

Thiotepa

Names	The generic drug name is thiotepa (thye-oh-TEP-a). The brand name is Tepadina®. There may be other names for this medication such as TESPA, thiophosphoamide, and TSPA.
How is it Administered?	Thiotepa may be given intravenously (IV), which means it is infused directly into a vein, or it can be delivered through a catheter (soft, flexible tube) directly into the bladder (for bladder cancer), or into a body cavity to treat a buildup of fluids caused by some cancers.
What is it Used For?	Thiotepa is used to treat cancers of the bladder, ovary, or breast, Hodgkin and non-Hodgkin lymphoma, and pleural, pericardial, or peritoneal effusions (fluid build-up in the lungs, around the heart, or in the abdomen) caused by metastatic tumors.
What Should I Tell My Doctor Before I Begin?	<p>Tell your doctor if you:</p> <ul style="list-style-type: none">• have had an allergic reaction to thiotepa or have allergies• have kidney or liver disease, an infection, or have had any medical conditions• have previously received or will be receiving radiation therapy or other chemotherapy treatments• are pregnant, intend to have children, or are breastfeeding <p>This drug may interact with other medications, increasing or decreasing their effectiveness or causing harmful side effects. Tell your doctor and pharmacist about any prescription or over-the-counter medications, vitamins, herbal or diet supplements that you are taking.</p>
What Are Some Possible Side Effects?	<ul style="list-style-type: none">• Bone marrow depression: Decreased white blood cells, red blood cells, and platelets increase your risk of infections, anemia/fatigue,, and bleeding.• Thinned or brittle hair, hair loss: Hair should grow back when treatment is completed though color or texture may be different• Loss of appetite, nausea, vomiting, and/or weight loss• Pain at the injection site• Mouth and/or throat sores

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How Can I Manage
These Side Effects?

- Skin problems: Rash, bronzing, redness, flakiness, and/or peeling
- Decreased fertility: May interfere with the normal menstrual cycle (period) in women and may stop sperm production in men
- Bladder irritation (when thiotepa is delivered directly into bladder)
- ✓ **Drink 2-3 quarts of water every day unless your doctor tells you to limit your fluids.** This is even more important in the days before and after you have chemotherapy. This will help keep your kidneys working, flush the medications out, and help prevent dehydration, constipation, and kidney problems.
- ✓ **Low white blood cell count/risk of infection:** Stay away from people with colds or other infections. Wash your hands often with soap and water. Talk to your doctor before you have any vaccinations, such as flu shot.
- ✓ **Low red blood cell count/fatigue:** Eat well and stay out of bed as much as possible during your treatment to stay strong. If you feel fatigued, take rest periods throughout the day, and try to limit your activities.
- ✓ **Low platelet count/risk of bleeding:** Be careful when handling sharp objects. Avoid rough sports or other situations that could cause bruising or injury. Use an electric razor to minimize your risk of bleeding.
- ✓ **Hair loss:** Some people cut their hair for their own comfort once it begins to fall out. Hair will grow back once chemo is over, but it may have a different color or texture. You can get a wig in the Resource Center for Patients and Families; call **716-845-1729**.
- ✓ **Nausea, vomiting:** To help prevent nausea, avoid fried, spicy, and fatty foods on the days you receive chemo and for 2-3 days afterwards. Eating small, frequent meals may help. If you have nausea, try foods and drinks that are 'easy on the stomach' - bland foods, ginger ale, dry crackers, and toast.
- ✓ **Loss of appetite:** Stay active - try to take a short walk every day. Have a healthy snack every few hours instead of 3 large meals. Avoid spicy, greasy, heavy foods, foods high in salt or sugar, and foods with strong smells. Try a small amount of food on a small plate and eat foods at room temperature. Eat and snack on a schedule – even if you don't feel hungry. Choose high protein, high calorie foods. Add protein powder to foods. Choose moist or smooth foods such as pureed fruits.
- ✓ **Mouth care** is very important. To prevent mouth sores, rinse your mouth with a mixture of ½ teaspoon of baking soda in 8 ounces of water after every meal and at bedtime. Brush your teeth and gums often with a soft toothbrush. Do not use alcohol, mouthwashes that contain alcohol, or tobacco products. Call us if you have difficulty swallowing.

- ✓ **Skin care, photosensitivity:** You may be more sensitive to sunlight, take extra care to avoid sun exposure. Use a sunblock with SPF 30 or higher that protects against both UVA and UVB rays when you are outdoors, even if it is just for a short time. Keep your neck, chest, and back covered. Wear sunglasses and protective clothes (brimmed hat, long sleeves, etc.) when in the sun. Do not use tanning beds. If you develop a rash, keep the area clean and dry and check with your doctor before using any creams or ointments on the area.
- ✓ **Infertility, birth defects:** Though chemo may affect fertility, do not assume you cannot get pregnant or father a child when receiving chemo. Both men and women should use effective, reliable birth control. Barrier methods, such as condoms and diaphragms, are recommended. This drug may be harmful to a fetus.
- ✓ Do not breastfeed while receiving chemotherapy. Talk to your doctor for further details.

When Should I Call the Doctor?

Call 911 or go to the nearest hospital emergency department if you have life-threatening symptoms such as signs of severe allergic reaction: Swelling or tingling in your face, tongue, mouth, or throat; chest tightness; wheezing; trouble breathing or swallowing; dizziness, shortness of breath; heart palpitations; or hives. Please let us now if you go to the ER or are admitted to the hospital.

Call the doctor immediately if you have:

- any sign of infection: Fever of **100.4°F (38°C)** or higher, chills, cough, sore throat, pain or burning upon urination; redness or tenderness along a vein, at an IV site, or at any other skin irritation
- unusual bruising or bleeding: Bleeding lasts more than 10-15 minutes or that causes dizziness; black or bloody stools; vomit that is bloody or that looks like coffee grounds; blood in your urine or phlegm/mucus, unusually heavy menstrual bleeding, spontaneous bleeding from your gums or nose, or superficial bleeding into the skin that appears as a rash of pinpoint-sized red-purple spots
- pain or numbness in the lower limbs
- abdominal pain, bloated abdomen, yellow color in skin or the whites of your eyes
- headache, confusion, dizziness or drowsiness, seizures, problems with memory, or seeing, hearing, or feeling things that are not there

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Call your doctor as soon as possible if you have:

- painful mouth or throat (pain, redness, swelling, or ulcers) that makes it difficult to eat or drink
- more than 4 or 5 episodes of vomiting in 24 hour period
- nausea or headache that is not relieved by prescribed medication or that interferes with your ability to eat or drink
- extreme fatigue (unable to carry on self-care activities)
- persistent loss of appetite or weight loss

**What Else Should I
Know About
Thiotepa?**

- Thiotepa has been associated with the development of other types of cancers. Talk with your doctor about the potential risk of developing a new cancer.
- If you are having surgery, alert your doctor that you have taken thiotepa in the past. It may affect the type of anesthesia you receive.
- Thiotepa can come through the skin as part of your sweat. It can cause skin discoloration, itching, blistering or peeling skin in the groin, underarms, skin folds, in the neck, and under dressings. Shower or bathe with water at least 2 times a day for 48 hours after receiving this medicine. Change occlusive dressings (dressing that doesn't allow air in) and clean the covered skin at least 2 times a day 48 hours after receiving this medicine. After each bath or shower, change the bedsheets while receiving this medicine. If other skin reactions occur, wash it with water and soap immediately.
- If the patient is in diapers, change the diaper every hour. Wear gloves and do not use baby wipes. Clean the bottom with a warm moist cloth only.
- Do not use any type of moisturizer or barrier creams during this time.
- Do not apply antiperspirants or deodorants.
- Wear gloves when handling the patient's linens and clothing.
- All caregivers should wear long sleeves, long pants, or some type of covering, as a barrier between them and the patient's skin.
- If you would like more information, talk to your doctor or pharmacist.