

Etoposide

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
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 given into a vein.

Treatment Administration and Schedule: Treatment schedules vary. Talk with your care team about your treatment schedule.

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 or vomiting	_____ _____ _____	_____ _____ _____
Other	_____ _____ _____	_____ _____ _____

Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count and Increased Risk of Infection	<p>Description: WBCs help protect the body against infections. If you have a low WBC count, you may be at a higher risk of infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Wash your hands and bathe regularly. Avoid crowded places. Stay away from people who are sick. Your care team may prescribe a drug that promotes the growth of WBCs. <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 Cough Sore throat Painful urination Tiredness that is worse than normal Skin infections (red, swollen, or painful areas)
Low Platelet Count	<p>Description: Platelets help the blood clot and heal wounds. If you have low platelet counts, you are at a higher 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 maintain good oral hygiene. Use an electric razor for shaving and a nail file instead of nail clippers. Avoid over-the-counter medications that may increase the risk of bleeding, such as NSAIDs. Talk with your care team or dentist before medical or dental procedures, as you may need to pause your treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Nosebleed lasting over 5 minutes despite pressure Cut that continues to bleed Significant gum bleeding when flossing or brushing Severe headaches Blood in your urine or stool Blood in your spit after a cough
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb)	<p>Description: RBCs and Hgb help bring oxygen to your body's tissues and take away carbon dioxide. If you have low RBC counts or Hgb, you may feel weak, tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Get 7 to 8 hours of sleep each night. Avoid operating heavy machinery when tired. Balance work and rest, staying active but resting when needed. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Shortness of breath Dizziness Fast or abnormal heartbeats Severe headache

<p>Nausea and Vomiting</p>	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. This may or may not cause vomiting.</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 amounts of water, broth, or other clear liquids when you are ready to eat again. If that stays down, then try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal). Slowly work up to eating solid food. • 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 • Vomiting that's nonstop • Signs of dehydration (like feeling very thirsty, having a dry mouth, feeling dizzy, or having dark urine) • Blood or coffee-ground-like appearance in your vomit • Bad stomach pain that doesn't go away after vomiting
<p>Hair Loss</p>	<p>Description: Hair loss or hair thinning can start days to a few weeks after treatment begins, but it usually grows back later. It might be a different texture or color when it comes back and may not look the same as before.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • You can wear scarves, hats, or wigs, and think about getting a short haircut before treatment. • Keep your head covered to protect it from the sun and keep it warm. • If your scalp isn't covered outside, remember to put sunscreen on it. <p>Talk to your care team if you would like a wig prescription.</p>

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Problems in Other Organs and Tissues	<ul style="list-style-type: none"> Tingling or numbness of the arms or legs Yellowing of your skin or the whites of your eyes, severe nausea or vomiting, or pain on the right side of your stomach area (abdomen) 	<ul style="list-style-type: none"> Diarrhea Weight loss Mouth sores or irritation
Infusion Reactions	<ul style="list-style-type: none"> Chills or shaking Itching, rash, or flushing Trouble breathing or wheezing; tongue-swelling 	<ul style="list-style-type: none"> Dizziness or feeling faint Fever of 100.4°F (38°C) (or 38°C) or higher Pain in your back or neck

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, 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 **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 at least 6 months after your last dose.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment and for at least 4 months after your last dose.
- Do NOT breastfeed** during treatment.

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:

- Pregnant women 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.
- There is a risk of developing **new cancers**, like leukemia, after taking this treatment. Talk with your care team about the potential increased risk of new cancers.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your healthcare provider 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 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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