

# OUTPATIENT CONSOLIDATION TREATMENT

For Patients with Acute Myeloid Leukemia

## What you will find inside:

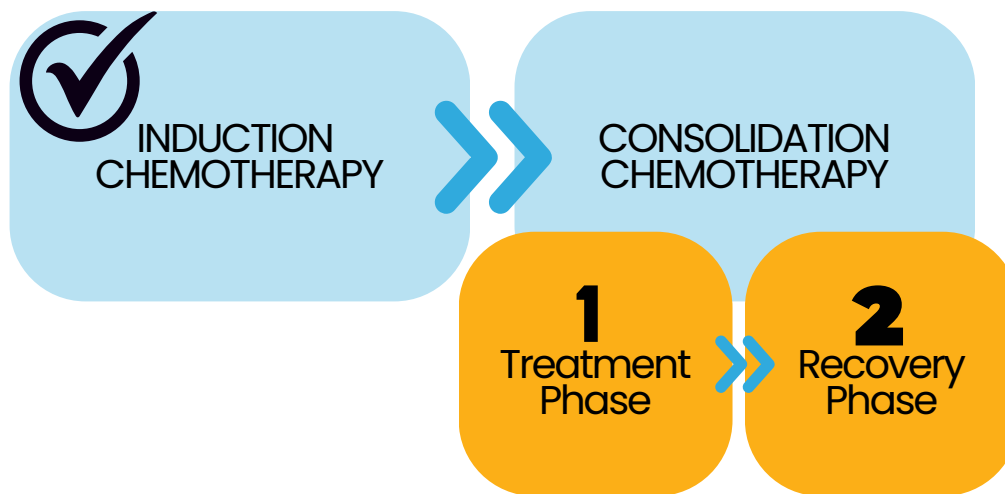
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# What is Consolidation Chemotherapy?

You have finished **induction therapy** (the 1st part of your chemotherapy treatment) for Acute Myeloid Leukemia (AML). You are also in complete remission (i.e., when there is no sign of cancer in your body).

Now, you will move on to **consolidation chemotherapy**. This works to kill any left over leukemia cells and stop them from coming back. Consolidation chemotherapy will be the same, or similar, chemotherapy as your induction therapy.

## Consolidation Treatment Has 2 Phases



You will be given your consolidation chemotherapy as an outpatient. This means that you will come to the hospital for each treatment and go home after the treatment is finished.

A team of healthcare professionals will care for you when you come in for your treatments.

This will include:

- Hematologist
- Nurses
- Nurse Practitioners
- Pharmacists

## What is the Treatment Phase? (Days 1-6)

The treatment phase is when you are **given your chemotherapy**. Your treatment phase will **last for 6 days in a row**.

You may be given 2 chemotherapy drugs; **Daunorubicin** and **Cytarabine**, or you may only receive Cytarabine. This will be decided by your Hematologist. The chemotherapy will be delivered through your central line (e.g. PICC line).

Each day, a Nurse will ask you questions about how you are feeling. Let them know if you have any concerns about your treatment. Your Nurse can help you manage side effects from chemotherapy, such as:

- **Nausea**
- **Mouth sores**
- **Constipation**

On day 1 of your treatment a Pharmacist will meet with you to review the timing of your new prescription drugs needed for your treatments.

## What is the Recovery Phase? (Days 8-26)

The recovery phase happens **after you have finished your chemotherapy**. Your recovery phase will **last 3-4 weeks**.

During the recovery phase you will:

- Come to WRHN Cancer Centre at least 3 times a week
- Have blood work done at each visit
- Meet with a Nurse and Nurse Practitioner to review your lab results

During the recovery phase, your complete blood count (CBC) results will be low. You will be at higher risk for infections. This is normal. To treat this, you may need blood transfusions, platelet transfusions, and/or medicine to treat an infection.

## Appointment Locations

You will have different types of appointments during your consolidation treatment.

For **weekday** chemotherapy appointments, you will check in at the Systemic Suite (also called the “Chemosuite”) found on the 4<sup>th</sup> floor of WRHN Cancer Centre.

For **weekend** chemotherapy appointments, you will check in at the 6AB Oncology Inpatient Unit found on the 6<sup>th</sup> floor of WRHN @ Midtown hospital.

During the recovery phase (Days 8-26), you will register for your blood work at the main registration desk found on the 3rd floor of the WRHN Cancer Centre. You will be asked to sit in the waiting area near main registration. The Nurse navigator will collect blood work from your central line and ask you questions about how you are feeling.

# Your Appointment Schedule

## Treatment Phase: Day 1-6

Appointment Length	Possible Treatment
<b>DAY 1</b> 2-3 hours	<ul style="list-style-type: none"> <li>Intravenous (IV) fluids</li> <li>Daunorubicin chemotherapy (if prescribed by your Hematologist)</li> <li>You will be connected to an <b>ambulatory infusion pump</b> through your central line.</li> <li>The pump will give you 2 doses of cytarabine chemotherapy at home at 7:30 pm (that same evening) and 7:30 am (the next morning).</li> </ul>
<b>DAY 2</b> 1-2 hours	<ul style="list-style-type: none"> <li>When you arrive your pump will be taken off.</li> <li>Daunorubicin chemotherapy (if prescribed by your Hematologist).</li> </ul>
<b>DAY 3</b> 1-2 hours	<ul style="list-style-type: none"> <li>Intravenous (IV) fluids.</li> <li>You will be connected to an ambulatory infusion pump through your central line.</li> <li>The pump will give you 2 doses of cytarabine chemotherapy at home at 7:30 pm (that same evening) and 7:30 am (the next morning).</li> </ul>
<b>DAY 4</b> 1-2 hours	<ul style="list-style-type: none"> <li>When you arrive your pump will be taken off.</li> <li>No other treatment is given on this day.</li> </ul>
<b>DAY 5</b> 1-2 hours	<ul style="list-style-type: none"> <li>Intravenous (IV) fluids</li> <li>You will be connected to an ambulatory infusion pump through your central line</li> <li>The pump will give you 2 doses of cytarabine chemotherapy at home at 7:30 pm (that same evening) and 7:30 am (the next morning)</li> </ul>
<b>SATURDAY</b> 1-2 hours	<ul style="list-style-type: none"> <li>Go to the <b>6<sup>th</sup> floor (6AB Inpatient Oncology Unit) of Waterloo Regional Health Network (WRHN)</b> as the <b>outpatient clinic at WRHN Cancer Centre is closed.</b></li> <li>When you arrive your pump will be taken off.</li> </ul>

# Your Drug Schedule

## Treatment Phase: Day 1-6

Name of Prescribed Drug	How Much To Take	Why You Take This	Details
Ondansetron (Zofran)	<ul style="list-style-type: none"> <li>Take 1 tablet (8mg) in the morning and 1 tablet in the evening.</li> <li>Start taking Zofran after blood work on Day 1.</li> <li>Take for a <b>total of 5 days</b>. Your last dose is in the evening of day 5 (before the pump gives you cytarabine).</li> </ul>	To prevent nausea or throwing up.	<p>Take with or without food.</p> <p>Can cause constipation (trouble pooping). Tell your Nurse if you have this side effect.</p>
Dexamethasone 1% eye drops	<ul style="list-style-type: none"> <li>Put 2 drops into each eye 3 times a day.</li> <li>Start using this medicine after your blood work on Day 1 (Your Nurse will show you how to use them the morning of your 1st treatment).</li> <li><b>Put into each eye for a total of 7 days.</b></li> </ul>	To prevent eye inflammation (swelling) and redness from cytarabine.	<p>Ideal eye drop times:</p> <p><b>8 am, 12 pm, 8 pm</b></p>
Prochlorperazine (Stemetil)	Take 1 tablet (10mg) <b>every 6 hours.</b>	To treat nausea and throwing up.	You can take this every 6 hours for nausea if you need it. Even during the recovery phase.

# Your Appointment Schedule

## Recovery Phase: Day 8–26

You can expect to have appointments at least 3 times a week during your recovery period. The number of appointments will be based on how you are feeling and your lab results.

# Your Drug Schedule

## Recovery Phase: Day 8–26

Name of Prescribed Drug	How Much To Take	Why You Take This	Details
Fluconazole	<ul style="list-style-type: none"><li>• Take 400 mg 1x per day.</li><li>• Your Nurse Practitioner or Nurse will tell you when to start taking it.</li><li>• Take on days 8-21 (14 days total).</li></ul>	To prevent getting a fungal infection	Usually taken in the morning.  Take with or without food.
Ciprofloxacin	<ul style="list-style-type: none"><li>• Take 500 mg 2 times a day (in morning and evening).</li><li>• Your Nurse Practitioner or Nurse will tell you when to start taking it.</li><li>• Take on days 8-21 (14 days total).</li></ul>	To prevent infections from bacteria	Take 2 hours before or after eating dairy products (milk, cheese, yogurt), antacids, or supplements with calcium, iron or zinc.
Amoxicillin	<ul style="list-style-type: none"><li>• Take 500 mg 3 times a day (with meals).</li><li>• Your Nurse Practitioner or Nurse will tell you when to start taking it.</li><li>• Take on days 8-21 (14 days total).</li></ul>	To prevent infections from bacteria	Take with or without food.  Avoid grapefruit and grapefruit juice.

## General Drug Rules:

- **Do not stop any prescribed drugs** unless your Hematologist advises you to do so.
  - Do not take any over the counter drugs or herbal supplements, other than those prescribed by your healthcare team without checking with your Hematologist, Nurse Practitioner, or Pharmacist.
  - Do not use rectal suppositories or enemas without asking your Hematologist.
  - Do not take Aspirin/ASA, non-steroidal anti-inflammatory drugs (NSAIDs) or any drugs that contain it.
  - Do not use recreational drugs (e.g. marijuana, tobacco, cocaine, ecstasy, etc.) because it can lead to serious or fatal effects.
  - Plan ahead. When you are leaving the house, pack enough of your drugs to last the whole day.
  - Check in with your Pharmacist if you are running low on a cancer drug. You may need a refill.
- Ask for refills at least 2–3 days ahead.**

## How to Prepare for Treatment

To prepare for your consolidation treatment you must:

- Be able to get to WRHN Cancer Centre every day during treatment and recovery.
- Have someone living with you **during treatment and after treatment** until you feel better. This can be a family member, friend, or a personal support worker.
- Have a thermometer at home and check your temperature **at least 2 times a day (morning and afternoon)**. For more information see [Side Effects to Watch for on Chemotherapy](#).
- Get your prescription drugs filled **before you start your treatment**.
  - Fill your prescriptions at the Cancer Centre Retail Pharmacy (4th Floor of WRHN Cancer Centre) or at your local pharmacy.

For every chemotherapy appointment you should prepare to bring:

- ☐ Your health card (OHIP). This is required to register you for your appointment.
- ☐ **All of the drugs that you have been told to take for your treatment (e.g. “pre-meds”).** A Nurse will review them with you.
- ☐ **Meals and snacks for the day.** The systemic suite (chemosuite) offers free juice and cookies.
- ☐ **Something to keep you busy.** You may want to bring a book, computer, or tablet (with headphones) to keep you busy. There is free wireless internet for patients.
- ☐ A **family member or friend**. Only 1 care partner can sit with you in the treatment area because space is limited.

For your 1st chemotherapy appointment you should also prepare to bring:

- ☐ **Your current prescribed drugs or natural health products/supplements.** Bring a written list, or all of the pill bottles.

# Contact Your Healthcare Team

During the week, Monday to Friday, 8:00 a.m - 4:00 p.m. you can call your **Nurse Navigator: 226-750-9099**

For evenings, weekends and holidays you can call the:  
**Inpatient Oncology Unit: 519-749-4300 ext. 2175**

## Resources

Scan the QR code or click the links below to access more helpful resources.



How to Manage  
Anxiety



Mouth Sores



Constipation



Leukemia &  
Lymphoma Society  
of Canada



Nausea



Ambulatory  
Infusion Pump

Use this resource for your information only. It does not replace medical advice from your doctor or other Healthcare professionals.  
Scan the QR code for more information on our regional website.



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