

Breast adjuvant TH (DOCEtaxel and trastuzumab) three weekly

ID: 138 v.7 Endorsed Essential Medicine List

Check for clinical trials in this patient group. Link to [Australian Clinical Trials](#) website

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](#).

International Consensus Guideline for Anticancer Drug Dosing in Kidney Dysfunction (ADDIKD)

2022

[Click here](#)



Related pages:

- [Breast adjuvant AC-TH \(DOXOrubicin and CYCLOPHOSPHamide followed by DOCEtaxel and trastuzumab\) overview](#)
- [Breast adjuvant/neoadjuvant AC \(DOXOrubicin and CYCLOPHOSPHamide\) three weekly](#)
- [Breast trastuzumab subcutaneous](#)

Treatment schedule - Overview

Cycle 1

Drug	Dose	Route	Day
DOCEtaxel	100 mg/m ²	IV infusion	1
Trastuzumab	8 mg/kg (loading dose only)	IV infusion *	1

Cycle 2 to 4

Drug	Dose	Route	Day
DOCEtaxel	100 mg/m ²	IV infusion	1
Trastuzumab	6 mg/kg (subsequent doses)	IV infusion *	1

Cycle 5 to 17

Drug	Dose	Route	Day
Trastuzumab	6 mg/kg (subsequent doses)	IV infusion *	1

*Trastuzumab is available as a subcutaneous formulation administered at a dose of 600 mg every three weeks. Subcutaneous trastuzumab has a similar safety profile to intravenous trastuzumab and is non-inferior in terms of pharmacokinetic profile and efficacy and therefore is a valid alternative route of administration compared to standard intravenous trastuzumab. Link to [Breast trastuzumab subcutaneous](#) protocol

Frequency: 21 days

Cycles: 17 (4 cycles of TH followed by 13 cycles of trastuzumab; total trastuzumab treatment equal to 17 cycles)

Notes:

- This protocol is part of the AC-TH regimen: 4 cycles of AC, followed by 4 cycles of TH and 13 cycles of trastuzumab.
 - Link to [Breast adjuvant AC-TH overview](#)
 - Link to [Breast adjuvant AC \(DOXOrubicin and CYCLOPHOSPHamide\) three weekly](#)

Drug status: Docetaxel is on the [PBS general schedule](#)

Trastuzumab is [PBS authority](#)

Trastuzumab is available in **150 mg** and **60 mg** vials.

Cost: ~ \$530 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

Day before chemotherapy		
Dexamethasone	8 mg (PO)	TWICE a day with or after food
Day 1		
Dexamethasone	8 mg (PO)	TWICE a day with or after food
DOCEtaxel	100 mg/m ² (IV infusion)	in 250 mL to 500 mL sodium chloride 0.9% over 60 minutes
Trastuzumab	8 mg/kg (IV infusion)	in 250 mL sodium chloride 0.9% over 90 minutes (loading dose; cycle 1 only)*
Day 2		
Dexamethasone	8 mg (PO)	TWICE a day with or after food

Cycle 2 to 4

Day before chemotherapy		
Dexamethasone	8 mg (PO)	TWICE a day with or after food
Day 1		
Dexamethasone	8 mg (PO)	TWICE a day with or after food
DOCEtaxel	100 mg/m ² (IV infusion)	in 250 mL to 500 mL sodium chloride 0.9% over 60 minutes
Trastuzumab	6 mg/kg (IV infusion)	in 250 mL sodium chloride 0.9% over 30 minutes (if the initial loading dose was well tolerated)*
Day 2		
Dexamethasone	8 mg (PO)	TWICE a day with or after food

Cycle 5 to 17

Day 1		
Trastuzumab	6 mg/kg (IV infusion)	in 250 mL sodium chloride 0.9% over 30 minutes (if the initial loading dose was well tolerated)*

*Trastuzumab is available as a subcutaneous formulation administered at a dose of 600 mg every three weeks. Subcutaneous trastuzumab has a similar safety profile to intravenous trastuzumab and is non-inferior in terms of pharmacokinetic profile and efficacy and therefore is a valid alternative route of administration compared to standard intravenous trastuzumab. Link to [Breast trastuzumab subcutaneous](#) protocol

Frequency: 21 days

Cycles: 17 (4 cycles of TH followed by 13 cycles of trastuzumab; total trastuzumab treatment equal to 17 cycles)

Indications and patient population

Indications:

- adjuvant treatment of HER-2 positive early breast cancer
 - HER-2 positive as demonstrated by in situ hybridisation (ISH).

Exclusion:

- left ventricular ejection fraction (LVEF) of 45% or less.

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 docetaxel. Although hypersensitivity with trastuzumab is common, severe hypersensitivity reactions are uncommon. Use with caution in patients with dyspnoea at rest from pulmonary/cardiac conditions as increased risk of infusion related symptoms.
Premedication	The product information states that premedication is required for this treatment. Please refer to the treatment schedule for the suggested premedication regimen. This may be substituted to reflect institutional policy. Read more about premedication for prophylaxis of taxane hypersensitivity reactions
Emetogenicity LOW	Dexamethasone has been included as both an antiemetic and premedication for hypersensitivity in this protocol. 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
Cardiac toxicity associated with HER-2 directed agents	Patients receiving HER-2 directed agents are at an increased risk of cardiotoxicity e.g. asymptomatic decrease in the left ventricular ejection fraction (LVEF) and congestive heart failure (CHF). In patients with a LVEF less than 45% and/or symptomatic heart failure HER-2 directed therapy should be avoided, except in the metastatic setting when breast cancer is life-threatening and where a cardiologist is also involved. Concurrent anthracycline and HER-2 directed therapy is not recommended for extended periods of time. Baseline and 3 monthly cardiac function tests are required during treatment. In the metastatic setting, after the first 12 months of therapy, if there are no cardiac complications, the frequency of cardiac assessments may be reduced at the discretion of the treating clinician unless there has been recent exposure to anthracyclines. Read more about cardiac toxicity associated with HER-2 targeted agents

Peripheral neuropathy	<p>Assess prior to each treatment. If a patient experiences grade 2 or greater peripheral neuropathy, a dose reduction, delay, or omission of treatment may be required; review by medical officer before commencing treatment.</p> <p>Read more about peripheral neuropathy</p> <p>Link to chemotherapy-induced peripheral neuropathy screening tool</p>
Biosimilar drug	<p>Read more about biosimilar drugs on the Biosimilar Awareness Initiative page</p>
Growth factor support	<p>G-CSF (short or long-acting) is available on the PBS for chemotherapy induced neutropenia depending on clinical indication and/or febrile neutropenia risk.</p> <p>Access the PBS website</p>
Blood tests	<p>FBC, EUC and LFTs at baseline and prior to each treatment. Nadir FBC cycle 1.</p>
Hepatitis B screening and prophylaxis	<p>Routine screening for HBsAg and anti-HBc is recommended prior to initiation of treatment. Prophylaxis should be determined according to individual institutional policy.</p> <p>Read more about hepatitis B screening and prophylaxis in cancer patients requiring cytotoxic and/or immunosuppressive therapy</p>
Vaccinations	<p>Live vaccines are contraindicated in cancer patients receiving immunosuppressive therapy and/or who have poorly controlled malignant disease.</p> <p>Refer to the recommended schedule of vaccination for immunocompromised patients, as outlined in the Australian Immunisation Handbook.</p> <p>Read more about COVID-19 vaccines and cancer.</p>
Fertility, pregnancy and lactation	<p>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.</p> <p>Read more about the effect of cancer treatment on fertility</p>

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 \(ADDIKD\)](#).

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

Haematological toxicity

ANC x 10⁹/L (pre-treatment blood test)

Haematological toxicity	
0.5 to less than 1.0	Delay treatment until recovery and consider adding G-CSF for subsequent cycles
less than 0.5	Delay treatment until recovery and consider adding G-CSF for subsequent cycles; If patient is already on G-CSF, consider reducing docetaxel by 25% for subsequent cycles
Febrile neutropenia	Delay treatment until recovery and consider adding G-CSF for subsequent cycles; If patient is already on G-CSF, consider reducing docetaxel by 25% for subsequent cycles
Platelets x 10 ⁹ /L (pre-treatment blood test)	
75 to less than 100	Refer to local institutional guidelines; it is the view of the expert clinicians that treatment should continue if patient is clinically well
50 to less than 75	Delay treatment until recovery
less than 50	Delay treatment until recovery and consider reducing docetaxel by 25% for subsequent cycles

Renal impairment
No dose modifications necessary

Hepatic impairment	
Hepatic dysfunction	
Minimal	Reduce docetaxel by 25%
Mild	Reduce docetaxel by 50%
Moderate/Severe	Omit docetaxel

Peripheral neuropathy	
Grade 2, which is present at the start of the next cycle	Reduce docetaxel by 25%; If persistent, reduce docetaxel by 50%
Grade 3 or Grade 4	Omit docetaxel

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

Cardiac toxicity	
Consider referral to a cardiologist if any of the following occur	
LVEF less than 45%	Delay trastuzumab. Repeat LVEF assessment within 3 weeks Consider discontinuing trastuzumab if LVEF less than 45% is confirmed
Symptomatic heart failure	Consider discontinuing trastuzumab

Missed doses of trastuzumab	
By 6 weeks or less	No dose modification necessary Give trastuzumab as soon as possible, i.e. do not wait until the next planned cycle

Missed doses of trastuzumab

By more than 6 weeks	Reload trastuzumab with a dose of 8 mg/kg Subsequent doses of 6 mg/kg should then be given every 3 weeks, according to the previous cycle However, if the delay was due to cardiac toxicity, clinician may choose not to reload the patient
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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](#)

Docetaxel

	Interaction	Clinical management
CYP3A4 and P-gp inhibitors (e.g. amiodarone, aprepitant, azole-antifungals, ritonavir, lapatinib, nilotinib, sorafenib, macrolides, ciclosporin, grapefruit juice etc.)	Increased toxicity of docetaxel possible due to reduced clearance	Avoid combination or monitor for docetaxel toxicity
CYP3A4 inducers (e.g. carbamazepine, phenytoin, phenobarbitone, rifampicin, St John's wort etc.)	Reduced efficacy of docetaxel possible due to increased clearance	Avoid combination or monitor for decreased clinical response to docetaxel

Trastuzumab

	Interaction	Clinical management
Cardiotoxic drugs (e.g. anthracyclines cyclophosphamide)	Additive cardiotoxicity	Monitor cardiac function closely in patients who have previously been treated with cumulatively cardiotoxic drugs
Paclitaxel	Increased toxicity of trastuzumab possible due to reduced clearance	Monitor for trastuzumab toxicity (esp. cardiotoxicity)

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

Cycle 1 to 4 Day 1

Approximate treatment time: 3 hours (initial); 2 hours (subsequent)

[Safe handling and waste management](#)

[Safe administration](#)

[General patient assessment](#) prior to each day of treatment.

[Peripheral neuropathy assessment tool](#)

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

Prime IV line(s).

Insert IV cannula or access [TIVAD](#) or [CVAD](#).

Pre treatment medication

Verify [taxane premedication](#) taken or administer as prescribed.

Administer antiemetics if required

⌚ Chemotherapy - Time out

Docetaxel

Prior to administration:

- assess patient for fluid retention or weight gain prior to each cycle
 - notify medical officer of any signs of fluid retention or unexplained weight gain.

The medicines information reference publications stipulate the use of non-PVC containing bags and administration sets. However, this is not consistently recommended in the product information, therefore the decision should be at the discretion of the administering unit.

Administer docetaxel (irritant with vesicant properties):

- via IV infusion over 60 minutes
- observe for hypersensitivity reactions
- flush with ~ 100 mL of sodium chloride 0.9%.

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.

Trastuzumab

- Trastuzumab is incompatible with glucose solutions. Ensure IV administration sets are flushed with sodium chloride 0.9% pre and post administration.
- Trastuzumab may be administered before or after chemotherapy.

Initial infusion - administer trastuzumab:

- via IV infusion over 90 minutes
- observe patient for fever and chills or other infusion-related symptoms
- flush with ~50 mL of sodium chloride 0.9%
- 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
- educate the patient about the possibility of delayed infusion-related symptoms.

Subsequent infusions - administer trastuzumab:

- if no previous hypersensitivity reaction administer via IV infusion over 30 minutes
- observe patient for fever and chills or other infusion-related symptoms
- flush with ~50 mL of sodium chloride 0.9%
- 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
- educate the patient about the possibility of delayed infusion-related symptoms.

Remove IV cannula and/or deaccess [TIVAD](#) or [CVAD](#).

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

Cycle 5 to 17 Day 1

Approximate treatment time: 60 minutes

[Handling of monoclonal antibodies and waste management](#)

[Safe administration](#)

[General patient assessment](#) prior to each day of treatment.

Any toxicity grade 2 or greater may require delay of treatment and review by medical officer before commencing treatment.

Prime IV line(s).

Insert IV cannula or access [TIVAD](#) or [CVAD](#).

Pre treatment medication

Administer premedication only if previous hypersensitivity reaction.

🕒 Treatment - Time out

Trastuzumab

- Trastuzumab is incompatible with glucose solutions. Ensure IV administration sets are flushed with sodium chloride 0.9% pre and post administration.

Administer trastuzumab:

- if no previous hypersensitivity reaction administer via IV infusion over 30 minutes
- observe patient for fever and chills or other infusion-related symptoms
- flush with ~ 50 mL of sodium chloride 0.9%
- 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
- educate the patient about the possibility of delayed infusion-related symptoms.

If previous hypersensitivity reaction, infuse over 90 minutes following medical review.

Remove IV cannula and/or deaccess [TIVAD](#) or [CVAD](#).

Discharge information

Antiemetics

- Antiemetics as prescribed.

Dexamethasone tablets

- Dexamethasone tablets with written instructions on how to take them.

Growth factor support

- Arrangements for administration if 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 taxanes. Read more about premedication for prophylaxis of taxane hypersensitivity reactions
Nausea and vomiting	Read more about prevention of treatment induced nausea and vomiting
Headache	
Flu-like symptoms	
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
Fatigue	Read more about fatigue
Diarrhoea	Read more about treatment induced diarrhoea
Peripheral neuropathy	Typically symmetrical sensory neuropathy, affecting the fingers and toes, sometimes progressing to the hands and feet. It is associated with several classes of anti-cancer drugs. These include taxanes, platinum-based compounds, vinca alkaloids and some drugs used to treat multiple myeloma. Read more about peripheral neuropathy
Ocular changes	Symptoms may include eye pain, blurred vision, blepharitis, uveitis, optic neuritis, tear duct stenosis, conjunctivitis, hyperlacrimation, watery or dry eyes and photophobia.
Fluid retention syndrome	Fluid retention, including peripheral oedema and weight gain, may occur with docetaxel treatment. The main risk factor for development is cumulative docetaxel dose. Pre-medication with dexamethasone may be used. Fluid retention will slowly resolve after cessation of treatment. Read more about fluid retention syndrome associated with docetaxel
Palmar-plantar erythrodysesthesia (PPE) - hand-foot syndrome (HFS)	Bilateral erythema, tenderness, pain, swelling, tingling, numbness, pruritus, dry rash, or moist desquamation and ulceration of the palms and soles. It is also known as hand-foot syndrome (HFS). Symptoms appear to be dose dependent and palms are affected more than soles. Read more about hand-foot syndrome associated with chemotherapy
Skin rash	Anti-cancer drugs can cause a number of changes in the skin with maculo-papular rash the most common type of drug-induced skin reaction. Read more about skin rash

Late (onset weeks to months)	
Anaemia	Abnormally low levels of red blood cells (RBCs) or haemoglobin in the blood. Read more about anaemia
Alopecia - partial	Hair thinning and/or patchy hair loss. 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
Nail changes	Hyperpigmentation, paronychia, onycholysis, splinter haemorrhage, pyogenic granuloma formation, subungal haematoma and subungal hyperkeratosis are some of the nail changes associated with anti-cancer drugs. Read more about nail toxicities
Pulmonary toxicity	Pulmonary toxicity may include damage to the lungs, airways, pleura and pulmonary circulation. Read more about pulmonary toxicity associated with anti-cancer drugs

Delayed (onset months to years)	
Menopausal symptoms	Irregular or absent periods, hot flushes, mood swings, sleep disturbance, night sweats, vaginal dryness, decreased libido and dyspareunia. This is caused by ovarian failure and may be temporary or permanent.
Cardiotoxicity	Cardiotoxicity is a well recognised complication of HER-2 directed agents (e.g. trastuzumab, trastuzumab emtansine, pertuzumab). Mechanistically distinct from anthracycline-induced cardiotoxicity, it typically manifests as an asymptomatic decrease in the left ventricular ejection fraction (LVEF) and less commonly as congestive heart failure (CHF). Read more about cardiac toxicity associated with HER-2 targeted agents

Evidence

The evidence for this regimen comes from the BCIRG 006 trial.^{1,2,3} This multicentre phase III randomised trial compared the following 3 regimens:

1. 4 cycles of doxorubicin and cyclophosphamide followed by 4 cycles of docetaxel (AC-T) (n=1073)
2. 4 cycles of doxorubicin and cyclophosphamide followed by 4 cycles of docetaxel plus 12 months of trastuzumab (AC-TH) (n=1074)
3. 6 cycles of docetaxel and carboplatin plus 12 months of trastuzumab (TCH) (n=1075)

From April 2001 through March 2004, a total of 3222 women with HER2-positive, node positive or high risk node negative, breast cancer were enrolled into the study for adjuvant treatment.

The primary endpoint of the study was disease-free survival (DFS) and secondary endpoints were overall survival (OS), global safety and cardiac safety.

Only 33 patients (3.1%) in the control group (AC-T) crossed over to receive trastuzumab leaving 96.9% available for the DFS, OS and safety comparison analysis.³

Efficacy

At a median follow up of 10.3 years, both trastuzumab arms were superior to AC-T.³

	AC-T	AC-TH	TCH
DFS at 10 years (%)	67.9	74.6	73
HR (95% CI)	1	0.72 (0.61 - 0.85)	0.77 (0.65 - 0.90)
p-value vs AC-T		p<0.0001	p=0.0011
OS at 10 years (%)	78.7	85.9	83.3
HR (95% CI)	1	0.63 (0.51 - 0.79)	0.76 (0.62 - 0.93)
p-value vs AC-T		p<0.0001	p=0.0075
DFS in patients with lymph node metastases (%)	62.2	69.6	68.4
HR (95% CI)	1	0.72 (0.61 - 0.87)	0.75 (0.63 - 0.90)
p-value vs AC-T		p<0.001	p=0.0018

DFS and OS were not statistically different between the two trastuzumab-containing arms (TCH and AC-TH). There was a difference of only 10 DFS events between these arms at 10 years.³ The two trastuzumab-containing arms were also equivalent for the higher risk node-positive patients.

Toxicity

The rates of congestive heart failure and cardiac dysfunction were significantly higher in the group receiving AC-TH compared with TCH. There were no cardiac related deaths reported in this study at the time of the 10 year efficacy and long term safety analysis.³

9 cases of acute leukaemia were reported, 6 in the AC-T arm, 2 in the AC-TH arm and 1 in the TCH arm.³

Toxicities (grade 3/4) ³	AC-T n=1050	AC-TH n=1068	TCH n=1056
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	(%)	(%)	(%)
Neutropenia	63.5	71.6	66.2*
Febrile neutropenia	9.3	11.0	9.6
Anaemia	2.3	3.0	5.4*
Thrombocytopenia	1.6	2.1	6.1*
Arthralgia	3.2	3.3	1.4*
Myalgia	5.2	5.1	1.8*
Fatigue	7.0	7.2	7.2
Stomatitis	3.5	2.9	1.4*
Diarrhoea	3.0	5.6	5.4
Nausea	5.9	5.7	4.8
Vomiting	6.2	6.7	3.5*
Irregular menses	27.0	24.5	26.7
Neuropathy-sensory (all grades)	48.8	50.1	36.1*
Neuropathy-motor (all grades)	5.2	6.4	4.3*
Congestive heart failure (NYHA grade 3 or 4)	0.7	2.0	0.4*
> 10% reduction in LVEF	11.4	18.7	9.2*
Leukaemia	0.6	0.2	0.1#

* statistically significant difference between the group receiving AC-TH and the group receiving TCH

Acute leukaemia occurred 20 months after treatment with CHOP for B-cell lymphoma

References

- 1 Slamon, D., W. Eiermann, N. Robert, et al. 2011. "Adjuvant trastuzumab in HER2-positive breast cancer." *N Engl J Med* 365(14):1273-1283.
- 2 Slamon D, Eiermann W, Robert N et al. 2006. "Phase III trial comparing AC-T with AC-TH and with TCH in the adjuvant treatment of HER2 positive early breast cancer patients: Second interim analysis (BCIRG006)" SABCS
- 3 Slamon, D., W. Eiermann, N. Robert, et al. 2015 "Ten year follow-up of BCIRG-006 comparing doxorubicin plus cyclophosphamide followed by docetaxel (AC-T) with doxorubicin plus cyclophosphamide followed by docetaxel and trastuzumab (AC-TH) with docetaxel, carboplatin, and trastuzumab (TCH) in HER2-positive early breast cancer" San Antonio Breast Cancer Symposium. Abstract S5-04. Presented December 11, 2015

History

Version 7

Date	Summary of changes
16/11/2021	Pulmonary toxicity added to side effects. Version number changed to V.7.

Version 6

Date	Summary of changes
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Date	Summary of changes
04/05/2020	Treatment schedule cycles changed to '17 (4 cycles of TH followed by 13 cycles of trastuzumab; total trastuzumab treatment equal to 17 cycles)'. ID 127 Breast adjuvant trastuzumab three weekly removed from related pages and note under treatment cycles. Patient information updated to include trastuzumab cycles 5 to 17. Biosimilar trastuzumab added to clinical information. Cycle 1 to 4 approximate treatment time changed to 3 hours (initial), 2 hours (subsequent). Cycle 5 to 17 approximate treatment time changed to 60 minutes. Version number changed to V.6.
12/10/2020	Protocol reviewed electronically by Medical Oncology Reference Committee. No changes. Next review in 5 years.

Version 5

Date	Summary of changes
04/10/2019	Treatment schedule total duration changed from 52 weeks to 17 cycles. LVEF of 45% or less changed from caution to exclusion. Dose modification missed dose cutoff changed to 6 weeks, cardiac toxicity dose modification added. Clinical information updated with PBS expanded indications for GCSF. Version number changed to V.5.

Version 4

Date	Summary of changes
01/08/2009	Review, new dose modifications and transfer to eviQ
28/06/2010	Haematological dose modifications updated (20% changed to 25% dose reduction; cut-off for platelets for dose reduction changed from $10 \times 10^9/L$ to $50 \times 10^9/L$).
12/10/2010	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.
27/04/2012	Reviewed at Medical Oncology Reference Committee meeting. Evidence updated and next review 1 year.
30/01/2013	PHC/OMIS transfer completed.
30/06/2013	Protocol reviewed by committee via email survey. No changes and next review in 2 years.
20/02/2014	Side effects updated, hyperlacrimation added.
21/01/2015	Clinical information: IV cannula added to line selection.
22/06/2015	Protocol reviewed electronically by Medical Oncology Reference committee. No changes and next review in 2 years.
18/02/2016	Discussion with Medical Oncology Reference Committee Chairs and protocol to be reviewed every 5 years. Next review due in 4 years.
09/03/2017	Evidence section updated with 10 year efficacy and long term safety data (to align with the evidence for eviQ protocol ID 53 Breast adjuvant TCH, which was updated at the 2016 Medical Oncology Reference Committee meeting)
24/03/2017	Consensus of the Medical Oncology Reference Committee (via email discussion) to remove observation time frames from all trastuzumab protocols and replace with the statement "Observe patient for fever and chills or other infusion-related symptoms" as per current trastuzumab product information. Individual institutions may still implement/maintain local policies on monitoring time frames if they choose to do so.
28/03/2017	Per consensus at the 2016 eviQ Breast Reference Committee meeting, retrospectively added "Caution: left ventricular ejection fraction (LVEF) of 45% or less" to the Indications and patient population section in all trastuzumab protocols.
31/05/2017	Transferred to new eviQ website. Protocol version number changed to V.3.
10/05/2018	Haematological dose modifications updated as per consensus of the expert clinician group. Version number changed to V.4.
30/01/2019	Link to ID 1875 Breast subcutaneous trastuzumab protocol added in related pages and treatment schedule

Date	Summary of changes
	sections.

The information contained in this protocol is based on the highest level of available evidence and consensus of the eviQ reference committee regarding their views of currently accepted approaches to treatment. Any clinician (medical oncologist, haematologist, radiation oncologist, medical physicist, radiation therapist, pharmacist or nurse) seeking to apply or consult this protocol is expected to use independent clinical judgement in the context of individual clinical circumstances to determine any patient's care or treatment. While eviQ endeavours to link to reliable sources that provide accurate information, eviQ and the Cancer Institute NSW do not endorse or accept responsibility for the accuracy, currency, reliability or correctness of the content of linked external information sources. Use is subject to eviQ's disclaimer available at www.eviQ.org.au

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<https://www.eviq.org.au/p/138>

06 Jun 2023

Patient information - Breast cancer adjuvant - TH (docetaxel and trastuzumab) three weekly

Patient's name:

Your treatment

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

TH (docetaxel and trastuzumab) cycles 1 to 4

This treatment cycle is repeated every 21 days. You will have 4 cycles. After 4 cycles the docetaxel will stop. You will continue to receive trastuzumab once every 21 days for a further 13 cycles.

Day	Treatment	How it is given	How long it takes
1	Docetaxel (<i>dox-e-tax-elle</i>) Trastuzumab (<i>tras-TOOZ-ue-mab</i>)	By a drip into a vein	About 3 hours for the first treatment. If no reactions, subsequent treatment may be given over a shorter amount of time e.g. 2 hours


Trastuzumab cycles 5 to 17

This treatment cycle is repeated every 21 days. You will have 13 cycles of this treatment after completing 4 cycles of TH.

Day	Treatment	How it is given	How long it takes
1	Trastuzumab	By a drip into a vein	About 60 minutes

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.

 <p>IMMEDIATELY go to your nearest hospital Emergency Department, or contact your doctor or nurse if you have any of the following at any time:</p>	Emergency contact details Ask your doctor or nurse from your treating team who to contact if you have a problem
<ul style="list-style-type: none">• 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.
- **G-CSF:** you may be given injection(s) of a drug called G-CSF (also called filgrastim, lipegfilgrastim or pegfilgrastim) under your skin. This helps to boost your white blood cell count. Your white blood cells help to fight infection. Lipegfilgrastim and pegfilgrastim are given once. Filgrastim is given for several days until your white blood cells recover. Your doctor will decide if you need this medication.
- **Docetaxel premedication:** before your treatment with docetaxel you may need to take a tablet called a premedication to help prevent you from having a reaction to docetaxel. A steroid tablet called dexamethasone may be used and should be taken with or after food as directed. The following table may be used to remind you when to take your premedication. Ask your doctor, nurse or pharmacist to fill it out for you.

Tablet	Dose	When to take

Tell your doctor or nurse if you have not taken your premedications before you have your treatment.

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	<ul style="list-style-type: none"> Allergic reactions are uncommon but can be life threatening. If you feel unwell during the infusion or shortly after it, or: <ul style="list-style-type: none"> 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 <p>While you are in hospital: Tell your doctor or nurse immediately.</p> <p>After you leave: Contact your doctor or nurse immediately, or go to the nearest hospital Emergency Department.</p>
Nausea and vomiting	<ul style="list-style-type: none"> 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.
Headache	<ul style="list-style-type: none"> You can take paracetamol if you have a headache. Tell your doctor or nurse immediately, or go to the nearest hospital Emergency Department if you get a very bad headache that is not helped by pain medication.
Flu-like symptoms	<ul style="list-style-type: none"> You may get: <ul style="list-style-type: none"> a fever chills or sweats muscle and joint pain a cough headaches. Tell your doctor or nurse if you get any of the symptoms listed above. Tell your doctor or nurse immediately, or go to the nearest hospital Emergency Department if you have a temperature of 38°C or higher.
Taste and smell changes	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> ◦ 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)	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • You may have: <ul style="list-style-type: none"> ◦ 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: <ul style="list-style-type: none"> ◦ 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.

Tiredness and lack of energy (fatigue)	<ul style="list-style-type: none"> • 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.
Diarrhoea	<ul style="list-style-type: none"> • You may get bowel motions (stools, poo) that are more frequent or more liquid. • You may also get bloating, cramping or pain. • Take your anti-diarrhoeal 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.
Nerve damage (peripheral neuropathy)	<ul style="list-style-type: none"> • You may notice a change in the sensations in your hands and feet, including: <ul style="list-style-type: none"> ◦ tingling or pins and needles ◦ numbness or loss of feeling ◦ pain. • You may find it difficult to do everyday activities, such as doing up buttons or picking up small objects. • Test water temperature with your elbow when bathing to avoid burns. • Use rubber gloves, pot holders and oven mitts in the kitchen. • Wear rubber shoes or boots when working in the garden or garage. • Keep rooms well lit and uncluttered. • Ask your doctor or nurse for eviQ patient information – Nerve problems during cancer treatment. • Tell your doctor or nurse if you get any of the symptoms listed above.
Eye problems	<ul style="list-style-type: none"> • You may get: <ul style="list-style-type: none"> ◦ eye pain ◦ red, sore or swollen eyes ◦ blurred vision ◦ watery or gritty eyes ◦ changes in your eyesight ◦ sensitivity to sunlight. • Protect your eyes from the weather (sun and wind) by wearing sunglasses, especially if you have lost your eyelashes. • Tell your doctor or nurse if you get any of the symptoms listed above. Eye drops may help with your symptoms.
Extra fluid in the body (fluid retention)	<ul style="list-style-type: none"> • You may gain weight over a short amount of time. • Your hands and feet may become swollen, appear red or feel hot and uncomfortable. • These symptoms are caused by the drug docetaxel. • Wear loose clothing and shoes that are not too tight. • Try not to stand up or walk around too much at one time. • If your ankles or legs get swollen, try raising them. • Make sure that any cuts or areas of broken skin are treated as soon as possible. • Tell your doctor or nurse as soon as possible if you get any of the symptoms listed above. • Tell your doctor or nurse immediately, or go to the nearest hospital Emergency Department if you become short of breath.

<p>Hand-foot syndrome (palmar-plantar erythrodysesthesia)</p>	<ul style="list-style-type: none"> • The palms of your hands and soles of your feet may become: <ul style="list-style-type: none"> ◦ red and hot ◦ swollen ◦ painful and tender ◦ blistered. • The skin in the area may also peel. • Moisturise your hands and feet daily with sorbolene or aqueous cream. • Keep your hands and feet clean and dry. • Avoid hot water, instead use lukewarm water to bathe. • Avoid direct sunlight. • Avoid unnecessary walking, jogging or exercise. • Wear cotton socks and avoid tight-fitting shoes. • Tell your doctor or nurse as soon as possible if you notice any skin changes on your hands or feet.
<p>Skin rash</p>	<ul style="list-style-type: none"> • You may get a red, bumpy rash and dry, itchy skin. • Moisturise your skin with a gentle non-perfumed moisturising cream like sorbolene or aqueous cream. • Do not scratch your skin. • Protect your skin from the sun by wearing sun-protective clothing, a wide-brimmed hat, sunglasses and sunscreen of SPF 50 or higher. • Talk to your doctor or nurse about other ways to manage your skin rash.

Late (onset weeks to months)	
Low red blood cells (anaemia)	<ul style="list-style-type: none"> 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 thinning	<ul style="list-style-type: none"> Your hair may become dry and may break easily. You may lose some of your hair. Use a gentle shampoo and a soft hairbrush. Take care with hair products like hairspray, hair dye, bleaches and perms. Protect your scalp from the cold with a hat or scarf. Protect your scalp from the sun with a hat and sunscreen of SPF 50 or higher. Ask your doctor or nurse about the Look Good Feel Better program (www.lgfb.org.au)
Nail changes	<ul style="list-style-type: none"> Your nails may: <ul style="list-style-type: none"> grow more slowly become darker develop ridges or white lines become brittle and flaky In some cases, you may lose your nails completely. Keep your nails clean and short. Avoid things like biting your fingernails, getting a manicure, pedicure or false nails. Wear gloves when you wash the dishes, work in the garden, or clean the house.
Lung problems	<ul style="list-style-type: none"> Lung problems are rare, but can be serious. They may occur throughout treatment or after the completion of treatment. You may get: <ul style="list-style-type: none"> shortness of breath fever dry cough wheezing fast heartbeat chest pain. Your doctor will monitor how well your lungs are working during your treatment. Tell your doctor or nurse immediately, or go to the nearest hospital Emergency Department if you have chest pain or become short of breath.

Delayed (onset months to years)

Menopausal symptoms	<ul style="list-style-type: none">• You may get:<ul style="list-style-type: none">◦ hot flushes or night sweats◦ mood changes◦ vaginal dryness◦ irregular or no periods.• You may also:<ul style="list-style-type: none">◦ have trouble sleeping◦ find sex painful or lose interest in sex• These symptoms may go away after treatment, or the menopause may be permanent.• If you have sex you should use contraception as there is still a risk of pregnancy. Talk to your doctor about what form of contraception is right for you.• Talk to your doctor or nurse about ways to manage these symptoms.
Heart problems	<ul style="list-style-type: none">• You may get:<ul style="list-style-type: none">◦ chest pain or tightness◦ shortness of breath◦ swelling of your ankles◦ an abnormal heartbeat.• Heart problems can occur months to years after treatment.• Tell your doctor if you have a history of heart problems or high blood pressure.• Before or during treatment, you may be asked to have a test to see how well your heart is working.• Tell your doctor or nurse immediately, or go to the nearest hospital Emergency Department if you get any of the symptoms listed above.

General advice for people 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.

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.

Breast cancer information

- Australasian Lymphology Association – lymphoedema.org.au
- Australasian Menopause Society – menopause.org.au
- Breast Cancer Network Australia – bcna.org.au
- National Breast Cancer Foundation – nbcf.org.au
- YWCA Encore breast cancer exercise program – ywcaencore.org.au

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
- 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:

This document is a guide only and cannot cover every possible situation. The health professionals caring for you should always consider your individual situation when making decisions about your care. Contact your cancer clinic staff or doctor if you have any questions or concerns about your treatment, or you are having problems coping with side effects. While eviQ endeavours to link to reliable sources that provide accurate information, eviQ and the Cancer Institute NSW do not endorse or accept responsibility for the accuracy, currency, reliability or correctness of the content of linked external information sources. Use of this document is subject to eviQ’s disclaimer available at www.eviQ.org.au

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