

Cyclophosphamide Given by Infusion

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for 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 |
|---|--|---|
| Cyclophosphamide (SY-kloh-FOS-fuh-mide): Cytosan (sai-TAAK-sn) | Slows down or stops the growth of cancer cells by damaging the genetic material that cancer cells need to multiply. It can also be used to dull the immune response. | Infusion into a vein (intravenous (IV) infusion). |

Treatment Administration and Schedule

- Cyclophosphamide is often given in combination with other treatments. Talk with your care team about your exact treatment and schedule.
- Cyclophosphamide is also available as a capsule and tablet taken by mouth.

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 and vomiting | <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> |
| Other | <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> |

Common Side Effects

| Side Effect | Important Information |
|---|---|
| <p>Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection</p> | <p>Description: WBCs help protect your body from infections. A low WBC count increases your risk of getting infections.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Wash your hands often and bathe regularly. • Avoid crowded places and close contact with people who are sick. • Follow food safety and wound care advice from your care team. • Your care team may prescribe medicine to help your WBCs recover. <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 • New or worsening cough or sore throat • Painful urination or signs of a urinary infection • Feeling much more tired than usual • Red, swollen, warm, or painful areas on the skin (possible skin infection) |
| <p>Low Platelet Count (Thrombocytopenia)</p> | <p>Description: Platelets help your blood clot and wounds heal. A low platelet count increases your 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 keep good oral hygiene. • Use an electric razor for shaving and a nail file instead of nail clippers. • Avoid over-the-counter medicines that can increase bleeding risk (for example, nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen). • Talk with your care team or dentist before medical or dental procedures — you may need to pause treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • A nosebleed lasting more than 5 minutes despite pressure • A cut that continues to bleed • Heavy gum bleeding when brushing or flossing • Sudden or severe headache • Blood in your urine or stool • Blood in your spit after coughing |
| <p>Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia)</p> | <p>Description: RBCs and Hgb carry oxygen to your body's tissues and remove carbon dioxide. Low RBC or Hgb (anemia) can make you feel weak, very tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Aim for 7 to 8 hours of sleep each night. • Do not drive, operate heavy machinery, or do other dangerous activities if you are very tired. • Balance activity and rest — stay as active as you can, but rest when needed. • Eat a balanced diet and follow any nutrition or supplement advice from your care team. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Shortness of breath • Dizziness or fainting • Fast or irregular heartbeats • Sudden or severe headache |

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| <p>Mouth Sores or Irritation (Mucositis or Stomatitis)</p> | <p>Description: Treatment can irritate the lining of the mouth. In some cases, this can cause redness, sores, pain, and swelling.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Rinse your mouth after meals and at bedtime; rinse more often if sores develop. • Brush your teeth gently with a soft toothbrush or use a cotton swab after meals. • Use a mild, non-alcohol mouth rinse at least 4 times daily (after meals and at bedtime). Example: 1/8 teaspoon salt + 1/4 teaspoon baking soda in 8 oz warm water. • Avoid acidic, hot, spicy, rough, or crunchy foods and drinks that can irritate your mouth. • Avoid tobacco, alcohol, and alcohol-based mouthwash. • Your care team may prescribe medicines or mouth treatments to help with pain and healing. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Painful mouth sores or throat pain • Trouble eating or significant weight loss |
| <p>Nausea and Vomiting</p> | <p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. You may or may not vomit.</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 sips of water, broth, or other clear liquids. If these stay down, try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal) and gradually return to solid foods. • Your care team may prescribe 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 • Nonstop vomiting • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Blood or coffee-ground-like appearance in your vomit • Severe stomach pain that does not go away after vomiting |

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| <p>Diarrhea</p> | <p>Description: Diarrhea is loose, watery stools or more frequent bowel movements than usual. It can cause dehydration and weakness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep track of how often you go to the bathroom each day. • Drink 8 to 10 glasses of water or other fluids daily, unless your care team tells you otherwise. • Eat small meals of mild, low-fiber foods (such as bananas, applesauce, potatoes, chicken, rice, and toast). • If you have diarrhea, avoid high-fiber foods (such as raw vegetables, fruits, and whole grains), gas-producing foods (such as broccoli and beans), dairy (such as milk and yogurt), and spicy, fried, or greasy foods. • Your care team may recommend an antidiarrheal medicine such as loperamide (Imodium). <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • 4 or more bowel movements than normal in 24 hours • Dizziness or lightheadedness while having diarrhea • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Bloody diarrhea |
| <p>Hair Loss (Alopecia)</p> | <p>Description: Hair loss or thinning may begin days to weeks after treatment starts and usually grows back later. New growth can be a different color or texture and may not look the same as before.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Consider a short haircut before treatment and use scarves, hats, or wigs for comfort and confidence. • Keep your head covered outdoors to protect it from the sun and cold; use sunscreen on your uncovered scalp. • Use gentle haircare: mild shampoo, soft brush, and avoid heat styling and harsh treatments. • Ask your care team about wig prescriptions or resources for head coverings. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • No hair regrowth months after treatment ends • Concern about hair changes or need help finding a wig or support resources |

Select Rare Side Effects

| Side Effect | Talk to Your Care Team if You Have Any of These Signs or Symptoms | |
|--|---|---|
| Heart Problems, Including Heart Failure | <ul style="list-style-type: none"> Swelling of your stomach area (abdomen), legs, hands, feet, or ankles Shortness of breath Nausea or vomiting New or worsening chest discomfort, including pain or pressure | <ul style="list-style-type: none"> Weight gain Pain or discomfort in your arms, back, neck, or jaw Protruding neck veins Breaking out in a cold sweat Feeling lightheaded or dizzy |
| Liver Problems | <ul style="list-style-type: none"> Yellowing of your skin or the white part of your eyes (jaundice) Severe nausea or vomiting | <ul style="list-style-type: none"> Pain on the right side of your stomach area (abdomen) Dark, tea-colored urine Bleeding or bruising more easily than normal |
| Kidney Problems | <ul style="list-style-type: none"> Decrease in your amount of urine Blood in your urine | <ul style="list-style-type: none"> Swelling of your ankles Loss of appetite |
| Bladder Irritation (Hemorrhagic Cystitis) | <p>Cyclophosphamide can cause irritation and damage to your bladder. To reduce this risk, drink plenty of fluids and urinate frequently for a few days after each dose of cyclophosphamide.</p> | |
| | <ul style="list-style-type: none"> Blood in the urine Painful urination Urinating more frequently | <ul style="list-style-type: none"> Stomach (abdominal) or pelvic pain Fever of 100.4°F (38°C) or higher |
| Lung Problems | <ul style="list-style-type: none"> Cough Shortness of breath | <ul style="list-style-type: none"> Chest pain or tightness |
| Low Sodium Levels in Your Blood (Hyponatremia) | <ul style="list-style-type: none"> New or worsening confusion, drowsiness, or trouble thinking Severe headache or nausea/vomiting Seizures or fainting | <ul style="list-style-type: none"> Sudden weakness, unsteadiness, or trouble walking Difficulty breathing |
| Risk of New Cancers | <p>There is a risk of developing new cancers during or after treatment. Talk with your care team about this risk, and ask about the signs and symptoms of new cancers.</p> | |

**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, Fertility, 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 affect your **ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment.
- 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 1 year after your last dose of cyclophosphamide.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner is able to become pregnant, use an effective method of birth control—such as condoms—during treatment and for 4 months after your last dose of cyclophosphamide.
- **Do NOT breastfeed** during treatment and for 1 week after your last dose of cyclophosphamide.

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 **cyclophosphamide**:

- People who are pregnant 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.
- **Wound healing problems.** Wounds may not heal properly during cyclophosphamide treatment. Tell your care team if you plan to have any surgery before starting or during treatment with cyclophosphamide.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your care team for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

Updated Date: July 6, 2026

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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