

Understand Your Outpatient Consolidation Chemotherapy:

For patients with Acute Myeloid Leukemia getting Daunorubicin and Intermediate-High Dose Cytarabine with or without Gemtuzumab Ozogamicin

Read this resource to learn:

- What is consolidation chemotherapy
- How should I prepare for consolidation chemotherapy
- What should I expect during the treatment phase
- Your prescription medicine schedule for the treatment phase
- What should I expect during the recovery phase
- Your prescription medicine schedule for the recovery phase
- Where can I get more information
- Who do I call if I have questions



What is consolidation chemotherapy?

You have now completed induction therapy and are in complete remission for Acute Myeloid Leukemia. Complete remission means that we are unable to find signs of leukemia cells in your bone marrow.

It is possible that leukemia cells may still be present in your bone marrow. We may not be able to detect these cells. Consolidation chemotherapy is the 2nd step in your treatment for Acute Myeloid Leukemia.

You will get consolidation chemotherapy to kill any remaining leukemia cells and prevent the leukemia from coming back. With consolidation chemotherapy you will get the same or similar chemotherapy medicine that you got during induction therapy (the 1st part of your treatment).

You will get your consolidation chemotherapy as an outpatient. This means you will not stay at the Princess Margaret Cancer Centre overnight for your treatment. Nurses, nurse practitioners, pharmacists and social workers will work together to care for you when you come to Princess Margaret for your treatment.

Consolidation chemotherapy has two phases:

- treatment phase
- recovery phase

Read below to learn more about each phase and how to prepare.

What is the treatment phase? (Days 1 - 5)

The treatment phase is when you get your chemotherapy medicine. Your treatment phase will last for 5 days in a row.

You will get two chemotherapy medicines called Daunorubicin and Cytarabine. Your doctor will discuss with you if you will also get an additional chemotherapy medicine called Gemtuzumab ozogamicin (Mylotarg).

You will get these medicines through your central venous catheter. A nurse will ask you questions about how you are feeling and discuss any concerns you might have.

You will get help to manage any chemotherapy side effects you have such as:

- nausea (feeling of having to throw-up),
- mouth sores
- constipation (trouble having a poo).

A pharmacist will also meet with you to review your prescription medicine schedule. You will get blood tests done at least once during this week.

What is the recovery phase? (Days 6 – 28)

The recovery phase happens after you have finished getting your chemotherapy. Your recovery phase will last for 3 to 4 weeks. You will come to Princess Margaret during your recovery phase 2 times a week (for example, every Tuesday and Friday) for 3 to 4 weeks.

You will get blood tests done at each appointment and will meet with a nurse to review the results. During the recovery phase, your complete blood count (CBC) results will be low.

You may need many blood and platelet transfusions while your blood counts are low. You may also need help from your health care team to fight infections.

Where do I go for my treatment and recovery phase appointments?

You will go to the Malignant Hematology Day Unit (MHDU) on the 4th floor for your treatment and recovery appointments. In the MHDU, there are different treatment areas called pods.

The Blue Pod is where patients with leukemia get chemotherapy, blood transfusions and help managing treatment related side effects. All of your blood tests will also be done in the Blue Pod.

How should I prepare for consolidation chemotherapy?

Plan ahead:

- You must have someone living with you during treatment and after treatment is done until you feel better. This can be a family member, friend or a personal support worker.
- You must be able to get to Princess Margaret every day during your treatment phase.
- You must be able to get to Princess Margaret 2 times a week during your recovery phase.
 - If you live in Barrie, Newmarket or Oshawa areas you may be able to have your treatment phase and/or recovery phase at a Regional Cancer Centre closer to home. Ask a member of your health care team if the Princess Margaret Leukemia Shared Care Program is an option for you.
 - If you cannot get to Princess Margaret on your own, the Canadian Cancer Society helps eligible patients and 1 family member or friend get to appointments. There is a \$100 registration fee. Any member of the health care team can complete the referral. For more information, visit: [Wheels of Hope Volunteer Driver Program Referral](https://csl.cancer.ca/en/Detail/db51b318-81fe-e811-a98d-000d3a36f968) (<https://csl.cancer.ca/en/Detail/db51b318-81fe-e811-a98d-000d3a36f968>)
 - NOTE: The Princess Margaret Cancer Centre Lodge is not open at this time. The Lodge is working with patients and families to provide funding for accommodations for those who live outside of Toronto. Any member of your health care team can complete a booking request to the Lodge to have them contact you..
- You must be 30 minutes or less away from a hospital emergency department.
- You must have a thermometer at home.

- You must get your prescriptions filled before you start your treatment.
 - To fill your prescriptions, visit the Princess Margaret Outpatient Pharmacy located in the main lobby. Bring your private insurance information if you have it.
 - You may also use a pharmacy near your home. If you plan on going to another pharmacy, give them your prescription as early as possible. They may not have cancer-related medicines in stock.
- Look at the videos on our website before your first appointment. These will give you lots of information on what treatment will be like. The videos can be viewed on the Princess Margaret Cancer Centre YouTube channel: <http://bit.ly/1N58nny>

What should I bring to my chemotherapy appointments?

- The medicines you are currently taking.** Bring a list of your medicines or bring your pills in their original labelled bottles.
- All of the medicines that you have been told to take for your treatment.** A nurse will tell you when to take them.
- Your health card (OHIP).**
- Meals and snacks for the day.** Bring foods with mild smells. Strong smells can sometimes make other patients feel sick. The clinic provides free juice and cookies.
- Something to do.** Your appointments may be very long. You may want to bring a book or computer or tablet with headphones to keep you busy. There is free wireless internet available in the hospital.
- One family member or friend for support or company can sit with you in the treatment area.** Due to limited space in the unit, we may ask your visitor to wait outside the unit in one of our designated waiting areas during your appointment.
- Someone to drive you home.** It is not safe to drive after the appointment. Some medicines will make you feel sleepy

What should I expect during the treatment phase? (Days 1 - 5)

Day 1:

When you arrive for your appointment in the Blue Pod, you will meet with a nurse to talk about your treatment and any concerns you have.

Be prepared to wait. Before your consolidation chemotherapy can safely begin, your health care team may have to wait for test results. Some of these tests may be blood tests, bone marrow biopsy results or heart tests.

Your Day 1 appointment will last about 5 to 6 hours.

You will get all the treatments listed below.

Type of treatment	Treatment details
1) Intravenous (IV) fluids	Intravenous (IV) fluids to keep your body hydrated while you get chemotherapy. Hydrated means that your body has enough water and salt. You will get these by IV (directly into your blood) through your central venous catheter.
2) Daunorubicin Chemotherapy	Daunorubicin is given by IV through your central venous catheter. It takes 5 to 10 minutes to give.

Type of treatment	Treatment details
3) Cytarabine Chemotherapy	<p>Cytarabine is given by IV through your central venous catheter. It takes 3 hours to give.</p>
4) Cytarabine Chemotherapy	<p>You will get another dose of Cytarabine by IV through your central venous catheter at home.</p> <p>You will get this chemotherapy medicine through an ambulatory infusion pump (AIP).</p> <div data-bbox="902 789 1279 1262" data-label="Image"> </div> <div data-bbox="878 1297 1300 1346" data-label="Caption"> <p>This is an image of an AIP</p> </div> <p>The AIP will be connected to your central venous catheter by the nurse in MHDU. You will take the AIP home with you overnight. The nurse will set a timer on the pump so you get your medicine at a specific time. You will get this dose about 12 hours after your last dose of Cytarabine.</p> <p>You will get an AIP booklet explaining how to use the AIP at home.</p>

Type of treatment	Treatment details
5) *Gemtuzumab ozogamicin (Mylotarg) Chemotherapy *Not all patients will receive this medication. Your Leukemia doctor will discuss with you if this drug will be added to your treatment plan.	Gemtuzumab is given by IV through your central venous catheter. It takes 2 hours to give. You will also receive additional IV medications prior to the Gemtuzumab to help prevent an infusion reaction.

Day 2:

When you arrive for your appointment, you will meet with a nurse to talk about any side effects you may have from the chemotherapy.

Your Day 2 appointment will last about 2 to 3 hours.

You will get all the treatments listed below.

Type of treatment	Treatment details
1) Intravenous (IV) fluids	Intravenous (IV) fluids to keep your body hydrated while you get chemotherapy. You will get these by IV through your central venous catheter.

Day 3:

When you arrive for your appointment, you will meet with a nurse to talk about any side effects you may have from the chemotherapy.

Your appointment will last about 4 to 5 hours.

You will get all the treatments listed below.

Type of treatment	Treatment details
1) Intravenous (IV) fluids	Intravenous (IV) fluids to keep your body hydrated while you get chemotherapy. You will get these by IV through your central venous catheter.
2) Daunorubicin Chemotherapy	Daunorubicin is given by IV through your central venous catheter. It takes 5 to 10 minutes to give.
3) Cytarabine Chemotherapy	Cytarabine is given by IV through your central venous catheter. It takes 3 hours to give.
4) Cytarabine Chemotherapy	<p>You will get another dose of Cytarabine by IV through your central venous catheter at home.</p> <p>You will get this chemotherapy medicine through an ambulatory infusion pump (AIP).</p> <p>The AIP will be connected to your central venous catheter by the nurse in MHDU. You will take the AIP home with you overnight. The nurse will set a timer on the pump so you get your medicine at a specific time. You will get this dose about 12 hours after your last dose of Cytarabine.</p>

Day 4:

When you arrive for your appointment, you will meet with a nurse to talk about any side effects you may have from the chemotherapy.

You will have blood samples taken this day. This blood will be used to check your hemoglobin (red blood cells), platelets (blood clotting cells) and neutrophils (white blood cells that fight infections).

Your Day 4 appointment will last about 2 to 3 hours.

You will get all the treatments listed below.

Type of treatment	Treatment details
1) Intravenous (IV) fluids	Intravenous (IV) fluids to keep your body hydrated while you get chemotherapy. You will get these by IV through your central venous catheter.
2) Transfusion	You may or may not need a transfusion today depending on the results of your blood work and how you are feeling. Your appointment may last longer than 2 to 3 hours if you need a transfusion.

Day 5:

When you arrive for your appointment, you will meet with a nurse to talk about any side effects you may have from the chemotherapy.

Your Day 5 appointment will last about 4 to 5 hours.

You will get all the treatments listed below.

Type of treatment	Treatment details
1) Intravenous (IV) fluids	Intravenous (IV) fluids to keep your body hydrated while you get chemotherapy. You will get these by IV through your central venous catheter.
2) Cytarabine Chemotherapy	Cytarabine is given by IV through your central venous catheter. It takes 3 hours to give.
3) Cytarabine Chemotherapy	<p>You will get another dose of Cytarabine by IV through your central venous catheter at home.</p> <p>You will get this chemotherapy medicine through an ambulatory infusion pump (AIP).</p> <p>The AIP will be connected to your central venous catheter by the nurse in MHDU. You will take the AIP home with you overnight. The nurse will set a timer on the pump so you get your medicine at a specific time. You will get this dose about 12 hours after your last dose of Cytarabine.</p>

Day 6:

Your ambulatory infusion pump (AIP) will need to be disconnected from your central venous catheter. Also, your central venous catheter will need to be cleaned out now that your chemotherapy is done. You can choose one of these ways to have your AIP disconnected and your catheter cleaned:

1. You can come back to the Blue Pod to have the AIP disconnected and the catheter cleaned.

OR

2. We can show you or a family member or a friend how to disconnect the AIP and clean the catheter.

Please speak with a nurse in the Blue Pod about which option will be best for you. If you want to have the AIP disconnected and the catheter cleaned at the Blue Pod, you will need to make an appointment to have this done.

Your prescription medicine schedule for the treatment phase

Below is a schedule of prescription medicines you need to take during your treatment phase (Days 1 – 5). Tell your doctor or nurse if you have any allergies. You may get different medicines depending on what allergies you have.

Please note that some of these prescription medicines need to be taken for 7 days.

Prescription Medicine Schedule: Treatment Phase (Days 1 – 5)			
Name of medicine	How much to take	Reason for medicine	Instructions
Ondansetron (Zofran)	Take 3 tablets (24 milligrams) once a day. Start taking medicine on Day 1 . Take for a total of 5 days.	To prevent nausea (feeling sick) or throwing up.	You can take this with food or without food. Ondansetron (Zofran) can cause constipation (trouble having a poo). Speak with your nurse if you have this side effect.

Prescription Medicine Schedule: Treatment Phase (Days 1 - 5)

Name of medicine	How much to take	Reason for medicine	Instructions
Indomethacin (Indocid)	Take 1 tablet (25 milligrams) three times a day with food. Start taking medicine on Day 1. Take for a total of 5 days	To prevent fever caused by the Cytarabine chemotherapy.	Take with food.
<p align="center">OR (if you have a history of ulcers)</p> Celecoxib (Celebrex)	Take 1 capsule (100 milligrams) two times a day with food. Start taking medicine on Day 1. Take for a total of 5 days.	To prevent fever caused by the Cytarabine chemotherapy.	Take with food.

Prescription Medicine Schedule: Treatment Phase (Days 1 - 5)			
Name of medicine	How much to take	Reason for medicine	Instructions
Prednisolone 1% eye drops (Pred Forte)	Put 1 drop into each eye four times a day. Start using medicine on Day 1. Put into each eye for a total of 7 days.	To prevent eye inflammation (swelling) and redness related to cytarabine chemotherapy.	Suggested eye drop times: 8 am, 12 pm (noon), 5 pm, 10 pm
Prochlorperazine (Stemetil)	Take 1 tablet (10 milligrams) every 6 hours as you need for nausea.	To treat nausea (feeling sick) and throwing up.	You can take this at any time for nausea if you need it (even after your chemotherapy is finished).



What to do if you develop a fever during your Treatment Phase (Days 1 – 5)

Please note: These instructions are only for the **Treatment Phase (Day 1 – 5)**

If you develop a fever of 38.0 °C (100.4 °F) or higher, take 650 milligrams (mg) of acetaminophen (Tylenol). You can only take acetaminophen (Tylenol) **1 time**. A fever during the treatment phase can be a side effect from Cytarabine chemotherapy rather than an infection.

You must go to an emergency room right away if:

- Your temperature does not go down after taking acetaminophen (Tylenol) 1 time.
- If your fever comes back again after taking acetaminophen (Tylenol) 1 time.
- Your body starts to shake a lot.
- You become sleepy at a time when you should not be sleepy.
- You are confused in your thinking.

What should I expect during the recovery phase? (Days 6 - 28)

During your recovery phase, you will visit the Blue Pod two times a week (for example, every Tuesday and Friday).

You will meet with a nurse for an assessment and to talk about how you are feeling and discuss any concerns you might have..

You will have blood samples collected from your central venous catheter. This blood will be used to check your hemoglobin (red blood cells), platelets (blood clotting cells) and neutrophils (white blood cells that fight infections).

You may need a blood or platelet transfusion if your blood counts are low and depending on how you feel. You may also need antibiotics to fight any infections you may get.

Your recovery phase appointments will last about 2 to 8 hours depending on your needs.

Your prescription medicine schedule for the recovery phase

Below is a schedule of prescription medicines you need to take during your recovery phase. Tell your doctor or nurse if you have any allergies. You may get different medicines depending on what allergies you have.

Prescription Medicine Schedule: Recovery Phase (Days 6 - 28)			
Name of medicine	How much to take	Reason for medicine	Instructions
Ciprofloxacin (Cipro)	Take 1 tablet (500 milligrams) two times a day. Start taking medicine on Day 8. Take for 21 days or until white blood cells recover.	To prevent getting infections from bacteria.	Take 2 hours before or after eating dairy products (milk, cheese, yogurt) or antacids or supplements with calcium, iron, zinc.
Amoxicillin (Amoxil)	Take 1 capsule (500 milligrams) three times a day. Start taking medicine on Day 8. Take for 21 days or until white blood cells recover.	To prevent getting infections from bacteria.	You can take this with or without food.

Prescription Medicine Schedule: Recovery Phase (Days 6 - 28)			
Name of medicine	How much to take	Reason for medicine	Instructions
Fluconazole (Diflucan)	<p>Take 4 tablets (400 milligrams) once a day.</p> <p>Start taking medicine on Day 8.</p> <p>Take for 21 days or until white blood cells recover.</p>	To prevent getting fungal infections.	You can take this with or without food.
<p>*Filgrastim (Grastofil or Neupogen)</p> <p>*Patients who are 60 years old or older will receive this medication. For patients who are younger than 60 years old, your Leukemia doctor will discuss with you if this medication will be needed</p>	<p>Inject 300 mcg under the skin once a day.</p> <p>Start taking medicine on Day 14.</p> <p>Take for 7 days.</p>	To help your immune system (white blood cells) recover after chemotherapy.	A nurse will instruct you how to give this medication.



What to do if you develop a fever during your Recovery Phase (Days 6 – 28)

Please note: These instructions are only for the Recovery Phase (Day 6 – 28)

If you develop a fever, you may have an infection.

You must go to an emergency room right away if you develop any of the following:

- You develop a fever of 38.0 °C (100.4 °F) or higher. Do not take acetaminophen (Tylenol) or ibuprofen (Advil).
- Your body starts to shake a lot.
- You become sleepy at a time when you should not be sleepy.
- You are confused in your thinking.

Where can I get more information?

Ask a member of your health care team for any of these pamphlets, or visit the Patient and Family Library (main floor, The Princess Margaret Cancer Centre).

- Leukemia Education Awareness Package
- Food Safety for Patients with Weakened Immune Systems
- How to Manage Your Nausea and Vomiting (Cancer Care Ontario)
- Understanding Blood Counts
- How to Manage Your Fatigue (Cancer Care Ontario)
- How to Manage Your Mouth Problems (Cancer Care Ontario)

Who do I call if I have questions?

If you have any questions about your care during your consolidation therapy, please call the Princess Margaret Cancer Centre.

Monday through Friday 8:30 am – 5:00 pm: Malignant Hematology Day Unit (MHDU), Blue Pod 416 946 4501 ext. 2134

If you have urgent medical concerns on weekends, holidays or after 4:00 pm, call the after-hours CAREpath™ line at: **1-877-681-3057**

A specialized oncology nurse will answer your call. If the nurse is not available at the time of your call, a nurse will return your call within 15 to 20 minutes. You can also call your family doctor.



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