

Carboplatin and Docetaxel

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is 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
Carboplatin (KAR-boh-pla-tin): Paraplatin (par-uh-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).
Docetaxel (DOH-seh-TAK-sil): Taxotere (TAK-soh-teer)	Slows down or stops the growth of cancer cells by preventing cancer cells from properly dividing and creating new cells.	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.” You may have up to 4 to 6 cycles of treatment. Your care team will advise you of the number of treatment cycles you will have.
- Your schedule may look different. Talk with your care team about your exact treatment schedule.

Treatment Name	Cycle 1								Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	...	Day 21	Day 1
Carboplatin	✓								✓
Docetaxel	✓								✓

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 an appointment, call your care team as soon as possible to reschedule it.

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		
To help lower the risk of infusion-related reactions and fluid retention		
Other		

Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection (Boxed Warning)	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) (Boxed Warning)	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) (Boxed Warning)	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 or very tired, or may make you 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

Your Body May Hold Too Much Fluid (Fluid Retention) Leading to Swelling (Edema) (Boxed Warning)	Description: Fluid retention (edema) is swelling caused by excess fluid in body tissues, often seen in the legs, ankles, feet, hands, or abdomen. It can cause tightness, weight gain, and discomfort. Recommendations: • Weigh yourself daily and keep a record to notice sudden weight gain. • Elevate swollen legs when sitting and avoid standing for long periods. • Wear compression stockings if your care team recommends them. • Remove rings if your fingers begin to swell. • Limit salt (sodium) intake and follow any fluid restrictions your care team gives. • Stay active and do gentle movement to improve circulation. Talk to your care team if you have: • Swelling that suddenly worsens or spreads to other areas • Pain, redness, or warmth in the affected area • Shortness of breath or difficulty breathing • Persistent swelling that does not improve with home management • Unexpected weight gain Note: Your care team may ask you to contact them if your weight increases by a certain amount over a certain time period.
Nausea and Vomiting (Boxed Warning)	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 in your vomit or vomit that looks like coffee grounds • Severe stomach pain that does not go away after vomiting
Liver Problems (Boxed Warning)	Description: Treatment can cause liver injury. Your care team may check your liver with blood tests before and during treatment. Talk to your care team if you have: • 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

Infusion-Related Reactions (Boxed Warning)	Description: An infusion reaction is a bad response that can happen during or shortly after receiving medicine through a vein. Recommendations: • Your care team may prescribe medicines before your infusion to help reduce your risk of infusion reactions or make any infusion reaction less severe. • You may be monitored for infusion reactions during each infusion. • Your care team may slow down or stop your infusion, or completely stop treatment if you have an infusion reaction. Get medical help right away if you develop any of the following during or after your infusion: • Chills or shaking • Itching, rash, or flushing • Trouble breathing, wheezing, or tongue swelling • Dizziness or feeling faint • Feeling of impending doom • Fever of 100.4°F (38°C) or higher • New or severe pain in your back or neck
Fatigue	Description: Fatigue is a constant and sometimes strong feeling of tiredness. Recommendations: • Routine exercise can help reduce fatigue. Talk with your care team to find the right type and amount of activity for you. • Ask family and friends for help with daily tasks and for emotional support. • Try healthy ways to feel better, such as meditation, journaling, yoga, or guided imagery, to reduce anxiety and improve well-being. • Aim for 7 to 8 hours of sleep each night. Limit daytime naps to help you sleep better at night. • Do not drive, operate heavy machinery, or do other potentially dangerous activities if you are very tired. Talk to your care team if you have: • Tiredness that affects your daily life or prevents you from doing normal activities • Tiredness that does not get better with rest • Dizziness or weakness along with severe tiredness

Mouth Sores or Irritation (Mucositis or Stomatitis)	Description: Treatment can irritate the lining of the mouth. In some cases, this can cause redness, sores, pain, and swelling. Recommendations: • 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. Talk to your care team if you have: • Painful mouth sores or throat pain • Trouble eating or significant weight loss
Diarrhea	Description: Diarrhea is loose, watery stools or more frequent bowel movements than usual. It can cause dehydration and weakness. Recommendations: • 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). Talk to your care team if you have: • 4 or more bowel movements above your usual number in 24 hours • Dizziness or lightheadedness while having diarrhea • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Bloody diarrhea

Numbness, Tingling, or Burning in Your Hands or Feet (Peripheral Neuropathy)	Description: Nerve pain and tingling are uncomfortable sensations from nerve damage or irritation. Pain may be sharp, burning, or deep. Tingling can feel like pins-and-needles or mild electric shocks, often in the hands, feet, arms, or legs. Recommendations: • Keep a daily log of pain and sensations, noting triggers and what helps or makes it worse. • Check your feet every day for cuts, sores, blisters, or color changes, especially if numbness reduces feeling. • Wear comfortable, well-fitting shoes and avoid walking barefoot if sensation is reduced. • Protect hands and feet from extreme heat or cold. • Your care team may recommend or prescribe medicines, topical treatments, physical therapy, or supplements to help with symptoms. Talk to your care team if you have: • 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
Muscle or Joint Pain or Weakness	Description: Muscle pain is soreness, aching, cramps, stiffness, tenderness, or weakness in one or more muscles. Joint pain is pain, stiffness, swelling, or reduced movement where two bones meet. Recommendations: • Keep a pain diary: note pain levels, locations, and activities that make it better or worse. • Do gentle exercise (walking, stretching, yoga) to maintain mobility and strength. Check with your care team before starting a new activity. • Use a warm compress for stiff muscles or a cold pack to reduce swelling and numb pain—use what helps the area. • Your care team may recommend or prescribe medicines, including over-the-counter pain relievers. Talk to your care team if you have: • Pain you cannot control with usual measures • Swelling, redness, or warmth in a joint • New weakness • Trouble walking or moving
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; apply sunscreen to your exposed 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

Skin Problems	Description: Treatment can cause a rash with itchy, dry, red, or puffy skin. Recommendations: • Bathe or shower daily with warm (not hot) water and mild, unscented soap or body wash. • Pat your skin dry with a towel instead of rubbing. • Apply unscented lotion or moisturizing cream right after bathing to prevent dryness and cracking. • Use lip balm for dry or chapped lips. • Avoid direct sun when you can. Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher and reapply every 2 hours when outdoors. • Use unscented, gentle laundry detergent to reduce skin irritation. • Your care team may recommend medicine for skin problems. Talk to your care team if you have: • Skin rash • Raised red bumps • Redness of the skin • Very dry skin that may affect the mucous membranes (such as mouth and eyes)
Nail Changes	Description: Treatment can change how your fingernails and toenails look and feel. Nails may become discolored, ridged, brittle, thick, sore, or may lift or loosen from the nail bed. The skin around the nails can also become red, swollen, or painful. Recommendations: • Keep nails short and clean; trim carefully and file rough edges. • Wear comfortable shoes with room for your toes and soft socks. • Protect your hands and feet with gloves and closed-toe shoes when doing chores. • Avoid fake nails, gel/acrylic nails, and harsh chemicals (like strong nail polish removers). • Moisturize your hands, feet, and cuticles with fragrance-free cream. • Do not bite your nails or pick at the skin around them. Talk to your care team if you have: • Redness, swelling, warmth, or pain around a nail • Pus, drainage, or a bad smell from the nail area (signs of infection) • Nails that are very loose, lifting, or falling off • Nail changes that make it hard to walk or use your hands • Fever or chills along with nail or skin changes

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Allergic Reactions, Including Anaphylaxis (Boxed Warning)	Get emergency medical help right away if you develop any of the following signs or symptoms: • Swelling of your lips, mouth, tongue, or throat • A very fast heartbeat • Trouble breathing or swallowing • You feel dizzy or faint • Raised red areas on your skin (hives)

Intestinal Problems	- Diarrhea (loose stools) or more frequent bowel movements than usual - Stools that are black, tarry, sticky, or have blood or mucus - Severe stomach-area (abdominal) pain or tenderness
Kidney Problems	- Decrease in your amount of urine - Blood in your urine - Swelling of your ankles - Loss of appetite
Eye Problems	- Dry or red eyes - Eye pain or swelling - Vision changes - Increased tears - Sensitivity to light - Blurred vision
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
Extravasation	Extravasation happens when medicine that is supposed to go into a vein leaks out into the tissues around it. This can cause pain, swelling, and damage to the skin and tissues. Docetaxel may cause extravasation. - Pain, burning, or stinging at the infusion site - Swelling, redness, or blistering around the site - Coolness or numbness in the area - Decreased blood flow or tissue damage, potentially leading to ulcers or tissue death in severe cases
Risk of New Cancers	There is a risk of developing one or more new cancers during or after treatment. Talk with your care team about this risk, and ask about the signs and symptoms to watch for.

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 can 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:
 - Your care team will verify your pregnancy status before treatment.
 - Use an effective method of birth control during treatment, for 2 months after your last dose of docetaxel, and for 3 to 6 months after your last dose of carboplatin.
 - 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, for 3 to 6 months after your last dose of carboplatin, and for 4 months after your last dose of docetaxel.

- **Do not breastfeed** during treatment with carboplatin and docetaxel, and for 1 week after your last dose of docetaxel.

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 for at least **3 days** after each dose of **docetaxel**:

- 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.
- **Docetaxel contains alcohol.** The alcohol content in docetaxel may impair your ability to drive or use machinery right after receiving docetaxel. Do not drive or operate machinery until you know how docetaxel affects you.
- **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: August 24, 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 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.

This guide does not cover all information available on the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication. It should not be used as a substitute for the advice of a qualified healthcare professional. The provision of this guide is for informational purposes only. It does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. All decisions regarding this medication should be made with the guidance and direction of a qualified healthcare professional.

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