What Is Temodar?

Temodar is a chemotherapy drug used to treat some types of cancers. Its generic name is temozolomide. Your health care team has chosen the 21-day dosage plan. The dose is based on your height and weight. The amount you take may change during your treatment.

What Is the 21-Day Plan?

You will take Temodar 21 nights in a row. Then you take no Temodar for 7 nights. This 28-day period is called a cycle. Depending on what your cancer care team recommends, you will complete six to 12 cycles. A few days before the beginning of each new cycle, you will return to the clinic for lab tests or a doctor visit to prepare for the next cycle.

Managing Side Effects

You are likely to have some side effects when you take Temodar. Here are some problems you can expect and some hints that will help ease them.

- **Fatigue** – Temodar will make you feel very tired. This is normal. Try not to nap late in the afternoon so you can sleep well at night.

- **Nausea** – Taking Temodar alone will make you feel sick to your stomach. Be sure to take Zofran (generic name: ondansetron) 30 minutes before you take Temodar to help keep your stomach settled. If you need to, you can take another Zofran pill every eight hours.

- **Constipation** – Your bowel movements will become hard to pass while taking Temodar. Many over-the-counter medications can help. We recommend a stool softener such as Miralax® or Colace®. Take it daily according to package directions. Other options include laxatives such as Dulcolax®, or a stool softener and laxative combination such as Senna S.

- **Infections** – During your cancer treatment, you may be more likely than usual to get infections. This is because Temodar may lower the number of cells in your blood that fight infections. Your health care team will check your blood at least monthly to make sure the number of infection-fighting cells in your blood does not get too low. Here are hints to help prevent infections:
  - Wash your hands with soap and water or use hand sanitizer often. Remind your family and guests to clean their hands too.
  - Avoid people who are sick. If someone you live with is sick, wear a mask to protect yourself from germs.
  - Clean the fruits and vegetables you eat thoroughly. Make sure to keep cold foods cold and hot foods hot.

If you have questions or concerns, please call your health care team at ____________________