

### Appointments for DA EPOCH R

Cycle	Day	Date/Time	Location
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			

### Appointments for follow up blood tests and review

	Date	Time	Location
Monday			Ricky Grant
Wednesday			Ricky Grant
Friday			Ricky Grant

Monday			Ricky Grant
Wednesday			Ricky Grant
Friday			Ricky Grant

### Lumbar Punctures

If you need lumbar punctures as part of your chemotherapy regimen, they will be scheduled around the days you are not receiving chemotherapy on a Tuesday or Thursday.

Day	Date	Time	Location
			Turner ward
			Turner ward

Torbay and South Devon **NHS**  
NHS Foundation Trust



**PATIENT  
INFORMATION**

### DA (dose adjusted) EPOCH R

**Etoposide  
Vincristine  
Doxorubicin  
Cyclophosphamide  
Prednisolone  
Rituximab**

**GCSF**

This chemotherapy schedule is repeated when your blood count recovers- this is approximately every 21 days.

A temporary central line (PICC) will need to be placed in your arm to give the drugs.

**This is an outpatient treatment lasting for 5 days.**

Day 1: Rituximab infusion and chemotherapy pump connected.

Day 2: Pump change

Day 3: Pump change

Day 4: Pump change

Day 5: Pump disconnection and 2 hour cyclophosphamide infusion.

Day 6: Daily injections of GCSF commence (we will teach you to administer these injections yourself)

Your blood counts will be monitored three times a week on the Ricky Grant Day Unit. The daily GCSF injections help the bone marrow to recover more quickly and when we see a turn in the blood count you will be able to stop the injection. It is important with this regimen to maintain dose intensity and based on your previous counts the dose of your chemotherapy may increase. Your next cycle of treatment will start again as soon as your counts have recovered

You can find more information about chemotherapy in your hand held records. Below on some specific information about the drugs in this regimen.

**Specific potential drug side effects.**

**Rituximab** – is a monoclonal antibody treatment. It is considered a protein drip rather than traditional chemotherapy treatment. It is because of this that allergic reactions can occur. This may give you fevers, chills, flu like symptoms. Medication is given to lessen these effects – low blood counts.

**Etoposide** – low blood pressure, nausea, vomiting, hair loss, low blood counts.

**Vincristine** – Jaw pain, mild nausea and vomiting which can be controlled, lack of appetite, sore mouth, constipation, hair loss, pins and needles in hands and feet, infertility, low blood counts

**Doxorubicin** – Red flushing at the injection site, aching along the vein, nausea which can be controlled, total hair loss, sore mouth, red urine, heart muscle damage, fatigue, low blood counts.

**Cyclophosphamide** – Metallic taste during infusion, hot facial flush, occasional dizziness, nausea and vomiting which can be controlled, loss of appetite, hair loss, bladder irritation, infertility, fatigue, low blood counts.

**Prednisolone** – steroids can affect your mood. You may feel anxious or restless; have mood swings or problems sleeping. Taking your steroids in the morning may help with insomnia. You may experience an increase in appetite, heartburn, feeling of more energy; when the steroids stop some may suffer from aching joints and a lack of energy (steroid dump).

**GCSF (Granulocyte Colony Stimulating Factor)** - bone pain particularly back and legs, headache, fever, rash, upset gastric system

All chemotherapy is potentially sterilising. Your consultant and Clinical Nurse Specialist will have discussed this with you already but if you wish to discuss it further before starting treatment then please let us know.

If you are concerned about any side effects from your treatment  
**Take Early Action and call**

**Ricky Grant Day Unit:** 01803 655219 Monday to Friday between 9am to 5pm (Not Bank Holidays)

**Turner ward:** 01803 655527 Day or night

Following a telephone assessment with a nurse you will be advised what action to take.