



Provincial Health Services Authority

## For the Patient: LYMECHLOR

Other Names: Topical [Chlormethine](#) in Cutaneous T-cell Lymphoma

**LY** = LYphoma

**MECHLOR** = **MECHLOR**ethamine = [chlormethine](#)

- [Chlormethine](#) ([Chlor-me-thine](#)) is a drug that is used to treat skin lymphoma (mycosis fungoides). It is a gel that you apply to the skin.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to chlormethine or mechlorethamine ([chlormethine](#) = [mechlorethamine](#))
- It is important to **apply chlormethine** gel exactly as directed by your doctor. Make sure you understand the directions. Do not apply [chlormethine](#) more often or longer than directed by your doctor.
- [Chlormethine](#) gel **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 and apply at least 30 minutes after showering or washing. Do not shower or bathe again for four hours after application. Apply gel immediately or within 30 minutes after removal from the refrigerator. Return tube to refrigerator immediately after each use
- Apply [chlormethine](#) gel **thinly** as directed by your doctor. You may be instructed to apply [chlormethine](#) all over your body or to only certain areas of your body.
  - **Avoid** getting [chlormethine](#) gel in your eyes, mouth, or nose.
  - **Do not apply chlormethine** gel to your genital area unless instructed to do so.
  - **Wash your hands** after applying [chlormethine](#) gel. 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 [chlormethine](#) gel unless you have washed your hands thoroughly.
  - **Anyone** helping you apply [chlormethine](#) gel should wear disposable nitrile gloves. and wash their hands thoroughly with soap and water after removing gloves.
  - **Do not apply** moisturizers or any other skin products for 2 hours before or 2 hours after application of [chlormethine](#) gel.
  - **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 chlormethine** gel if it discolours or is past the expiry date.

- **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 gel 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.
- If you **miss a dose** of **chlormethine** gel and if it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- It is not known if **chlormethine** gel may damage sperm or may harm a baby if used during pregnancy. The use of this medicine is not recommended during pregnancy. Use contraception to avoid pregnancy while using this medication. Tell your doctor right away if you or your partner becomes pregnant
- It is not known if **chlormethine** passes into breast milk, and there may be a risk that breast-feeding baby is exposed to **chlormethine** via contact with the mother's skin; therefore, it is not recommended to breast-feed while using this medicine.
- **Store chlormethine** gel in the refrigerator, out of the reach of children, away from heat, light, and moisture.
- **Tell** doctors or dentists that you are being treated with **chlormethine** gel 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
<b>Nausea</b> does not usually occur with <b>chlormethine</b> gel	
<b>New areas of mycosis fungoides</b> patches may sometimes become visible within the first few months after starting <b>chlormethine</b> gel	Continue applying <b>chlormethine</b> gel to these new areas and mention it at your next visit.

SIDE EFFECTS	MANAGEMENT
<p>Your skin may sometimes become <b>red, swollen, and itchy</b> especially on your face, genital area, anus or skin folds.</p> <p><b>Blisters, ulcers and skin infections</b> may also occur.</p>	<ul style="list-style-type: none"> <li>• Stop applying the gel to those areas until this resolves. When you start again, wipe the gel off those areas shortly after applying, then restart at reduced frequency of once every 3 days. If reintroduction is tolerated for at least 1 week, increase frequency to every other day for at least 1 week then once daily application if tolerated</li> <li>• If very irritating, call your doctor during office hours.</li> <li>• Otherwise make sure to mention it at your next visit.</li> </ul>
<p>Your skin may rarely become <b>dry</b>.</p>	<ul style="list-style-type: none"> <li>• Use moisturizers as frequently as necessary.</li> <li>• If dryness continues mention it at your next visit.</li> </ul>
<p>Your skin may sometimes <b>darken</b> after you have used <b>chlormethine</b> gel for a while.</p>	<ul style="list-style-type: none"> <li>• Your skin will slowly return to normal once you stop using <b>chlormethine</b> gel</li> </ul>
<p><b>Hair loss</b> does not occur with <b>chlormethine</b> gel</p>	

**STOP APPLYING CHLORMETHINE GEL AND SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:**

- Signs of an **allergic reaction** soon after a treatment including swelling of the lips, face, throat or tongue, skin rash, fast heartbeat, or difficulty breathing.

**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: \_\_\_\_\_