

Having pegylated interferon treatment

Information and treatment plan

Cancer Services and Clinical Haematology
Information for patients

Patient Details



Introduction

This booklet belongs to the person whose details are on the front cover. If found please return.

Contact details for the healthcare staff looking after you

Consultants Dr G. Asagba, Dr M. Garg and Dr H. Qureshi

Allergies

Name/address of GP

.....
.....
.....

Telephone number.....

Other medical conditions

.....
.....
.....

Current medicines

.....
.....
.....

Introduction

Your doctor has recommended the following treatment for you:

- Pegylated interferon.

What is pegylated interferon?

Pegylated interferon is immunotherapy. It stimulates the body's immune system to work more effectively and fight cancer.

It is given as a subcutaneous injection. This means that it is injected just under your skin. It can be stored in the fridge at a temperature of 4°C.

How often you need this injection varies, but will be once a week at most. The dose of pegylated interferon that you need will depend on many factors, such as your height and weight, your general health and any other health problems you have, and the type of cancer you have. Your doctor will work out the dose you need and how often it needs to be given.

If you wish to give this injection to yourself, we can teach you how to do this.

What are the possible side effects?

As with any treatment, there are possible side effects. Please remember that not all patients have side effects and you will not have all those listed below.

The following side effects are common (they happen in more than 30% of patients having this treatment):

- Flu-like symptoms (headache, muscle aches, tiredness and fever) these usually get better after the first few weeks of treatment
- Tiredness (fatigue)
- Bruising, itching or irritation at the sites of the injections
- Autoimmune conditions like arthritis may get worse
- Skin conditions like psoriasis and eczema may get worse

The following side effects are less common (they happen in between 10 and 29% of patients having this treatment):

- Depression, mood swings, anxiety, irritability
- Poor sleep (insomnia), nightmares
- Joint and bone pain
- Temporary hair thinning. Your hair will grow back after you stop taking this medication.
- Diarrhoea
- Abdominal pain
- Itchy or dry skin
- Dizziness
- Weight loss
- Trouble concentrating
- New autoimmune conditions

What are the possible side effects? (continued)

We have not listed side effects that happen in less than 10% of patients, so please tell us if you have any other symptoms from the treatment.

When should I seek emergency help?

You should seek **emergency** help if you:

- Have shortness of breath, chest pain or a fast heart beat
- Are depressed and have thoughts of hurting yourself or others

When should I seek help (not an emergency)?

The following symptoms require medical attention, but are not emergency situations. Contact us using the numbers at the back of this booklet **within 24 hours** of noticing any of the following:

- Unusual bleeding or bruising, black or tarry stools, or blood in your stools or urine
- Diarrhoea (4-6 episodes in a 24-hour period)
- Nausea that stops you eating and is not relieved by prescribed medications
- Vomiting (more than 4-5 times in a day)
- Feeling "faint" or dizzy
- Unusual fatigue
- Anxiety, changes in thinking or mood, confusion, difficulty concentrating or trouble sleeping
- Changes in your eyesight

Medication plan

Pegylated Interferon strength: 90micrograms / 135micrograms / 180micrograms (please circle)

Date	Weight	Dose	Frequency	Number dispensed	Date of venesection

Other medication

WBC	Hb	Hct	Platelets	Neut	ALT	TFT 3m	Response	Sign

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Contact details

Emergency 24 hour help line

Telephone: 0808 178 2212

Haematology Specialist Nurse

Monday to Friday 9:00 am to 5:00 pm

Answer phone: 0116 258 7246

Osborne Day Case Unit

Monday to Friday 8:00 am to 5:00 pm

Telephone: 0116 258 5263

Osborne Assessment Unit

Telephone: 0116 258 6681

For Venesection:

Ward 1 at Leicester General Hospital

Telephone: 0116 258 4012/3

MPN clinic coordinator

Tel: 0116 258 7612

Clinic Desk on Friday mornings only

Tel: 0116 258 5708

Haematology Clinic

Osborne Building Leicester Royal infirmary

Tel: 0116 258 5759

Sources of further information

Macmillan Information and Support Centre

Osborne Building

Leicester Royal Infirmary

Leicester LE1 5WW

Tel: 0116 258 6189

www.uhl-tr.nhs.uk/cancerinfo

Macmillan Cancer Support

Tel: 0808 808 0000

www.macmillan.org.uk

Cancer Research UK

Tel: 0808 800 4040

www.cancerresearchuk.org

UHL Medicines Information Centre

Monday to Friday 8:30 am to 5:30 pm

Tel: 0116 258 6491

Useful links for further reading:

www.mpnvoice.org.uk

www.voicesofmpn.com



Leicester's Hospitals is a research active trust so you may find research is happening on your ward or in your clinic.

To find out more about the benefits of research and become involved yourself, speak to your clinician or nurse, call 0116 258 8351 or visit www.leicestersresearch.nhs.uk/patient-and-public-involvement

If you would like this information in another language or format, please contact the service equality manager on 0116 250 2959

إذا كنت ترغب في الحصول على هذه المعلومات في شكل أو لغة أخرى ، يرجى الاتصال مع مدير الخدمة للمساواة في 0116 250 2959.

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 250 2959 নাম্বারে যোগাযোগ করুন।

如果您想用另一种语言或格式来显示本资讯，请致电 0116 250 2959 联系“服务平等化经理” (Service Equality Manager)。

જો તમને આ પત્રકમાં જોડેલ અથવા ટેપ ઉપર ભાષાંતર જોઈતું હોય તો મહેરબાની કરી સર્વિસ ઇક્વાલિટી મેનેજરનો 0116 250 2959 ઉપર સંપર્ક કરો.

यदि आप को इस लीफलेट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डेव बेकर, सर्विस इक्वालिटी मैनेजर से 0116 250 2959 पर सम्पर्क कीजिए।

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na inny język lub w innym formacie, prosimy skontaktować się z Menedżerem ds. równości w dostępie do usług (Service Equality Manager) pod numerem telefonu 0116 250 2959.

નેકર તુઠાનું ઇસ લીફલેટ ડા લિખતી નાં ટેપ કીઝા અનુવાદ ચાઘીદા ઠેઠે ઝાં કિરપા કરકે ડેવ બેકર, સર્વિસ ઇક્વાલિટી મેનેજર નામ્ 0116 250 2959 'ઝે સંપર્ક કરો.

Ak by ste chceli dostať túto informáciu v inom jazyku, alebo formáte, kontaktujte prosím manažéra rovnosti služieb na tel. číslo 0116 250 2959.

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xirii, Maamulaha Adeegga Sinaanta 0116 250 2959.