INTERMEDIATE DOSE MELPHALAN WITH DEXAMETHASONE

INDICATION

Relapsed/ Refractory myeloma. AL amyloidosis where autograft is not an option.

TREATMENT INTENT

Disease modification

GENERAL PRE-ASSESSMENT

1. Ensure all the following staging investigations are done:
   - FBC & film
   - Clotting screen
   - U&Es
   - LFTs
   - Calcium
   - Albumin
   - Uric acid
   - CRP
   - Virology : HIV, Hepatitis B (including core antibody), and Hepatitis C
   - Calculated creatinine clearance (CrCl), urine protein/ creatinine ratio
   - Electrophoresis and immunofixation for quantitation of serum paraprotein and immunoglobulins.
   - Serum free light chain assay (Freelite)
   - β2 microglobulin
   - Myeloma FISH should be performed in all patients at diagnosis, and in selected patients at relapse/progression to help guide treatment decisions Samples should be sent to Wessex Regional Genetics Laboratory (address below)
   - Urine pregnancy testing for pre-menopausal women younger than 55 before each cycle.
   - Group and save
   - Imaging as per NICE/network guidance and clinical presentation
   - Formal assessment of performance status (WHO score)
   - Bone marrow aspirate and trephine (with immunophenotyping for kappa/lambda if appropriate)

Wessex Regional Genetic Laboratory
Salisbury NHS Foundation Trust
Salisbury District Hospital
Salisbury
Wiltshire
SP2 8BJ

ADDITIONAL INVESTIGATIONS

- Plasma viscosity if hyperviscosity suspected.
- If allogeneic transplant an option: Tissue typing of patient and siblings and CMV serology
2. Consent - ensure patient has received adequate verbal and written information regarding their disease, treatment and potential side effects. Document in medical notes all the information that has been given. Obtain written consent for the treatment.
3. Hydration - fluid intake of at least 3 litres/day should be attempted.
5. Treatment must be agreed at the relevant MDT.

REGIMEN SPECIFIC PRE-ASSESSMENT

For amyloid patients Mayo staging for AL amyloid patients and Consider NAC review

DRUG REGIMEN/ CYCLE FREQUENCY

<table>
<thead>
<tr>
<th>Melphalan</th>
<th>25 mg/m² on Day 1 IV</th>
<th>In 100 mL 0.9% sodium chloride infusion over 30 minutes</th>
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</thead>
<tbody>
<tr>
<td>WITH</td>
<td></td>
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<tr>
<td>Dexamethasone</td>
<td>40 mg PO daily on days 1 to 4</td>
<td>NB: The dose may need to be reduced on cycle 1 or subsequent cycles in the elderly or if steroid-related side effects develop.</td>
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</tbody>
</table>

Intravenous melphalan at this dose can be safely administered as an outpatient without intravenous fluid hydration. Please ensure patient is well hydrated prior to start of therapy. Cycle length is 28 days. Number of cycles is usually 2-4.

DOSE MODIFICATIONS

**Myelosuppression:**
Intermediate dose melphalan therapy is associated with significant myelosuppression. Consider G-CSF support in patients developing Grade 3 - 4 neutropaenia.

**Recommended dose adjustments during treatment and to restart treatment:** Next cycle should not commence until neutrophils are > 1 x 10⁹/L and platelets > 75 x 10⁹/L. If count recovery is delayed beyond 28 days, patients should receive G-CSF for 7 days from day 5 of the next cycle.

**Melphalan**

<table>
<thead>
<tr>
<th>Renal</th>
<th>Hepatic</th>
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<tbody>
<tr>
<td>GFR 10 – 50 mL/min</td>
<td>75% dose</td>
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<tr>
<td>GFR &lt; 10 mL/min</td>
<td>clinical decision</td>
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<td>25mg/m² dose in dialysis dependent patients has proven efficacy without significant toxicity</td>
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This is a controlled document and therefore must not be changed
INVESTIGATIONS - Pre-treatment and during treatment:

- Ensure all staging investigations (as listed under the PRE-ASSESSMENT heading above) are done. Urine pregnancy testing for pre-menopausal women younger than 55 before each cycle.
- FBC & U&E’s – consider fortnightly for first cycle, then monthly.
- Ca**, LFTs – monthly.
- Ig's, paraprotein, urinary BJP and serum free light chain levels in patients with light chain disease - monthly.
- Random blood glucose/ blood sugar

CONCURRENT MEDICATIONS

- Allopurinol 300 mg daily for 7 days for cycle 1 only.
- Proton pump inhibitor or H2 antagonist at clinician’s discretion
- Prophylactic fluconazole
- Bone protection as per NSSG Bone Protection protocol MM.3
- Consider prophylactic co-trimoxazole if heavily pre-treated or previous autograft.
- Prophylactic aciclovir 200 mg bd to tid (depending on renal function)

EMETIC RISK
Moderate emetic risk.

ADVERSE EFFECTS/REGIMEN SPECIFIC COMPLICATIONS

Gastrointestinal toxicity: Patients could develop nausea or diarrhoea with intravenous melphalan. Regular anti-emetic therapy and occasionally use of anti-motility drugs could be considered.

Mucositis, hair loss.

TREATMENT RELATED MORTALITY

<10% - for Myeloma, Amyloidosis (patient/stage as per MAYO specific)

REFERENCES


4 eMC UK Summary of Product Characteristics for Melphalan 50mg injection, Aspen, Dec 2014

**REVIEW**

<table>
<thead>
<tr>
<th>Name</th>
<th>Revision</th>
<th>Date</th>
<th>Version</th>
<th>Review date</th>
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<tbody>
<tr>
<td>Nadjoua Maouche Pharmacist</td>
<td>Formatting, dose modification section, adverse effects and pre assessment section reviewed, gastrointestinal toxicity</td>
<td>May 2016</td>
<td>2.3</td>
<td>May 2018</td>
</tr>
<tr>
<td>Faouzi Djebbari (Haematology Pharmacist)</td>
<td>Updated drug regimen, concurrent medication, and references</td>
<td>July 2017</td>
<td>2.4</td>
<td>June 2019</td>
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