Arroyo Grande Community Hospital
A Dignity Health Member

If you have any questions, **please consult your physician or call AGCH Coastal Cancer Care at 805.481.7245. For emergency, call 911.**

PATIENT EDUCATION

Cytarabine (Ara-C, Cytosar-U)

SIDE EFFECTS

It is important for the patient to follow all prescription instructions carefully. You may experience some, all, or none of the following:

- **Lowered Blood Counts –** This is temporary and usually occurs 8-15 days after treatment. During this time you are more susceptible to colds, infections, and bleeding. Blood tests may be done to monitor your blood counts.
- **Nausea/Vomiting –** may occur for a few days following treatment. You will be given medication to help control or prevent this.
- **Diarrhea –** May occur; if does should be mild.
- **Sore in the Mouth –** This occurs in varying degrees. Maintain good mouth care during this time. You may tolerate soft, bland foods better during this time.
- **Loss of Appetite** – commonly occurs. Try eating small, frequent snacks/meals.
- **Rash –** is frequent, but may occur on palms, soles, neck and chest.

PATIENT RESPONSIBILITIES

Notify your doctor or oncology nurse immediately if you experience:

- Signs of Infections: Chills or fever above 100.5°F, new or significant cough or shortness of breath, pain or burning with urination, a sore that is red and swollen, white patches in your mouth or on your tongue
- Signs of Bleeding: Nosebleeds that will not stop with pressure; blood in urine or stool; bleeding gums; unusual bruising; red or purple spots on your body; or a cut that takes longer than usual to stop bleeding
- Sores in the mouth
- Uncontrolled nausea and vomiting or inability to eat or drink for 24 hours
- Uncontrolled diarrhea
- Any changes in mental status, confusion, sleepiness, dizziness, headache

SPECIAL INSTRUCTIONS

- **Birth Control Measures –** are necessary during and for 4 months after treatment due to potential harm to sperm/egg health.
- **Before any dental procedure, be sure and tell your dentist you are taking this medication.**