This factsheet provides information on the use of lomustine in children and young people with cancer. Please read this factsheet carefully alongside any patient information provided by the manufacturer. Keep it somewhere safe so you can read it again.

For most medicines, information is provided by the manufacturer in the medicine package. However, this does not always tell you everything you need to know about the use of this medicine in children and young people. We have written this factsheet to give you some extra information.

What is lomustine?
Lomustine is a chemotherapy medicine commonly used in the treatment of certain types of cancer.

What preparations of lomustine are available?
Lomustine is available as 10mg and 40mg capsules.

Where can I get lomustine from?
Lomustine must only be obtained from the hospital at which you/your child is being treated. Please remember to bring all medication with you at each hospital visit.

How is lomustine given?
By mouth, as a single dose. Lomustine should always be given on an empty stomach. It is recommended that the dose is taken about three hours after eating and then wait at least two hours before eating again. You may give lomustine just before going to bed to help prevent nausea (feeling sick) and vomiting (being sick).

Instructions will be on the label or on the patient dosing information chart. The capsule should be swallowed whole with plenty of water or juice. Do not break, crush or chew the capsules. If your child is having nasogastric feeds (NG feeds), then the administration of lomustine can be timed around their feeds. The nursing team or pharmacist at your hospital will be able to advise you on this.

The information below on ‘how to give oral lomustine’ is for patients that are unable to swallow the capsules.

How to give oral lomustine:
For each dose you will need:
- A pair of non-sterile, disposable gloves
- Apron and mask
- Medicine cup/medicine spoon
Oral Lomustine

- Correct lomustine dose
- Kitchen towel
- Yoghurt
- Sealable plastic bag
- A cytotoxic sharps bin available from the hospital or shared care centre at which you or your child is being treated

Please follow the instructions below:

- Put on the gloves, apron and mask
- Place some kitchen towel on the work surface, then place a medicine cup containing some yoghurt and a medicine spoon on the kitchen towel
- Check all the information on the medicine bottle is correct for your child and that you understand the dose that is to be given
- Lomustine must NOT be mixed with water, squash or fruit juice
- Open the medicine bottle(s) and place the capsules for the required dose on the kitchen towel
- Working over the medicine cup, hold the capsule by each end and gently twist and pull the capsule open, emptying the contents into the medicine cup containing the yoghurt. Do this for each capsule.
- Take care not to inhale any powder
- Carefully mix the powder into the yoghurt with the medicine spoon. Then use the medicine spoon to give the yoghurt containing the lomustine.
- Add some more yoghurt to the medicine cup and mix with the spoon. Repeat if necessary to ensure the full dose has been given.
- All of the yoghurt containing the lomustine must be swallowed
- Wrap all the utensils and gloves in the kitchen towel, seal in a plastic bag and place in the cytotoxic sharps bin.
- Wash hands thoroughly with soap and water

When not in use the cytotoxic sharps bin must be closed (but not sealed) and stored out of reach of children.

When each course is finished, or the cytotoxic sharps bin is two thirds full, the sharps bin should be sealed.

At the next hospital visit please RETURN the sharps bin to the hospital at which you or your child is being treated.

Are there any possible side effects?

It is important to remember that everyone reacts differently to chemotherapy. Some patients will have very few side effects whilst others will have more. The side effects listed below will not affect everyone who is given lomustine and may be different if more than one chemotherapy drug is given.

What are the common side effects?

Nausea (feeling sick) and vomiting (being sick)
Anti-sickness medicines can be given to reduce or prevent these symptoms. Please contact the hospital at which you or your child is being treated if sickness is not controlled.

Reduced bone marrow function
Blood counts will be checked regularly to see how the bone marrow is working. A low neutrophil count can make you or your child more at risk of infection. A low haemoglobin count indicates anaemia which may make you or your child unusually tired and a low platelet count may cause bruising or bleeding.

Please contact the hospital at which you or your child is being treated if there are signs of any infection, especially a high temperature or if they show signs of unusual tiredness, bruising or bleeding.

Loss of appetite
It is possible to ‘go off food’ and eating while having treatment. Your hospital will be able to offer advice on how to manage loss of appetite.

What are the less common side effects?

Temporary effect on liver function
Lomustine can cause some changes to liver function. This should return to normal when treatment is finished. If the liver function is seriously affected, then treatment will be changed. Blood tests may be taken to monitor liver function (called LFTs - liver function tests). If there is pain on the right side of the abdomen, yellowing of the skin and eyes, or signs of bruising or bleeding, please contact the hospital at which you or your child is being treated for advice.

Which tests/investigations may take place before, during or after treatment with lomustine?

Full blood count
A full blood count will be done regularly at your hospital, shared care centre or by your community team. The dose of lomustine may need to be adjusted according to the result. The new dose will be recorded on the label or on the patient dosing information chart.
How should the medicine be handled and stored?

- Keep in a safe place out of reach and sight of children
- Store capsules at room temperature
- Keep out of direct sunlight
- Always handle these medicines with care. Handle as little as possible and always wear gloves.
- If you are pregnant or think you could be pregnant, please discuss handling instructions with your doctor, nurse or pharmacist

Is there anything else I should know about or do?

Contact the hospital at which you/your child is being treated if:

- A dose of lomustine is forgotten
- Vomiting occurs after taking the dose
- Too much lomustine is given

Does lomustine interact with any other medicines?

Some medicines can affect how well lomustine works. Always tell the prescriber about any other medication that is being taken. Make sure and check with the doctor or pharmacist before taking any other medicines. This includes supplements, herbal and complementary medicines.

If you have any questions about lomustine, please contact the hospital at which you/your child is being treated. This factsheet only gives general information.

You must always discuss individual treatment with the appropriate member of staff. Do not rely on this factsheet alone for information about treatment. Further information is available on the following websites but may not include advice on use in children or young people.

- xpil.medicines.org.uk
- www.macmillan.org.uk
Children's Cancer and Leukaemia Group is a leading children's cancer charity and the UK and Ireland's professional association for those involved in the treatment and care of children with cancer. Each week in the UK and Ireland, more than 30 children are diagnosed. Two out of ten children will not survive their disease.

We bring together childhood cancer professionals to ensure all children receive the best possible treatment and care. We fund and support research into childhood cancers, and we help young patients and their families with our expert, high quality and award-winning information resources.

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Publication of this factsheet was funded by CCLG.

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Published by CCLG December 2016

Next review date: December 2019