

Dexamethasone, Etoposide, Ifosfamide, and Carboplatin (deVIC)

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for certain types of lymphoma.
- It may also be used for other reasons.

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

Your treatment is often called “deVIC”:

- **de:** Dexamethasone
- **V:** Etoposide (VePesid)
- **I:** Ifosfamide
- **C:** Carboplatin

Treatment Name	How the Treatment Works	How the Treatment is Given
Dexamethasone (DEK-suh-MEH-thuh-son)	Tells cancer cells to "self-destruct". It also helps other medicines work better.	Infusion into a vein (intravenous (IV) infusion).
Etoposide (ee-toh-POH-side): VePesid (Vah-PEH-sid)	Slows down or stops the growth of cancer cells by blocking the process that allows cancer cells to grow.	Infusion into a vein (intravenous (IV) infusion).
Ifosfamide (i-FOS-fuh-mide): Ifex (I-fex)	Slows down or stops the growth of cancer cells by damaging the genetic material that cancer cells need to grow.	Infusion into a vein (intravenous (IV) infusion).
Carboplatin (KAR-boh-pla-tin): Paraplatin (PAIR-ah-PLAT-in)	Slows down or stops the growth of cancer cells by damaging the genetic material that cancer cells need to multiply.	Infusion into a vein (intravenous (IV) infusion).

Treatment Administration and Schedule

Treatment is typically repeated every 21 days. This length of time is called a “cycle”.

- Dexamethasone is given on Days 1 to 3.
- Etoposide is given on Days 1 to 3.
- Ifosfamide is given on Days 1 to 3 with mesna.
- Carboplatin is given on Day 1.

Treatment Name	Cycle 1								Next Cycle	
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	...	Day 21	Day 1	Day 2
Dexamethasone	✓	✓	✓						✓	✓
Etoposide	✓	✓	✓						✓	✓
Ifosfamide	✓	✓	✓						✓	✓
Mesna	✓	✓	✓						✓	✓
Carboplatin	✓								✓	

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 your body make white blood cells to fight infections		
To help lower the risk of infections		
To help prevent or treat nausea and vomiting		
Other		

Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection	Description: WBCs help protect your body from infections. A low WBC count increases your risk of infection. Recommendations: - 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. Talk to your care team if you have: - 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)
Low Platelet Count (Thrombocytopenia)	Description: Platelets help your blood clot and wounds heal. A low platelet count increases your risk of bruising and bleeding. Recommendations: - 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. Talk to your care team if you have: - 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
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia)	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. Recommendations: - 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. Talk to your care team if you have: - Shortness of breath - Dizziness or fainting - Fast or irregular heartbeats - Sudden or severe headache

Nausea and Vomiting	Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. You may or may not vomit. Recommendations: • 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. Talk to your care team if you have: • 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
Hair Loss (Alopecia)	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. Recommendations: • 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. Talk to your care team if you have: • No hair regrowth months after treatment ends • Concern about hair changes or need help finding a wig or support resources
Changes in Electrolytes and Other Laboratory Results	Description: Treatment may cause low levels of calcium, magnesium, and potassium in your blood. Your care team will do blood tests to check you for these changes and will treat you if needed. Recommendations: • Severe, new, or worsening muscle cramps, spasms or weakness • Tingling or numbness around the mouth, hands, or feet • New weakness or trouble breathing • Fast, irregular, or pounding heartbeat, or chest pain • Confusion, fainting, or seizures • Sudden weight gain • Swelling of your arms, hands, legs, or ankles Talk to your care team if you have: • Extreme fatigue • Muscle twitches or tremors • Numbness or tingling in your fingers or toes • Nausea, vomiting, or loss of appetite • Seizures • Severe dizziness or lightheadedness • Severe constipation or stomach-area (abdominal) pain

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Heart Problems and Heart Rhythm Problems (Cardiac Arrhythmia)	- 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	- 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 - Fast or irregular heartbeat
Low Blood Pressure (Hypotension)	Low blood pressure usually doesn't have symptoms but can become serious. - Dizziness or lightheadedness - Feeling faint or fainting - Blurred vision - Weakness or unusual tiredness - Nausea - Confusion or trouble concentrating - Cold, pale, or clammy skin - Fast heartbeat or shallow breathing	
Liver Problems	- Yellowing of your skin or the white part of your eyes (jaundice) - Severe nausea or vomiting	- Pain on the right side of your stomach area (abdomen) - Dark, tea-colored urine - Bleeding or bruising more easily than normal
Kidney Problems	- Decrease in your amount of urine - Blood in your urine	- Swelling of your ankles - Loss of appetite
Bladder Irritation (Hemorrhagic Cystitis)	- Blood in the urine - Painful urination - Urinating more frequently	- Stomach (abdominal) or pelvic pain - Fever of 100.4°F (38°C) or higher
Lung Problems	- Cough - Shortness of breath	Chest pain or tightness
Brain Problems	- Headache - Dizziness - Confusion - Memory problems - Difficulty concentrating - Fatigue	- Seizures - Muscle weakness - Tremors - Changes in mood or behavior - Sensory disturbances (such as tingling or numbness)

Eye Problems	• Dry or red eyes • Eye pain or swelling • Vision changes	• Increased tears • Sensitivity to light • Blurred vision
Hearing Loss	• New or worsening hearing loss • Ringing, buzzing, or other noises in your ears (tinnitus)	• Trouble understanding speech or needing higher volume on devices • Dizziness or balance problems
Numbness, Tingling, or Burning in Your Hands or Feet (Peripheral Neuropathy)	• New or worsening “pins and needles,” burning, or numbness in your hands or feet	• Trouble moving your arms or legs or weakness • Problems with balance or frequent falls
Allergic Reactions, Including Anaphylaxis	Get emergency medical help right away if you develop any of the following signs or symptoms: • Swelling of your lips, mouth, tongue, or throat • Trouble breathing or swallowing • Raised red areas on your skin (hives) • A very fast heartbeat • You feel dizzy or faint	
Tumor Lysis Syndrome (TLS)	Tumor lysis happens when cancer cells break apart and release large amounts of substances into your bloodstream faster than your body can handle. TLS is a group of conditions that affect your heart, kidneys, and muscles. • Severe nausea, vomiting, or diarrhea • Urinating smaller amounts or having dark-colored urine • Muscle cramps or twitching • Rapid heartbeats or chest pain • Confusion or weakness • Seizures	
Risk of New Cancers	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.	

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, for 3 to 6 months after your last dose of carboplatin, for 6 months after your last dose of etoposide, and for 12 months after your last dose of ifosfamide.
 - 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 with ifosfamide, carboplatin, and etoposide, for 3 to 6 months after your last dose of carboplatin, for 4 months after your last dose of etoposide, and for 6 months after your last dose of ifosfamide.
- **Do NOT breastfeed** during treatment with ifosfamide, carboplatin, and etoposide, and for 1 week after your last dose of ifosfamide.

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 **carboplatin** and **etoposide**, and for at least 3 days after each dose of **ifosfamide**: (Note: Dexamethasone does not require special handling of body fluids and waste.)

- 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 ifosfamide treatment. Tell your care team if you plan to have any surgery before starting or during treatment with ifosfamide.
 - Your care team should tell you when you may start receiving ifosfamide again after surgery.
- **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

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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 to gather information and develop this patient education guide. This guide is a summary of the medication, based on information provided by the drug manufacturer and other sources.

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