



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

For the Patient: PROTOCOL LYCARTOP

Other Names: Topical Carmustine (BCNU, BiCNU®) in Cutaneous T-cell Lymphoma

LY = LYphoma

CAR = CARmustine

TOP = TOPical

- Carmustine (kar-MUS-teen) is a drug that is used to treat skin lymphoma (mycosis fungoides). It is an ointment that you apply to the skin.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to carmustine before using carmustine ointment.
- It is important to **apply** carmustine ointment exactly as directed by your doctor. Make sure you understand the directions. Do not apply carmustine more often or longer than directed by your doctor.
- Carmustine ointment **may be used at any time during the day**. A convenient time is often after a bath or shower, before going to bed or after getting up in the morning. Make sure your skin is dry before applying the ointment. Do not shower or bathe again for four hours after applying it.
- Using the palms of the hands apply carmustine ointment **thinly** as directed by your doctor. You may be instructed to apply carmustine all over your body or to only certain areas of your body.
 - **Avoid** getting carmustine ointment in your eyes, mouth, or nose.
 - **Do not apply** carmustine ointment to your genital area unless instructed to do so.
 - **Wash your hands** after applying carmustine ointment. Rubber gloves are not usually needed, but may be worn if irritation develops between the fingers.
 - **Avoid** licking your fingers or biting your finger nails within 2 hours of applying carmustine ointment unless you have washed your hands thoroughly.
 - **Anyone** helping you apply carmustine ointment should wear rubber or plastic gloves.
 - **Place** empty container and rubber gloves (if used) in a sealed container such as a coffee tin or wide-mouth plastic jar. Ask your doctor, nurse or pharmacist about safe disposal.
 - **Discard** carmustine ointment if it discolours.

- **To prevent irritation**, apply lightly to thinner skin in your groin, under the breasts, armpits, inside elbows, and behind the knees. If these areas become irritated or sore, wipe the ointment off shortly after applying it. If your hands become irritated or sore between the fingers, use gloves when applying and then apply to the hands, wiping the space between the fingers soon after. This helps prevent irritation in these areas.
- For once daily application: If you **miss a dose** of carmustine ointment, and if it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- Other drugs such as cimetidine, digoxin (LANOXIN®) and phenytoin (DILANTIN®) may **interact** with carmustine. Tell your doctor if you are taking these or any other drugs as you may need extra blood tests or your dose may need to be changed. Check with your doctor or pharmacist before you start taking any new drugs.
- It is not known if carmustine ointment may damage sperm or may harm the baby if used during pregnancy. Carmustine ointment may be absorbed through your skin. This risk of absorption is likely very small. It is best to use **birth control** while being treated with [carmustine](#) ointment. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- **Store** carmustine ointment out of the reach of children, in the refrigerator as much as possible, away from heat, light, and moisture.
- **Tell** doctors or dentists that you are being treated with carmustine ointment before you receive any treatment from them.

Side effects are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
Nausea does not usually occur with carmustine ointment.	
Skin rashes may sometimes occur days to months after starting carmustine ointment.	<ul style="list-style-type: none"> • Stop applying the ointment. • Call your doctor during office hours.
New areas of mycosis fungoides patches may sometimes become visible within the first few months after starting carmustine ointment.	Continue applying carmustine ointment to these new areas and mention it at your next visit.

SIDE EFFECTS	MANAGEMENT
Your skin may sometimes become sore and reddened , especially on your face, under your arms, under your breasts, in the groin, or between your fingers.	<ul style="list-style-type: none"> • Stop applying the ointment to those areas until this resolves. This usually takes 2-3 weeks. When you start again, wipe the ointment off those areas shortly after applying. • If very irritating, call your doctor during office hours. • Otherwise make sure to mention it at your next visit.
Your skin may rarely become dry .	<ul style="list-style-type: none"> • Use moisturizers as frequently as necessary. • If dryness continues mention it at your next visit.
Your skin may sometimes darken after you have used carmustine ointment for a while.	<ul style="list-style-type: none"> • Your skin will slowly return to normal once you stop using carmustine ointment.
Your white blood cells may decrease during treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection .	<p>To help prevent infection: Wash your hands often and always after using the bathroom. Stop applying ointment and call your doctor <i>immediately</i> at the first sign of an infection such as fever (over 100°F or 38°C by an oral thermometer), chills, cough, or burning when you pass urine.</p>
Hair loss does not occur with carmustine ointment.	

STOP APPLYING CARMUSTINE OINTMENT AND SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of an **allergic reaction** soon after a treatment including hives, skin rash, dizziness, fast heart beat, face swelling, or breathing problems.

If you experience symptoms or changes in your body that have not been described above but worry you, or in any symptoms are severe, contact:

_____ at telephone number: _____