

Vinorelbine

Names	<p>The generic name of this medication is vinorelbine (vi-NOR-el-been). Navelbine® is a brand name. There may be other names for this medication.</p>
Why am I Taking Vinorelbine and How is it Given?	<p>This drug is used to treat non-small cell lung cancer. It may be given to treat breast cancer, ovarian cancer, or Hodgkin's lymphoma.</p> <p>This medication will be given by injection or infusion into a vein (intravenous or IV). Vinorelbine is a vesicant, this means it can cause a lot of damage to tissues if it escapes from the vein. If you have pain or see redness or swelling at the IV site while you are receiving an infusion, tell your nurse immediately.</p>
How Does it Work?	<p>Cancer is a group of diseases in which abnormal cells divide (reproduce) uncontrollably. Your chemo schedule is based upon the type of cancer you have, how fast the cancer cells reproduce, and the times when each drug is the most likely to be effective. This is why chemotherapy is given in cycles.</p> <p>Vinorelbine is a type of plant alkaloid called a vinca alkaloid. It attacks the cancer cells during cell division. If the cells are unable to divide, they die. The faster the cells are dividing, the more likely it is that chemotherapy will kill them, causing the tumor to shrink. The cells in your body that naturally reproduce rapidly may be damaged/destroyed by chemo. These normal cells will eventually grow back and be healthy. During treatment, however, you may have side effects involving the cells that line the digestive tract (mouth, stomach, and intestines), hair follicles, and/or bone marrow. Different drugs may affect different parts of the body.</p>
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 vinorelbine• have or have ever had liver disease• are taking aspirin, other chemotherapy drugs, or vitamins• are pregnant or breastfeeding <p>This drug may interact with other medications or cause harmful side effects. Tell your doctor and pharmacist about <u>all</u> prescription or over-the-counter medications, vitamins, or supplements that you are taking.</p>

What Are Some Possible Side Effects?

- Low blood counts: Decrease in the number of white blood cells, red blood cells, and/or platelets, which increases your risk of infection, anemia/fatigue, and/or bleeding)
- Nausea and/or vomiting
- Diarrhea, constipation
- Muscle weakness
- Thinning or brittle hair
- Peripheral neuropathy: Numbness, tingling, or burning in hands or feet
- Mouth sores, change in ability to taste food

How Can I Manage These Side Effects?

- Drink 2-3 quarts of fluid, especially water, every day unless your doctor limits your fluids. This helps flush the chemo from your body and helps prevent constipation and dehydration.
- **To help prevent infections:** Stay away from people with colds, flu, or other infections. Talk to your doctor before you have any vaccinations. Wash your hands often.
- **Fatigue:** Eat well and stay out of bed as much as possible during your treatment to stay strong. Take rests during the day, and limit your activities to the time of day when you have the most energy. Learn to ask for and accept help with household chores.
- **To help prevent bleeding problems:** Be careful when handling sharp objects. Stay away from rough sports or other situations where you could be bruised or injured. Use an electric razor.
- **Nausea:** 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.
- **Diarrhea:** Loperamide (Imodium®) is available over the counter. You can take 2 tablets after the first episode of diarrhea, followed by 1 tablet (2mg) after each loose stool as needed. Do not take more than 8 tablets (16mg) in a 24-hour period. Call your clinic if this does not provide relief within 24 hours.
- **Constipation:** It is important to avoid constipation. Try adding high fiber foods such as fruits, vegetables, and whole grains to your diet and, if possible, keep moving throughout the day. If you do not move your bowels in 2-3 days, check with your doctor or nurse before you use any type of enema, laxative, or suppository.
- **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**.

- **Peripheral neuropathy:** Report any numbness or tingling to your doctor right away.

If you develop peripheral neuropathy:

- Stay as active as you can to help keep your muscles working. If you exercise in a gym, tell the instructor that you have peripheral neuropathy and ask for instructions.
- Foot and hand massages may help relieve stiffness. After the massage, remember to clean the lotions and creams off your hands and feet.
- Protect your heads and feet, particularly when handling hot items or when weather is severe. Use oven mitts, gloves, socks and shoes
- Have someone check the water temperature before you take a shower, wash dishes, etc. or use a thermometer or a part of your body that is not affected by PN.
- Get rid of throw rugs and other obstacles that can increase your risk of falling or tripping.
- Ask about balance training and/or physical or occupational therapy.
- **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 symptoms become so severe that you have difficulty swallowing. Additional medications can be prescribed.
- **Skin care:** 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.

When Should I Call the Doctor?

Call 911 or go to the nearest hospital emergency department if you have:

- 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
- chest pain or signs of stroke, confusion, agitation, hallucinations, fainting, or seizures

Please let us now if you go to the emergency room or are admitted to the hospital.

Call your 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 wound or 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 reddish-purple spots (petechiae)
- numbness, tingling, or decreased sensation in fingers and toes; difficulty walking or changes in the way you walk; clumsiness in buttoning clothes, opening jars, or other routine activities (peripheral neuropathy)

Call your doctor as soon as possible if you have:

- mouth sores, nausea, or vomiting that is not relieved by prescribed medication or that prevents you from eating or drinking
- vomiting more than 4-5 times in 24 hours; no bowel movements for 3 days
- persistent loss of appetite or weight loss of 5 pounds in 1 week
- extreme tiredness that interferes with normal activities

What Else Should I
Know About
Vinorelbine?

- Vinorelbine may interfere with the normal menstrual cycle (period) in women and stop sperm production in men. This may affect your ability to have children. Talk to your doctor for more details. Though this drug may affect fertility, Do NOT assume that you cannot get pregnant or father a child. Both women and men should use effective birth control. Barrier methods such as condoms and diaphragms are recommended. Vinorelbine may harm a fetus.
- Your doctor will need to check your blood regularly. Be sure to keep all your appointments.
- If you would like more information about vinorelbine, please ask your doctor or pharmacist.