YOUR TREATMENT GUIDE

Rituximab, cyclophosphamide, vincristine and prednisolone

Also called R-CVP. A treatment for low-grade (indolent) lymphoma, such as follicular lymphoma. This guide shows what happens on each day of your treatment and which medicines to take at home.

Name _____ **Hospital number** _____

Consultant _____ **Start date** _____

How your treatment is planned

Treatment is given in **cycles**. Each cycle lasts **3 weeks (21 days)**. Most people have **6 to 8 cycles**, which is about 4 to 6 months of treatment. All your hospital treatment is on **Day 1** of each cycle.

1	2	3	4	5	6	7	8

Cycles 1–6 | Cycles 7–8 if planned

Reading your calendar

Hospital Treatment in the haematology day unit

Tablets Tablets to take at home on these days

Write the date under each day number when you start a cycle. Your team may move dates, for example if your blood counts need more time to recover.

Get help straight away, day or night

Call the 24-hour helpline if you:

- have a temperature of 38°C or above, or feel shivery or generally unwell
- have a sore throat, cough, burning when you pass urine, or diarrhoea
- have bleeding or bruising you cannot explain, or are being sick and cannot keep fluids down

24-hour helpline: _____

EVERY CYCLE · 3 WEEKS

What happens in each cycle

Use this calendar for every cycle. In cycle 1 only, you will also take allopurinol every day for 3 weeks.

WEEK 1

Day 1 __/__	Day 2 __/__	Day 3 __/__	Day 4 __/__	Day 5 __/__	Day 6 __/__	Day 7 __/__
Hospital R-CVP Steroids Anti-sick	Steroids Anti-sick	Steroids Anti-sick	Steroids Anti-sick	Steroids		

WEEK 2

Day 8 __/__	Day 9 __/__	Day 10 __/__	Day 11 __/__	Day 12 __/__	Day 13 __/__	Day 14 __/__

WEEK 3

Day 15 __/__	Day 16 __/__	Day 17 __/__	Day 18 __/__	Day 19 __/__	Day 20 __/__	Day 21 __/__
						Steroids tomorrow morning

IN HOSPITAL

Day 1 — **Rituximab** drip, then **vincristine** and **cyclophosphamide** (chemotherapy).

AT HOME

Days 1–5 — **Prednisolone 100mg** steroid tablets, once each morning with or after food. On Day 1, take it before you come in.

Days 1–4 — **Ondansetron 8mg** anti-sickness, twice a day for 3 days, from the evening of Day 1.

Cycle 1 — **Allopurinol 300mg** once a day for 21 days.

EVERY DAY DURING TREATMENT

Metoclopramide 10mg
Up to three times a day if you feel sick

Aciclovir and co-trimoxazole
Only if your team prescribes them

Vincristine can cause constipation and tingling or numbness in your fingers and toes. Tell your team if this happens, or if you have tummy pain or have not opened your bowels for 3 days.

YOUR MEDICINES EXPLAINED

What each medicine is for

Medicine	What it is for	How it is given
Rituximab	An antibody that targets lymphoma cells	Drip · Day 1
Cyclophosphamide	Chemotherapy	Injection into a vein · Day 1
Vincristine	Chemotherapy	Injection into a vein · Day 1
Prednisolone 100mg	Steroid, part of the treatment	Tablets · once each morning, Days 1–5
Ondansetron 8mg	Prevents sickness	Twice a day for 3 days after treatment
Metoclopramide 10mg	Treats sickness if it happens	Up to three times a day if needed
Allopurinol 300mg	Protects your kidneys as lymphoma cells break down	Once a day for 3 weeks, cycle 1 only
Aciclovir 400mg	Prevents shingles and cold sores	Twice a day, if prescribed
Co-trimoxazole 960mg	Prevents a type of pneumonia (PCP)	Monday, Wednesday and Friday, if prescribed

YOUR CONTACTS

24-hour helpline _____

Haematology day unit _____

Clinical nurse specialist _____

Pharmacy _____

Keep taking your medicines exactly as your team tells you. If you are not sure about any medicine, ask your nurse or pharmacist. Bring this guide to every appointment.