

# Cyclophosphamide Rheumatology

Information for patients, relatives and carers

① For more information, please contact: Medical Elective Services (MES)  
The York Hospital, Wigginton Road, York, YO31 8HE,  
telephone 01904 721062 or email [MESpatientenquiries@york.nhs.uk](mailto:MESpatientenquiries@york.nhs.uk)

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## Information about Cyclophosphamide

Cyclophosphamide is a type of drug known as a disease-modifying anti-rheumatic drug, or DMARD.

Cyclophosphamide is a powerful and effective treatment for rheumatoid arthritis and connective tissue disease, vasculitis, myositis and systemic lupus, which has been unresponsive to other medications.

It was originally developed as an anti-cancer drug; however it has been used as an anti-rheumatic treatment since the 1960's.

Beneficial effects of treatment may not be felt for two to six weeks.

The dosage is different for each patient and is calculated by the doctor, according to body weight and the nature of the condition being treated. You may require up to ten doses, normally at two to three weekly intervals. Further doses are recalculated depending on how each individual patient responds to treatment.

## Information about your infusion

Prior to attending the Medical Elective Services (MES) you are required to have a blood sample taken and a form should be enclosed for this purpose.

Your cyclophosphamide will be given by the nurses on MES. On admission you will be asked to produce a urine sample, to be tested on the ward. If this is clear we will then commence your treatment.

A cannula will be inserted into a vein in your arm. Through this you will be given intravenous (IV) steroids over thirty minutes.

Your cyclophosphamide infusion will commence after the completion of the steroid infusion.

Once the infusion is complete your cannula will then be removed and you will be discharged home.

### **Possible side effects may include:**

- Nausea or vomiting
- Cystitis
- Fever and dizziness.

Please inform a member of a staff if you experience any of these during the infusion. If you experience any side effects after discharge please contact the rheumatology specialist nurses on 01904 721854.

### **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact MES, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 721062 or email [MESpatientenquiries@york.nhs.uk](mailto:MESpatientenquiries@york.nhs.uk).

### **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

### **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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