

Cardamon

Carfilzomib/Cyclophosphamide/Dexamethasone with maintenance carfilzomib in untreated transplant-eligible patients with symptomatic MM to evaluate the benefit of upfront ASCT

Patient Diary

Consolidation treatment

To be completed by nurse before handing to patient

Patient trial number	
Patient initials	
Cycle number	
Date cycle started (Day 1)	
Site contact telephone number:	

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1. Looking after your tablets & diary

- Please bring this diary and your bottle of dexamethasone tablets with you (even if it is empty) each time you visit the hospital.
- When you have finished a bottle of dexamethasone tablets, you should not throw it away. You should give the empty bottle to your doctor or research nurse.
- If you have finished treatment but still have some tablets left over, please also give these to your doctor or research nurse.

2. Introduction

This guide tells you more about your consolidation treatment in the Cardamon trial. It also contains a treatment diary to record when you take your oral medication (dexamethasone).

You should use the diary section to keep a record of any side effects, symptoms or anything you feel concerned about. At the back of the booklet there is a notes section for you to write any questions you may want to ask your trial doctor or nurse the next time you see them.

3. Frequently asked questions

What if I miss a dose?

Do your best not to forget your dexamethasone doses. However, if you do miss a dose, please record it the missed doses in the notes section of the diary. Do not try to make up for it by taking another dose at a later date.

What if I vomit after taking a dose?

If you vomit a dose, do not take another dose to make up for it. You should record any vomited doses in the notes section of the diary.

What if I take too many tablets?

If you take more tablets than prescribed please contact your doctor immediately.

4. Looking out for possible side effects

Possible side effects

Like all medicines, dexamethasone can have side effects. The more common side effects are listed in the patient information sheet you were given before you registered on to the study.

How are the side effects managed?

Your doctor or GP will manage your side effects according to their nature and how they are affecting you. If the side effect is severe enough to prevent you taking your dexamethasone, your doctor will make sure the problem improves before restarting your treatment.

Recording side effects/ symptoms

At the back of this booklet, you'll find a treatment diary for keeping track of doses and their side effects.

Side effects/Symptoms should be recorded while you are on treatment and for 30 days after you finished treatment. Please remember to bring this booklet with you to your clinic appointments.

5. Dosage tables

There is information on the bottle label of dexamethasone about exactly how and when to take your dexamethasone tablets and your doctor or nurse will discuss this with you in detail. If you are unsure about how or when to take your tablets, contact your trial doctor or nurse as soon as possible.

You will be given dexamethasone to take at home on days 1, 8, 15 & 22 of each cycle of your treatment. Your trial doctor or nurse will complete the dosage table below with you. You should then complete the treatment diary in between clinic visits when you are taking the tablets at home.

Sometimes your blood test results may show that taking a drug would not be in your best interests. If your study doctor or nurse contacts you and tells you not to take a particular dose please do as instructed and return the drug at your next visit.

Dexamethasone Dosage table

	Dose (mg) per day	Number of tablets	Date
Day 1			
Day 8			
Day 15			
Day 22			

6. Treatment diary

These pages are for you to keep a record of when took your trial treatment

Please remember to bring this card to each clinic visit.

Once you have completed the treatment diary it will be kept with your medical notes as it will help the doctors to be sure that all your side effects information has been collected.

	Date	Number of tablets taken
Day 1		
Day 8		
Day 15		
Day 22		

7. Notes for discussion at your next visit

Notes for discussion at your next visit

Sources of further information about Myeloma

Macmillan Cancer Support provides practical, medical and financial support and work towards the improving cancer care. They can be contacted at:

Tel: 0808 808 00 00 (freephone)

Or visit their website at:

<http://www.macmillan.org.uk/HowWeCanHelp/HowWeCanHelp.aspx>

Cancerhelp (Cancer Research UK) who provide all aspects of information for people with cancer. Their contact details are:

Tel: 0808 800 4040 (freephone)

Or visit their website at:

<http://cancerhelp.cancerresearchuk.org/>

Myeloma UK, Lower Ground Floor, 37 York Place, Edinburgh, EH1 3HP

Freephone: 0800 980 3332

Or visit their website at:

<http://www.myeloma.org.uk>

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