

Cisplatin

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is used many types of cancer.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Cisplatin (sis-PLA-tin): Platinol (PLA-tih-nol)	Slows down or stops the growth of cancer cells by damaging the genetic material that cancer cells need to multiply.	Infusion given into a vein.

Treatment Administration and Schedule: Treatment schedules vary. Talk with your care team about your treatment schedule.

Appointments: Appointments may include regular check-ups with your care team, treatment appointments, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Given at the Clinic or Hospital	Supportive Care Taken at Home
To help prevent or treat nausea or vomiting	_____ _____ _____	_____ _____ _____
Hydration and other supportive care	_____ _____ _____	_____ _____ _____

Common Side Effects

Side Effect	Important Information
<p>Low White Blood Cell (WBC) Count and Increased Risk of Infection (Boxed Warning)</p>	<p>Description: WBCs help protect the body against infections. If you have a low WBC count, you may be at a higher risk of infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Wash your hands and bathe regularly. • Avoid crowded places. • Stay away from people who are sick. • Your care team may prescribe a drug that promotes the growth of WBCs. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Fever of 100.4 °F (38°C) or higher • Chills • Cough • Sore throat • Painful urination • Tiredness that is worse than normal • Skin infections (red, swollen, or painful areas)
<p>Low Platelet Count (Boxed Warning)</p>	<p>Description: Platelets help the blood clot and heal wounds. If you have low platelet counts, you are at a higher risk of bruising and bleeding.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Blow your nose gently and avoid picking it. • Brush your teeth gently with a soft toothbrush and maintain good oral hygiene. • Use an electric razor for shaving and a nail file instead of nail clippers. • Avoid over-the-counter medications that may increase the risk of bleeding, such as NSAIDs. • Talk with your care team or dentist before medical or dental procedures, as you may need to pause your treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Nosebleed lasting over 5 minutes despite pressure • Cut that continues to bleed • Significant gum bleeding when flossing or brushing • Severe headaches • Blood in your urine or stool • Blood in your spit after a cough
<p>Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Boxed Warning)</p>	<p>Description: RBCs and Hgb help bring oxygen to your body's tissues and take away carbon dioxide. If you have low RBC counts or Hgb, you may feel weak, tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Get 7 to 8 hours of sleep each night. • Avoid operating heavy machinery when tired. • Balance work and rest, staying active but resting when needed. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Shortness of breath • Dizziness • Fast or abnormal heartbeats • Severe headache

<p>Nausea and Vomiting (Boxed Warning)</p>	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. This may or may not cause vomiting.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small amounts of water, broth, or other clear liquids when you are ready to eat again. If that stays down, then try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal). Slowly work up to eating solid food. • Your care provider may recommend medicine for these symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Vomiting for more than 24 hours • Vomiting that's nonstop • Signs of dehydration (like feeling very thirsty, having a dry mouth, feeling dizzy, or having dark urine) • Blood or coffee-ground-like appearance in your vomit • Bad stomach pain that doesn't go away after vomiting
<p>Numbness or Tingling in the Hands and Feet (Boxed Warning)</p>	<p>Description: Peripheral neuropathy is when your nerves outside the brain and spine get hurt. This can make you feel numb, tingly, or in pain. It may also make it hard to keep your balance or feel things properly. Peripheral neuropathy can get better or go away over time after stopping or lowering the dose of the medicine. It may take months to fully heal, but you may start to feel better in a few weeks. Sometimes, however, the nerve damage can be permanent.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Check your feet every day for cuts, blisters, or any changes, especially if they feel numb. • Wear shoes that fit well. • Talk to your care team about doing easy activities like walking, swimming, or biking to help your blood flow and keep you healthy. • Your care team may give you medicine or suggest wearing compression socks to help. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • “Pins and needles” or burning feeling in your hands or feet • Trouble moving your arms or legs • Trouble keeping your balance
<p>Kidney Problems (Boxed Warning)</p>	<p>Description: Treatment can cause kidney problems, including damage to the kidneys and decreased kidney function. This may lead to acute kidney injury or long-term kidney failure. It can also cause low magnesium levels that last after treatment. These issues usually happen within days of getting the drug.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Drink 8 to 10 glasses of water or other fluids each day, unless your care team tells you otherwise. • Your care team will give you fluids and electrolytes with your treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Decrease in your amount of urine • Blood in your urine • Swelling of your ankles • Loss of appetite

Select Rare or Serious Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Ear Problems	<ul style="list-style-type: none"> • Difficulty hearing high-pitched sounds (like certain consonant sounds, music, or birdsong) • Ringing, buzzing, hissing, or other sounds in the ears when no external source is present 	<ul style="list-style-type: none"> • Difficulty understanding speech, particularly in noisy environments • A feeling of fullness or pressure in the ears • Dizziness or balance problems
Infusion Reactions	<ul style="list-style-type: none"> • Chills or shaking • Itching or rash • Flushing • Shortness of breath or wheezing 	<ul style="list-style-type: none"> • Dizziness • Feeling like passing out • Fever • Back pain

Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help. If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

Intimacy, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment may harm an unborn baby.
 - If you are able to become pregnant, take a pregnancy test before starting treatment.
 - Use an effective method of birth control during treatment and for at least 14 months after your last dose.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment and for 11 months after your last dose.
 - Do NOT breastfeed during treatment and for at least 3 days after your last dose.

Handling Body Fluids and Waste

Some drugs you receive may stay in your urine, stool, sweat, or vomit for many days after treatment. Because many cancer drugs are toxic, your body waste may also be dangerous to touch. To help protect yourself, your loved ones, and the environment, **follow these instructions** for at least **48 hours** after each dose of **cisplatin**:

- Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- You can use your usual toilet. Always close the lid and flush to discard all waste. If you have a low-flow toilet, flush twice.
- If the toilet or seat is soiled with urine, stool, or vomit, clean the surface after each use before others use it.
- Wash your hands with soap and water for at least 20 seconds after using the toilet.
- If you need a bedpan, inform your caregiver so they can wear gloves and assist with cleanup. Wash the bedpan with soap and water daily.
- If you cannot control your bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb waste.
- Wash any skin exposed to body waste with soap and water.
- Wash soiled linens or clothing separately from other laundry. If you don't have a washer, place them in a plastic bag until they can be washed.
- Wash your hands with soap and water after touching soiled linens or clothing.

Additional Information

- **Tell your care team about all the medicines you take.**
This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- There is a risk of developing **new cancers**, like leukemia, after taking this treatment. Talk with your care team about the potential increased risk of new cancers.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

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Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources.

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PES-401