

Lomustine

Gleostine

This handout explains the drug lomustine, which is used to treat cancer. The handout includes how to manage common side effects.

What is lomustine?

Lomustine is a chemotherapy drug used to treat cancer. One brand of the drug is called Gleostine.

How do I take lomustine?

Do **not** start taking lomustine until your doctor or nurse tells you to take it. This will be after we have reviewed your lab tests.

Lomustine is taken as a **single dose on only 1 day**. To take your dose:

- Take your anti-nausea medicine ondansetron (Zofran) 60 minutes (1 hour) **before** you take your dose of lomustine.
- When you take your dose:
 - Take it at night, on an empty stomach. This can be 2 hours after a meal or 1 hour before eating.
 - Swallow the lomustine capsule whole. Do **not** chew, open, or crush the capsule.
 - Drink a full glass (8 ounces) of water.



Take lomustine with a full glass (8 oz.) of water.

If you miss your dose or vomit after taking it, call your Alvord Brain Tumor Center (ABTC) nurse and ask what to do.

What side effects can I expect?

The table on page 2 shows side effects that can occur with lomustine treatments, and what to do about them. Other side effects may also occur. Please report any symptoms to your doctor, pharmacist, or nurse.

Side Effects	What to Do
Allergic reaction	Call your ABTC nurse right away if you have itching, hives, rash, or swelling. Go to the Emergency Department right away if you have any tingling in your mouth or throat, chest tightness, or trouble breathing.
Nausea	Take ondansetron 1 hour before your dose of lomustine and as needed for nausea. Read your prescription for dose and timing. Call your ABTC nurse if ondansetron does not ease nausea or vomiting. Help prevent nausea by eating small meals often during the day.
Constipation <i>Lomustine and ondansetron may cause constipation (hard stool).</i>	To prevent constipation, stay active, drink lots of liquids, and eat a diet high in fiber. Take bowel medicines as prescribed unless loose stools or diarrhea occur. If you have constipation for 2 days, call your ABTC nurse and ask what to do.
Decreased white blood cells <i>Chemotherapy puts you at risk for an infection due to low white blood cell counts.</i>	Call your ABTC nurse if you have: <ul style="list-style-type: none"> • A fever higher than 100.4°F (38°C) • Burning when you urinate (pee) • A sore that becomes red, has drainage, or does not start to heal • A cough with mucus
Decreased platelets <i>Chemotherapy puts you at risk for a low platelet count or bleeding.</i>	Call your ABTC nurse if you have: <ul style="list-style-type: none"> • A sore that oozes even when you apply pressure • A lot of bleeding from your gums when you brush or floss your teeth • A bloody nose that lasts longer than 5 minutes • A lot of bruising
Shortness of breath	Call your ABTC nurse if you feel short of breath.
Vision changes	Call your ABTC nurse if you have any vision changes or discomfort in your eyes.
Fertility <i>Chemotherapy may affect your ability to have a child.</i>	Please talk with your doctor or nurse if you have questions about fertility.
Fatigue	You may feel tired, but it is important to be active. Try to walk about 30 minutes a day.

Safety Warnings

Birth Control (Contraception)

- If you were assigned female at birth, you will have a pregnancy test before starting chemotherapy.
- While taking lomustine:
 - If you were assigned female at birth, do **not** become pregnant or breastfeed.
 - If you were assigned male at birth, do **not** get a partner pregnant.
- If you are of childbearing age, use birth control during therapy and for at least 1 month taking after your dose.
- If you are of childbearing age, use a barrier form of birth control for **48 hours after dose**, since the drug is found in bodily fluids during that time.

Handling

- Only the patient should touch the lomustine capsule. Wash your hands after handling.
- If a caregiver must handle the capsule, they must:
 - Wear disposable rubber gloves.
 - Wash their hands after handling.
- Caregivers must wear gloves when cleaning up any bodily fluids, such as urine, stool, or vomit.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

To talk with a nurse:

Weekdays from 8 a.m. to 5 p.m., call 206.598.2282 and select option 2.

After hours and on weekends and holidays, call our Community Care Line at 206.598.3300.

Vaccines

Some vaccines are OK during chemotherapy, but some vaccines must be avoided. Talk with your provider **before** getting any vaccines.

Alcohol

Please avoid alcohol on the days you take lomustine. Talk with your ABTC team if not drinking alcohol on your chemotherapy days would be hard for you.