised where possible. For more information see dosing considerations & disclaimer .

The dose recommendations in kidney dysfunction (i.e.renal impairment) displayed may not reflect those in the ADDIKD guideline and have been included for historical reference only. Recommendations will be updated once the individual protocol has been evaluated by the reference committee, with this version of the protocol then being archived. Clinicians are expected to refer to the ADDIKD guideline prior to prescribing in kidney dysfunction.
International Consensus Guideline for Anticancer Drug Dosing in Kidney Dysfunction (ADDIKD).

For dosing carboplatin, ADDIKD recommends that:

- Directly measured glomerular filtration rate (mGFR) is the preferred kidney function value in the Calvert formula, especially where estimated kidney function may be unreliable for accurate therapeutic dosing.
- Where mGFR is unavailable, eGFR adjusted to an individual's body surface area (BSA-adjusted eGFR) is a suitable alternative for use in the Calvert formula.
- Kidney function should not be capped at 125 mL/min for use in the Calvert formula.
- Recalculation of carboplatin doses at each cycle is unnecessary, except when baseline kidney function (e.g., eGFR) alters by > 20% or when there is a change in the clinical status of the patient.

*For further information refer the **eviQ Factsheet** around carboplatin dosing and the carboplatin drug monograph within the ADDIKD guideline. To assist with calculations, use the eviQ **Estimated Glomerular Filtration Rate (eGFR)** and **carboplatin** dose calculators.*

Note: All dose reductions are calculated as a percentage of the starting dose

Haematological toxicity	
ANC x 10^9/L (pre-treatment blood test)	
1.0 to less than 1.5	Refer to local institutional guidelines; it is the view of the expert clinicians that treatment should continue if patient is clinically well.
0.5 to less than 1.0	Delay treatment until recovery
less than 0.5	Delay treatment until recovery and reduce carboplatin and etoposide by 25% for subsequent cycles
Febrile neutropenia	Delay treatment until recovery and reduce carboplatin and etoposide by 25% for subsequent cycles
Platelets x 10^9/L (pre-treatment blood test)	
75 to less than 100	The general recommendation is to delay, however if the patient is clinically well it may be appropriate to continue treatment; refer to treating team and/or local institutional guidelines.
50 to less than 75	Delay treatment until recovery
less than 50	Delay treatment until recovery and reduce carboplatin and etoposide by 25% for subsequent cycles

Renal impairment	
Creatinine clearance (mL/min)	
30 to 50	Reduce etoposide by 25% and recalculate carboplatin dose using Calvert formula

Renal impairment	
less than 30	Reduce etoposide by 50% and recalculate carboplatin dose using Calvert formula or omit carboplatin

Hepatic impairment	
Hepatic dysfunction	
Mild	Reduce etoposide by 25%
Moderate	Reduce etoposide by 50%
Severe	Omit etoposide

Mucositis and stomatitis	
Grade 2	Delay treatment until toxicity has resolved to Grade 1 or less and reduce doses for subsequent cycles as follows: 1st occurrence: No dose reduction 2nd occurrence: Reduce carboplatin and etoposide by 25% 3rd occurrence: Reduce carboplatin and etoposide by 50% 4th occurrence: Omit carboplatin and etoposide
Grade 3 or Grade 4	Delay treatment until toxicity has resolved to Grade 1 or less and reduce doses for subsequent cycles as follows: 1st occurrence: Reduce carboplatin and etoposide by 50% 2nd occurrence: Omit carboplatin and etoposide

Interactions

Drug interactions in eviQ protocols are under review and being updated to align with current literature. Further site-wide updates and changes will occur in due course. References & Disclaimer

The drug interactions shown below are not an exhaustive list. For a more comprehensive list and for detailed information on specific drug interactions and clinical management, please refer to the specific drug product information and the following key resources:

- *MIMS - interactions tab (includes link to a CYP-450 table) (login required)*
- *Australian Medicines Handbook (AMH) – interactions tab (login required)*
- *Micromedex Drug Interactions (login required)*
- *Cancer Drug Interactions*
- *Cytochrome P450 Drug Interactions*

Carboplatin		
	Interaction	**Clinical management**
Nephrotoxic drugs (e.g. aminoglycosides, amphotericin, contrast dye, frusemide, NSAIDs)	Additive nephrotoxicity	Avoid combination or monitor kidney function closely
Ototoxic drugs (e.g. aminoglycosides, frusemide, NSAIDs)	Additive ototoxicity	Avoid combination or perform regular audiometric testing
Paclitaxel	Administration schedule may influence the development of myelosuppression	Minimise toxicity by administering paclitaxel first in regimens using the combination

Etoposide and Etoposide Phosphate		
	Interaction	**Clinical management**
CYP3A4 and P-gp inhibitors (e.g. amiodarone, aprepitant, azole-antifungals, ritonavir, lapatinib, nilotinib, sorafenib, macrolides, ciclosporin etc.)	Increased toxicity of etoposide possible due to reduced clearance	Avoid combination or monitor for etoposide toxicity
CYP3A4 inducers (e.g. carbamazepine, phenytoin, phenobarbitone, rifampicin, St John's wort etc.)	Reduced efficacy of etoposide possible due to increased clearance	Avoid combination or monitor for decreased clinical response to etoposide
Glucosamine	Reduced efficacy of etoposide (due to induction of glucose-regulated stress proteins resulting in decreased expression of topoisomerase II)	Avoid combination or monitor for decreased clinical response to etoposide
Grapefruit juice	Reduced efficacy of oral etoposide possible due to possible alteration of P-gp mediated intestinal transport of etoposide	Avoid combination or monitor for decreased clinical response to etoposide

NK-1 antagonist e.g. aprepitant, fosaprepitant, netupitant		
	Interaction	**Clinical management**
Dexamethasone	Increased effects/toxicity of dexamethasone due to inhibition of its metabolism via CYP3A4	Reduce dose of **antiemetic dexamethasone** by approximately 50% when adding a NK-1 antagonist. For protocols that already recommend a NK-1 antagonist, the dose reduction of **antiemetic dexamethasone** has already been taken into account. If **dexamethasone is part of the chemotherapy protocol**, dose reduction as per the product information is not routinely recommended in clinical practice and no additional dexamethasone is required for antiemetic cover.
Warfarin	Reduced anticoagulant efficacy of warfarin due to increased clearance (aprepitant induces CYP2C9). *Note interaction only applicable to aprepitant/ fosaprepitant	INR should be monitored in the 2 week period, particularly at 7 to 10 days following the administration of aprepitant/ fosaprepitant
Combined oral contraceptive	Reduced contraceptive efficacy due to increased clearance. *Note interaction only applicable to aprepitant/ fosaprepitant	Alternative non-hormonal methods should be used during and for 1 month after stopping aprepitant/ fosaprepitant
CYP3A4 inducers (e.g. carbamazepine, phenytoin, phenobarbitone, rifampicin, St John's wort etc.)	Reduced efficacy of NK-1 antagonist possible due to increased clearance	Avoid combination or monitor for decreased antiemetic effect. Consider using an alternative antiemetic regimen
CYP3A4 inhibitors (e.g. azole antifungals, clarithromycin, erythromycin, grapefruit juice, ritonavir etc.)	Increased toxicity of NK-1 antagonist possible due to reduced clearance	Avoid combination or monitor for increased adverse effects of NK-1 antagonist (e.g. headache, hiccups, constipation)
Drugs metabolised by CYP3A4 (e.g. etoposide, imatinib, irinotecan, midazolam, paclitaxel, vinblastine, vincristine etc.)	Increased effects/toxicity of these drugs possible due to inhibition of CYP3A4 by NK-1 antagonist	Avoid combination or monitor for increased toxicity especially with orally administered drugs

General		
	Interaction	**Clinical management**
Warfarin	Anti-cancer drugs may alter the anticoagulant effect of warfarin.	Monitor INR regularly and adjust warfarin dosage as appropriate; consider alternative anticoagulant.
Direct oral anticoagulants (DOACs) e.g. apixaban, rivaroxaban, dabigatran	Interaction with both CYP3A4 and P-gp inhibitors /inducers. DOAC and anti-cancer drug levels may both be altered, possibly leading to loss of efficacy or toxicity (i.e. increased bleeding).	Apixaban: avoid concurrent use with strong CYP3A4 and P-gp inhibitors. If treating VTE, avoid use with strong CYP3A4 and P-gp inducers. Rivaroxaban: avoid concurrent use with strong CYP3A4 and P-gp inhibitors. Dabigatran: avoid combination with strong P-gp inducers and inhibitors. If concurrent use is unavoidable, monitor closely for efficacy/toxicity of both drugs.
Digoxin	Anti-cancer drugs can damage the lining of the intestine; affecting the absorption of digoxin.	Monitor digoxin serum levels; adjust digoxin dosage as appropriate.
Antiepileptics	Both altered antiepileptic and anti-cancer drug levels may occur, possibly leading to loss of efficacy or toxicity.	Where concurrent use of an enzyme-inducing antiepileptic cannot be avoided, monitor antiepileptic serum levels for toxicity, as well as seizure frequency for efficacy; adjust dosage as appropriate. Also monitor closely for efficacy of the anti-cancer therapy.
Antiplatelet agents and NSAIDs	Increased risk of bleeding due to treatment related thrombocytopenia.	Avoid or minimise combination. If combination deemed essential, (e.g. low dose aspirin for ischaemic heart disease) monitor for signs of bleeding.
Serotonergic drugs, including selective serotonin reuptake inhibitors (SSRIs e.g. paroxetine) and serotonin noradrenaline reuptake inhibitors (SNRIs e.g. venlafaxine)	Increased risk of serotonin syndrome with concurrent use of 5-HT3 receptor antagonists (e.g. palonosetron, ondansetron, granisetron, tropisetron, dolasetron, etc.)	Avoid combination. If combination is clinically warranted, monitor for signs and symptoms of serotonin syndrome (e.g. confusion, agitation, tachycardia, hyperreflexia). For more information link to TGA Medicines Safety Update
Vaccines	Diminished response to vaccines and increased risk of infection with live vaccines.	Live vaccines (e.g. BCG, MMR, zoster and varicella) are contraindicated in patients on immunosuppressive therapy. Use with caution in patients on non-immunosuppressive therapy. For more information; refer to the recommended schedule of vaccination for cancer patients, as outlined in the Australian Immunisation Handbook

Administration

eviQ provides safe and effective instructions on how to administer cancer treatments. However, eviQ does not provide every treatment delivery option, and is unable to provide a comprehensive list of cancer treatment agents and their required IV line giving set/filter. There may be alternative methods of treatment administration, and alternative supportive treatments that are also appropriate. Please refer to the individual

product information monographs via the TGA website for further information.

Day 1

Approximate treatment time: 2.5 hours

Safe handling and waste management

Safe administration

General patient assessment prior to each treatment.

Any toxicity grade 2 or greater may require dose reduction, delay or omission of treatment and review by medical officer before recommencing treatment.

Prime IV line(s).

Insert IV cannula or access TIVAD or CVAD.

Pre treatment medication

Verify antiemetics taken or administer as prescribed.

Verify dexamethasone taken or administer as prescribed.

Chemotherapy - Time out

Carboplatin

Administer carboplatin (irritant):

- via IV infusion over 30 to 60 minutes
- observe for hypersensitivity reactions
- flush with ~100 mL of sodium chloride 0.9%
- hypersensitivity risk increases with number of cycles administered.

Stop infusion at first sign of reaction:

- if symptoms are mild and resolve when infusion is stopped, consider recommencing infusion after review by medical officer at a slower rate
- for severe reactions seek medical assistance immediately and do not restart infusion.

Etoposide

Administer etoposide (irritant):

- via IV infusion over 30 to 60 minutes
- rapid infusion may cause hypotension
- observe for hypersensitivity
- flush with ~ 100 mL sodium chloride 0.9%
- if using etoposide phosphate administer in ~ 50 mL sodium chloride 0.9% or glucose 5% over ~15 minutes.

Stop infusion at first sign of reaction:

- if symptoms are mild and resolve when infusion is stopped, consider recommencing infusion after review by medical officer at a slower rate.
- for severe reactions seek medical assistance immediately and do not restart infusion.

Remove IV cannula and/or deaccess TIVAD or CVAD.

Continue safe handling precautions until 7 days after completion of drug(s)

Days 2 and 3

Approximate treatment time: 90 minutes

Safe handling and waste management

Safe administration

General patient assessment prior to each treatment.

Any toxicity grade 2 or greater may require dose reduction, delay or omission of treatment and review by medical officer before recommencing treatment.

Prime IV line(s).

Insert IV cannula or access TIVAD or CVAD.

Pre treatment medication

Verify antiemetics taken or administer as prescribed.

Chemotherapy - Time out

Etoposide

Administer etoposide (irritant):

- via IV infusion over 30 to 60 minutes
- rapid infusion may cause hypotension
- observe for hypersensitivity
- flush with ~ 100 mL sodium chloride 0.9%
- if using etoposide phosphate administer in ~ 50 mL sodium chloride 0.9% or glucose 5% over ~15 minutes.

Stop infusion at first sign of reaction:

- if symptoms are mild and resolve when infusion is stopped, consider recommencing infusion after review by medical officer at a slower rate.
- for severe reactions seek medical assistance immediately and do not restart infusion.

Remove IV cannula and/or deaccess TIVAD or CVAD.

Continue safe handling precautions until 7 days after completion of drug(s)

Discharge information

Antiemetics

- Antiemetics as prescribed.

Patient information

- Ensure patient receives patient information sheet.

Side effects

The side effects listed below are not a complete list of all possible side effects for this treatment. Side effects are categorised into the approximate onset of presentation and should only be used as a guide.

Immediate (onset hours to days)	
Hypersensitivity reaction	Anaphylaxis and infusion related reactions can occur with this treatment. Read more about hypersensitivity reaction
Nausea and vomiting	Read more about prevention of treatment induced nausea and vomiting
Taste and smell alteration	Read more about taste and smell changes

Early (onset days to weeks)	
Neutropenia	Abnormally low levels of neutrophils in the blood. This increases the risk of infection. Any fever or suspicion of infection should be investigated immediately and managed aggressively. Read more about immediate management of neutropenic fever
Thrombocytopenia	A reduction in the normal levels of functional platelets, increasing the risk of abnormal bleeding. Read more about thrombocytopenia
Oral mucositis	Erythematous and ulcerative lesions of the gastrointestinal tract (GIT). It commonly develops following chemotherapy, radiation therapy to the head, neck or oesophagus, and high dose chemotherapy followed by a blood and marrow transplant (BMT). Read more about oral mucositis
Anorexia	Loss of appetite accompanied by decreased food intake. Read more about anorexia
Diarrhoea	Read more about treatment induced diarrhoea
Fatigue	Read more about fatigue

Late (onset weeks to months)	
Anaemia	Abnormally low levels of red blood cells (RBCs) or haemoglobin in the blood. Read more about anaemia
Alopecia	Hair loss may occur from all parts of the body. Patients can also experience mild to moderate discomfort of the hair follicles, and rarely pain as the hair is falling out. Read more about alopecia and scalp cooling

Evidence

The evidence supporting the use of carboplatin/etoposide comes from a randomised phase lll trial conducted by the Hellenic Cooperative Oncology Group, reported by Skarlos 1994 and Kosmidis 1994 respectively[1,2]. Patients who had any stage of small cell lung cancer were randomised to receive either intravenous (IV) cisplatin 50 mg/m^2 on days 1 and 2 or IV carboplatin 300 mg/m^2 on day 1, both combined with IV etoposide 100 mg/m^2 on days 1 to 3 every 21 days for 6 treatment cycles. The vast majority of responding limited disease (LD) patients and complete responders (CR) with extensive disease (ED) also received thoracic irradiation (TI) and prophylactic cranial irradiation (PCI) concurrently with the third cycle. Of the 143 eligible patients, 71 patients were allocated to the cisplatin/etoposide (EP) arm and 72 the carboplatin/etoposide (EC) arm. In each treatment arm, there were 41 patients with a tumour stage of LD. The treatment outcome was measured as tumour response and survival.

Small cell lung carcinoma usually presents as disseminated disease and treatment strategies have focused on combination systemic chemotherapy. A number of chemotherapy combinations have been utilized in this chemotherapy sensitive disease. Although response rates are high 80 to 100% (50-70% CR) in limited disease (LD) and 60 to 80% (15-40% CR) in extensive disease (ED), the median survival rates are low at 14 to 20 months and 8 to 13 months for LD and ED respectively.

Platinum based regimens are the cornerstone of treatment for small cell lung cancer. Although the majority of published trials utilise the cisplatin-etoposide combination, most patients are treated with carboplatin-etoposide. This is due to the improved tolerability of carboplatin over cisplatin, especially in patients with poor performance status, and the palliative nature of therapy. A meta-analysis of individualised patient data from 4 randomised trials comparing cisplatin-based treatment (n= 328, number of patients with extensive disease= 221) with carboplatin-based treatments (n= 335, number of patients with extensive disease= 232) for first line therapy in small cell lung cancer was reported in 2012. Doses and treatment regimens differed between the trials, and 1 trial administered thoracic radiation therapy for patients with extensive disease.[3]

Table 1. Characteristics of the Four Randomized Trials Included in the Meta-Analysis

Variable	Joss et al[21]	Skarlos et al[22]	Okamoto et al[23]	Lee et al[24]
Treatment schedule				
Cisplatin arm	Cisplatin 30 mg/m^2 days 1–3 + doxorubicin 40 mg/m^2 day 1 + etoposide 100 mg/m^2 days 1-3 Followed (usually after 17-21 days) by cyclophosphamide 1,000 mg/m^2 day 1 + methotrexate 20 mg/m^2 days 14, 17 + vincristine 1.4 mg/m^2 day 1 + lomustine 40 mg/m^2 day 1	Cisplatin 50 mg/m^2 days 1-2 + etoposide 100 mg/m^2 days 1-3 every 3 weeks up to six cycles	Cisplatin 25 mg/m^2 days 1-3 + etoposide 80 mg/m^2 days 1-3, every 3-4 weeks up to four cycles	Cisplatin 60 mg/m^2 day 1 + etoposide 120 mg/m^2 day 1; 100 mg/m^2 twice a day orally days 2-3 every 3 weeks up to six cycles
Carboplatin arm	Carboplatin 80 mg/m^2 day 1 + teniposide 80 mg/m^2 day 1 once per week	Carboplatin 300 mg/m^2 day 1 + etoposide 100 mg/m^2 days 1-3 every 3 weeks up to six cycles	Carboplatin AUC 5 day 1 + etoposide 80 mg/m^2 days 1-3 every 3-4 weeks up to four cycles	Carboplatin AUC 5 day 1 + gemcitabine 1,200 mg/m^2 days 1 and 8 every 3 weeks up to six cycles
Radiotherapy	N/A	LD: OR → Chest RT (concurrent with third cycle) and PCI ED: CR → Chest RT (concurrent with third cycle) and PCI	N/A	LD: OR → Chest RT CR also PCI
Primary end point	N/S	N/S	Overall survival	Overall survival
Planned sample size	N/S	N/S	220	241
Actual sample size	59	143	220	241
Start of accrual	September 1989	September 1987	September 1998	January 1999
End of accrual	September 1991	November 1991	January 2004	October 2001
Median follow-up, months[13]	N/A (all patients dead)	26.3	58.9	24.0
No. of deaths recorded	59 (100%)	111 (78%)	203 (92%)	216 (90%)
Eligibility criteria				
Age limitations, years	N/S	< 75	≥ 70 (PS 0-2) < 70 (PS 3)	Both < 70 and ≥ 70
PS	0-3	0-2	0-2 (≥ 70 years) 3 (< 70 years)	0-2 (ED) ≥ 2 (LD)
Stage	ED	ED LD	ED	ED (PS 0-2) Poor prognosis LD (PS ≥ 2 and/or increased ALP)

Abbreviations: ALP, alkaline phosphatase; AUC, area under curve; CR, complete response; ED, extensive disease; LD, limited disease; N/A, not applicable; N/S, not specified; OR, objective response; PCI, prophylactic cranial irradiation; PS, performance status; RT, radiotherapy.

Efficacy

The efficacy of cisplatin/etoposide and carboplatin/etoposide combinations along with thoracic irradiation was prospectively assessed in patients with SCLC. Median length of survival was 12.5 months and 11.8 months, respectively, for patients treated with cisplatin/etoposide and carboplatin/etoposide, with no statistically significant difference. Both combinations were equally effective in tumour response and survival.

Tumour response and survival between cisplatin/etoposide and carboplatin/etoposide[2]

Outcome[2]	Cisplatin/etoposide		Carboplatin/etoposide	
	Limited Disease (n=41)	Extensive Disease (n=30)	Limited Disease (n=41)	Extensive Disease (n=31)
Complete response n (%) 95%CI	18 (44%) 28% to 49%	3 (10%) 0 to 20 %	15 (37%) 22% to 51%	5 (16%) 3% to 29%
Partial response n (%)	12 (29%)	12 (40%)	20 (49%)	15 (48%)
Overall response n (%) 95%CI	30 (73%) 10% to 43%	15 (50%) 22% to 57%	35 (86%) 33% to 64%	20 (64%) 3% to 66%
Stable disease n (%)	6 (15%)	10 (33%)	2 (5%)	7 (23%)
Progressive disease (n)	1	2	3	3
Non evaluable patients (n)	4	3	1	1
Median time to progression (range)	8.4 months (1 to 35 months)		8.6 months (1 to 57 months)	
Median survival	12.5 months		11.8 months	

Median overall survival from the COCIS meta-analysis was equivalent in patients receiving cisplatin-based therapy compared with carboplatin-based therapy (9.6 months vs 9.4 months respectively; HR 1.08 and 95% CI 0.92-1.27; p= 0.37), as was median progression free survival (5.5 vs 5.3 months; HR 1.1 and 95% CI 0.94-1.29; p= 0.25), and response rate (67.1 vs 66%; RR 0.98 and 95% CI 0.84-1.16, p= 0.83).[3]

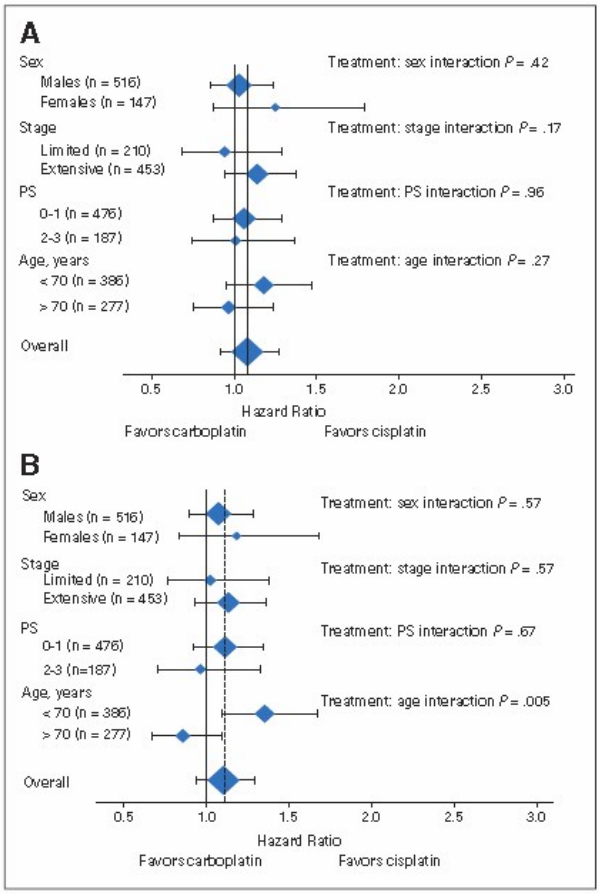


Fig 3. Forest plot of (A) overall survival and (B) progression-free survival by patients' subgroups. PS, performance status.

Toxicity

Based on the meta-analysis of the cisplatin-based regimens compared with carboplatin-based regimens, statistically significantly more haematological toxicities (anaemia, thrombocytopenia, leucopenia) were observed in patients treated with carboplatin. Other toxicities (nausea, neurotoxicity, nephrotoxicity) were significantly more common in patients treated with cisplatin.[3]

Table 3. Toxicity

Toxicity	Patients With Toxicity Information	Any Grade						Severe Toxicity (grade ≥ 3)					
		Cisplatin (%)	Carboplatin (%)	Exact OR	95% CI	P*	P† for Homogeneity	Cisplatin (%)	Carboplatin (%)	Exact OR	95% CI	P*	P† for Homogeneity
Leucopenia	655	74	77	1.22	0.81 to 1.88	.357	< .001	34	34	0.96	0.67 to 1.37	.863	< .001
Neutropenia	458	86	90	1.53	0.81 to 2.92	.177	.397	64	73	1.74	1.07 to 2.83	.021	.999
Anemia	512	84	89	1.72	0.99 to 3.03	.049	.046	16	25	1.73	1.12 to 2.89	.011	< .001
Platelets	512	39	71	3.36	2.83 to 6.34	< .001	< .001	14	42	3.78	2.86 to 7.19	< .001	< .001
Nausea/vomiting	655	72	63	0.66	0.47 to 0.93	.013	.012	6	3	0.49	0.21 to 1.11	.066	.999
Stomatitis	655	25	21	0.78	0.52 to 1.17	.239	.065	1	< 1	0.24	0.01 to 3.32	.320	.999
Diarrhea	458	19	22	1.23	0.76 to 2.00	.415	.999	2	2	0.99	0.18 to 5.40	.999	.999
Constipation	239	39	51	1.58	0.92 to 2.73	.091	.999	3	5	1.51	0.35 to 7.48	.749	.999
Neurotoxicity	416	19	7	0.29	0.14 to 0.58	< .001	.243	1	< 1	0.35	0.01 to 7.27	.569	.999
Renal toxicity	415	25	10	0.34	0.19 to 0.61	< .001	.787	1.5	5	0.28	0.01 to 3.78	.351	.540
Toxic deaths	655	—	—	—		—	—	1.9	1.5	0.80	0.19 to 3.18	.769	.101

Abbreviation: OR, odds ratio.
*Exact text stratified by trial.
†Exact test for homogeneity of odds ratios.

References

1 Skarlos, D. V., E. Samantas, P. Kosmidis, et al. 1994. "Randomized comparison of etoposide-cisplatin vs. etoposide-carboplatin and irradiation in small-cell lung cancer. A Hellenic Co-operative Oncology Group study." Ann.Oncol 5(7):601-607.

2 Kosmidis, P. A., E. Samantas, G. Fountzilas, et al. 1994. "Cisplatin/etoposide versus carboplatin/etoposide chemotherapy and irradiation in small cell lung cancer: a randomized phase III study. Hellenic Cooperative Oncology Group for Lung Cancer Trials." Semin.Oncol. 21(3 Suppl 6):23-30.

3 Rossi, A., M. Di Maio, P. Chiodini, et al. 2012. "Carboplatin- or cisplatin-based chemotherapy in first-line treatment of small-cell lung cancer: the COCIS meta-analysis of individual patient data." J Clin Oncol 30(14):1692-1698.

History

Version 5

Date	Summary of changes
13/03/2007	Independent evaluation added.
12/09/2009	Reviewed and transferred to eviQ.
02/07/2010	Haematological dose modifications updated (20% changed to 25% dose reduction).
19/10/2010	Dose modifications updated: "consider reducing" changed to " reduce".
09/02/2011	New format to allow for export of protocol information. Protocol version number changed to *V.2.* Antiemetics and premedications added to the treatment schedule. Additional Clinical Information, Key Prescribing table and Key Administration table combined into new section titled Clinical Considerations. Drug specific information placed behind the drug name link.
09/09/2011	Infusion fluid for carboplatin changed from sodium chloride 0.9% to glucose 5% because of longer stability. Nephrotoxicity, ototoxicity and peripheral neuropathy side effects removed from protocol as these side effects were considered to to be rare with this treatment at the given doses.
20/01/2012	Blood tests: frequency changed from repeated "prior to each treatment" to "prior to each cycle".
18/04/2012	Palonosetron added as the preferred $5HT_3$ antagonist for moderate emetogenicity.
30/11/2012	Reviewed at Medical Oncology Reference Committee Meeting. Evidence updated to include COCIS meta analysis. Next review in 2 years.
02/09/2014	PHC view removed.
12/09/2014	Reviewed by Medical Oncology Reference Committee. No change. Next review 2 years.
09/03/2015	Carboplatin dosing - for estimated GFR > 125 mL/min, note about measuring GFR and/or dose capping added.
18/02/2016	Discussed with Medical Oncology Reference Committee Chairs, for review every 5 years. Next review 3 years.
31/05/2017	Transferred to new eviQ website. Link to the independent evaluation of the evidence completed in 2006/7 removed from the history as no longer relevant. Version number changed to V.3. Antiemetic change: A NK1 receptor antagonist and a $5HT_3$ receptor antagonist in combination with dexamethasone has been added as available on the PBS for primary prophylaxis of carboplatin induced nausea and vomiting. Hepatitis B screening changed to NOT recommended.
10/05/2018	Haematological dose modifications updated as per consensus of the expert clinician group. Version number changed to V.4.
17/01/2019	Carboplatin AUC ≥ 4 changed from highly to moderately emetogenic as per MASCC/ESMO and ASCO guidelines and medical oncology reference committee consensus. Dexamethasone day 4 dose removed. NK1 receptor

Date	Summary of changes
	antagonist unchanged. Treatment detail and clinical information updated to reflect the change. Version number changed to V.5
02/04/2020	Protocol reviewed electronically by Medical Oncology Reference Committee. No change. Next review 4 years.
01/06/2020	Note regarding cisplatin substitution added to treatment schedule as per Medical Oncology Reference Committee.

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Patient information - Lung cancer extensive disease - Carboplatin and etoposide

Patient's name:

Your treatment

The treatment schedule below explains how the drugs for this treatment are given.

Carboplatin and etoposide			
This cycle is repeated every 21 days. Your doctor will advise you of the number of treatments you will have.			
Day	**Treatment**	**How it is given**	**How long it takes**
1	**Carboplatin** (*carb-o-PLAT-in*) **Etoposide** (*e-TOE-poe-side*)	By drip into a vein	2.5 hours
2 and 3	**Etoposide**	By drip into a vein	1.5 hours

When to get help

Anticancer drugs (drugs used to treat cancer) can sometimes cause serious problems. It is important to get medical help immediately if you become unwell.

IMMEDIATELY go to your nearest hospital Emergency Department, or contact your doctor or nurse if you have any of the following at any time:	**Emergency contact details** Ask your doctor or nurse from your treating team who to contact if you have a problem
• a temperature of 38°C or higher • chills, sweats, shivers or shakes • shortness of breath • uncontrolled vomiting or diarrhoea • pain, tingling or discomfort in your chest or arms • you become unwell.	Daytime: Night/weekend: Other instructions:

During your treatment immediately tell the doctor or nurse looking after you if you get any of the following problems:

- leaking from the area where the drugs are being given
- pain, stinging, swelling or redness in the area where the drugs are being given or at any injection sites
- a skin rash, itching, feeling short of breath, wheezing, fever, shivers, or feeling dizzy or unwell in any way (allergic reaction).

Other information about your treatment

Changes to your dose or treatment delays

Sometimes a treatment may be started at a lower dose or the dose needs to be changed during treatment. There may also be

times when your treatment is delayed. This can happen if your doctor thinks you are likely to have severe side effects, if you get severe side effects, if your blood counts are affected and causing delays in treatment, or if you are finding it hard to cope with the treatment. This is called a dose reduction, dose change or treatment delay. Your doctor will explain if you need any changes or delays to your treatment and the reason why.

Blood tests and monitoring

Anti-cancer drugs can reduce the number of blood cells in your body. You will need to have regular blood tests to check that your blood cell count has returned to normal. If your blood count is low, your treatment may be delayed until it has returned to normal. Your doctor or nurse will tell you when to have these blood tests.

Other medications given during this treatment

- **Anti-sickness (anti-nausea) medication:** you may be given some anti-sickness medication. Make sure you take this medication as your doctor or nurse tells you, even if you don't feel sick. This can help to prevent the sickness starting.

Side effects

Cancer treatments can cause damage to normal cells in your body, which can cause side effects. Everyone gets different side effects, and some people will have more problems than others.

The table below shows some of the side effects you may get with this treatment. You are unlikely to get all of those listed and you may also get some side effects that have not been listed.

Tell your doctor or nurse about any side effects that worry you. Follow the instructions below and those given to you by your doctor or nurse.

Immediate (onset hours to days)	

Allergic reaction	• Allergic reactions are uncommon but can be life threatening.
	• **If you feel unwell during the infusion or shortly after it, or:**
	  ◦ **get a fever, shivers or shakes**
	  ◦ **feel dizzy, faint, confused or anxious**
	  ◦ **start wheezing or have difficulty breathing**
	  ◦ **have a rash, itch or redness of the face**
	
	While you are in hospital: Tell your doctor or nurse immediately.
	After you leave: Contact your doctor or nurse immediately, or go to the nearest hospital Emergency Department.

Nausea and vomiting	• You may feel sick (nausea) or be sick (vomit). • Take your anti-sickness medication as directed even if you don't feel sick. • Drink plenty of fluids (unless you are fluid restricted). • Eat small meals more frequently. • Try food that does not require much preparation. • Try bland foods like dry biscuits or toast. • Gentle exercise may help with nausea. • Ask your doctor or nurse for eviQ patient information - Nausea and vomiting during cancer treatment. • **Tell your doctor or nurse immediately, or go to the nearest hospital Emergency Department if you have uncontrolled vomiting or feel dizzy or light-headed.**
Taste and smell changes	• You may find that food loses its taste or tastes different. • These changes are likely to go away with time. • Do your mouth care regularly. • Chew on sugar-free gum or eat sugar-free mints. • Add flavour to your food with sauces and herbs. • Ask your doctor or nurse for eviQ patient information - Taste and smell changes during cancer treatment.

Early (onset days to weeks)	
Infection risk (neutropenia)	• This treatment lowers the amount of white blood cells in your body. The type of white blood cells that help to fight infection are called neutrophils. Having low level of neutrophils is called neutropenia. If you have neutropenia, you are at greater risk of getting an infection. It also means that your body can't fight infections as well as usual. This is a serious side effect, and can be life threatening. • Wash your hands often. • Keep a thermometer at home and take your temperature regularly, and if you feel unwell. • Do your mouth care regularly. • Inspect your central line site (if you have one) daily for any redness, pus or swelling. • Limit contact with people who are sick. • Learn how to recognise the signs of infection. • Ask your doctor or nurse for eviQ patient information - Infection during cancer treatment. • **Tell your doctor or nurse immediately, or go to the nearest hospital Emergency Department if you get any of the following signs or symptoms:** ◦ **a temperature of 38°C or higher** ◦ **chills, shivers, sweats or shakes** ◦ **a sore throat or cough** ◦ **uncontrolled diarrhoea** ◦ **shortness of breath** ◦ **a fast heartbeat** ◦ **become unwell even without a temperature.**
Low platelets (thrombocytopenia)	• This treatment lowers the amount of platelets in your blood. Platelets help your blood to clot. When they are low, you are at an increased risk of bleeding and bruising. • Try not to bruise or cut yourself. • Avoid contact sport or vigorous exercise. • Clear your nose by blowing gently. • Avoid constipation. • Brush your teeth with a soft toothbrush. • Don't take aspirin, ibuprofen or other similar anti-inflammatory medications unless your doctor tells you to. • Tell your doctor or nurse if you have any bruising or bleeding. • **Tell your doctor or nurse immediately, or go to your nearest hospital Emergency Department if you have any uncontrolled bleeding.**
Mouth pain and soreness (mucositis)	• You may have: ◦ bleeding gums ◦ mouth ulcers ◦ a white coating on your tongue ◦ pain in the mouth or throat ◦ difficulty eating or swallowing. • Avoid spicy, acidic or crunchy foods and very hot or cold food and drinks. • Try bland and soft foods. • Brush your teeth gently with a soft toothbrush after each meal and at bedtime. If you normally floss continue to do so. • Rinse your mouth after you eat and brush your teeth, using either: ◦ 1/4 teaspoon of salt in 1 cup of warm water, or ◦ 1/4 teaspoon of bicarbonate of soda in 1 cup of warm water • Ask your doctor or nurse for eviQ patient information - Mouth problems during cancer treatment. • **Tell your doctor or nurse if you get any of the symptoms listed above.**

Appetite loss (anorexia)	• You may not feel like eating. • Try to avoid drinking fluids at meal times. • Try to eat small meals or snacks regularly throughout the day. • Try to eat food that is high in protein and calories. • If you are worried about how much food you can eat, or if you are losing weight, ask to speak to a dietitian.
Diarrhoea	• You may get bowel motions (stools, poo) that are more frequent or more liquid. • You may also get bloating, cramping or pain. • Take your antidiarrhoeal medication as directed by your doctor. • Drink plenty of fluids (unless you are fluid restricted). • Eat and drink small amounts more often. • Avoid spicy foods, dairy products, high fibre foods, and coffee. • Ask your doctor or nurse for eviQ patient information - Diarrhoea during cancer treatment. • **Tell your doctor or nurse immediately, or go to your nearest hospital Emergency Department if your diarrhoea is not controlled, you have 4 or more loose bowel motions per day, and if you feel dizzy or light-headed.**
Tiredness and lack of energy (fatigue)	• You may feel very tired, have no energy, sleep a lot, and not be able to do normal activities or things you enjoy. • Do not drive or operate machinery if you are feeling tired. • Nap for short periods (only 1 hour at a time) • Prioritise your tasks to ensure the best use of your energy. • Eat a well balanced diet and drink plenty of fluids (unless you are fluid restricted). • Try some gentle exercise daily. • Allow your friends and family to help. • **Tell your doctor or nurse if you get any of the symptoms listed above.**

Late (onset weeks to months)	
Low red blood cells (anaemia)	• You may feel dizzy, light-headed, tired and appear more pale than usual. • Tell your doctor or nurse if you have any of these signs or symptoms. You might need a blood transfusion. • **Tell your doctor or nurse immediately, or go to the nearest hospital Emergency Department if you have any chest pain, trouble breathing, or feel like your heart is racing.**
Hair loss (alopecia)	• Your hair may start to fall out from your head and body. • Hair loss usually starts 2 to 3 weeks after your first treatment. • You may become completely bald and your scalp might feel tender. • Use a gentle shampoo and a soft brush. • Take care with hair products like hairspray, hair dye, bleaches and perms. • Protect your scalp from the cold with a hat, scarf or wig. • Protect your scalp from the sun with a hat or sunscreen of SPF 50 or higher. • Moisturise your scalp to prevent itching. • Ask your doctor or nurse about the Look Good Feel Better program

General advice for patients having cancer treatment

Chemotherapy safety

- Learn how to keep you and your family safe while you are having anticancer drugs.
- See our patient information sheet - Chemotherapy safety at home.

Blood clot risk

- Cancer and anticancer drugs can increase the risk of a blood clot (thrombosis).
- Tell your doctor if you have a family history of blood clots.
- A blood clot can cause pain, redness, swelling in your arms or legs, shortness of breath or chest pain.

- If you have any of these symptoms go to your nearest hospital Emergency Department.

Medications and vaccinations

- Before you start treatment, tell your doctor about any medications you are taking, including vitamins or herbal supplements.
- Don't stop or start any medications during treatment without talking to your doctor and pharmacist first.
- Paracetamol is safe to take if you have a headache or other mild aches and pains. It is recommended that you avoid taking aspirin, ibuprofen and other anti-inflammatory type medications for pain while you are having treatment. However, if these medications have been prescribed by your doctor, do not stop taking them without speaking with your doctor.
- Vaccinations such as flu and tetanus vaccines are safe to receive while having treatment. Do not have any live vaccines during your treatment or for 6 months after it finishes. If you are unsure, check with your doctor before you have any vaccinations.
- People you live with should be fully vaccinated, including having live vaccines according to the current vaccination schedule. Extra care needs to be taken with hand washing and careful disposal of soiled nappies for infants who have recently received the rotavirus vaccine.

Other medical and dental treatment

- If you go to hospital or any other medical appointment (including dental appointments), always tell the person treating you that you are receiving anticancer drugs.
- Before you have any dental treatment, talk to your doctor.

Diet

- While you are receiving this treatment it is important that you try to maintain a healthy diet.
- Grapefruit and grapefruit juice can interact with your medication and should be avoided while you are on this treatment.
- Speak to your doctor or nurse about whether drinking alcohol is safe with your treatment.
- If you have any concerns about recent weight loss or weight gain or questions about your diet, ask to speak to a dietitian.

Fertility

- Some cancer treatments can reduce your fertility. This can make it difficult or impossible to get pregnant or father a child.
- Talk to your doctor or nurse before you start any treatment. Depending on your situation there may be fertility sparing options available to you and/or your partner, discuss these with your doctor or nurse.

Pregnancy and breastfeeding

- Some cancer treatments can be dangerous to unborn babies. Talk to your doctor or nurse if you think there is any chance that you could be pregnant.
- Do not try to get pregnant or father a child during this treatment. Contraception should be used during treatment and after stopping treatment. Ask your doctor or nurse about what type of contraception you should use.
- If you are planning pregnancy/fatherhood after completing this treatment, talk to your doctor. Some doctors advise waiting between 6 months and 2 years after treatment.
- Do not breastfeed if you are on this treatment, as anti-cancer medications can also pass into breast milk.

Sex life and sexuality

- The desire to have sex may decrease as a result of this treatment or its side effects.
- Your emotions and the way you feel about yourself may also be affected by this treatment.
- It may help to discuss your concerns with your partner and doctor or nurse.

Risk of developing a second cancer

- Some anticancer treatments can increase your chance of developing a second cancer, this is rare. Your doctor will discuss with you the specific risks of your treatment.

Quitting smoking

- It is never too late to quit smoking. Quitting smoking is one of the best things you can do to help your treatment work better.
- There are many effective tools to improve your chances of quitting.
- Talk to your treating team for more information and referral to a smoking cessation support service.

Staying active

- Research shows that exercise, no matter how small, has many benefits for people during and after cancer treatment.
- Talk to your doctor before starting an exercise program. Your doctor can advise whether you need a modified exercise program.

For more information about cancer treatment, side effects and side effect management see our Patient and carers section.

Where to get more information

Telephone support

- Call Cancer Council on 13 11 20 for cancer information and support
- Call the Lung Foundation Australia on 1800 654 301

Lung cancer information

- Lung Foundation Australia – lungfoundation.com.au
- Lungevity – lungevity.org

General cancer information and support

- Australian Rare Cancer (ARC) Portal – arcportal.org.au/
- Beyondblue – beyondblue.org.au
- Cancer Australia – canceraustralia.gov.au
- Cancer Council Australia – cancer.org.au
- Cancer Voices Australia – cancervoicesaustralia.org
- CanTeen – canteen.org.au
- Carers Australia – carersaustralia.com.au
- Carer Help - carerhelp.com.au
- CHILL Cancer related hair loss - scalpcooling.org
- eviQ Cancer Treatments Online – eviQ.org.au
- LGBTQI+ People and Cancer - cancercouncil.com.au/cancer-information/lgbtqi
- Look Good Feel Better – lgfb.org.au
- Patient Information – patients.cancer.nsw.gov.au
- Radiation Oncology Targeting Cancer – targetingcancer.com.au
- Redkite – redkite.org.au
- Return Unwanted Medicines – returnmed.com.au
- Staying active during cancer treatment – patients.cancer.nsw.gov.au/coping-with-cancer/physical-wellbeing/staying-active

Quit smoking information and support

Quitting smoking is helpful even after you have been diagnosed with cancer. The following resources provide useful information and support to help you quit smoking. Talk to your treating team about any other questions you may have.

- Call Quitline on 13 QUIT (13 78 48)
- iCanQuit – iCanQuit.com.au
- Patient Information – patients.cancer.nsw.gov.au/coping-with-cancer/physical-wellbeing/quitting-smoking
- Quitnow – quitnow.gov.au

Additional notes:

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