



WHAT IS XELODA[®] CAPÉCITABINE ?

- Cancer drug used in the treatment of some gastric, colorectal or breast tumours.
- Prescribed and renewed by your hospital doctor, specialized in oncology, cancerology or hematology.
- Available in city pharmacies on presentation of your prescription.





Two measurings are available :

- Light, peach-coloured tablets dosed at 150 mg bearing « XELODA » and « 150 »
- Peach-coloured tablets dosed at 500 mg bearing « XELODA » and « 500 »



- Store at a temperature not over 30°C, out of sight and reach of children.
- Do not get the tablets out of their box to put them in a pill-box
- Wash your hands carefully before and after each handling of the tablets
- Do not throw away the opened boxes, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE ?

	Dose per day mg	=tablets
 To be filled with the help of healthcare** Informed by with/...../.....	When?h.... Andh....		<p>2 takes a day at a fixed time, preferably at bed time, within the 30 minutes following breakfast or dinner (ideally 12 hours after each take)</p> <p>– either on a period of 14 consecutive days followed by 7 days without any take.</p> <ul style="list-style-type: none"> • From day 1 to day 14 : take tablets • From day 15 to day 21 : do NOT take a tablet <p>Then resume like day 1</p> <ul style="list-style-type: none"> - either 5 days out of 7 (with a weekend break for example) during the whole radiotherapy. - either 7/7 days during the whole radiotherapy.
	How ?		Swallow the tablets whole, with water, successively, every day at the same moment of the day. Do not chew, nor cut, crush or dissolve the tablets.	

You can help yourself with **your tracking book and a calendar** to spot the takes. Never stop or change the rhythm of administration of your treatment without your doctor's advice.

** This file is not a prescription ; refer to your latest prescription..

WHAT TO DO IN CASE OF MISSING OR VOMITING?



In case of missing, do not take the missed dose, nor a double dose. The next dose will be taken at the usual hour. Please note it in your tracking book*.



In case of vomiting, do not take a new dose. The next dose will be taken at the usual hour. Please note it in your tracking book*.

INTERACTIONS WITH OTHER MEDICINES AND/OR FOOD



Check with your **doctor and your pharmacist** that the medicines (with or without **prescription**) and/or **other substances (food, plants, among which grapefruit and St John's Wort, probiotics, essential oils, food supplements...)** that you are using are compatible with your treatment. Some interactions may have an influence on the efficiency of your treatment or the outcome of side effects.










You and your partner must use highly efficient contraceptive methods during the whole treatment and until **6 months** after the last take.

*Tracking book available on sites www.omeditbretagne.fr or www.omedit-paysdelaloire.fr

WHAT SIDE EFFECTS MAY HAPPEN WITH XELODA® CAPÉCITABINE ?

Like all medicines, capécitabine may infer side effects, but you may not experience any.

Side effects	Prevention
 Tickling, swelling, redness even pain at hands and feet	Use a mild, perfume-free soap and a hydrating agent (cream or milk). Avoid hot water. Dab your skin dry. Avoid exposure to the sun and protect yourself eventually (protecting clothes, hat, sun cream>50). Inform your doctor in case of skin trouble. Do not wear tight clothes. Avoid irritating hand work, bandaids, standing and prolonged walks. A visit at a chiroprapist's may be useful.
 Diarrheas	Do not forget to hydrate well : at least 2litres of water a day. Favor food that is poor in fibers (starchy food, carrots, bananas...). Avoid food that may speed up intestinal transit (coffee, frozen drinks, dairy, alcohol, raw fruit and vegetables, cereals, fat food, spices ...). Rather drink between meals.
 fatigue	Favor healthy food and hydrate yourself. Respect moments of rest during the day, while remaining active, even moderately. Be prudent if you have to drive.
 Unusual bleedings	Use a soft toothbrush to avoid mouth bleedings. Avoid using a rectal thermometer. Do not take aspirin, nor anti-inflammatory(e.g. ibuprofen) without medical advice. In case of nose bleeding, tilt your head forward while pressing your nostrils slightly.
 Nauseas, vomitings, loss of appetite	Eat slowly and make several small light meals. Avoid greasy, fried and spiced food. Rather drink beteen meals.
 Signs of infection : cough, fever, shivers, sore throat, urinary burns	Limit contacts with people with a contagious infection. Wash your hands frequently. Disinfect any wound carefully. In case of a fever over 38°C, inform your doctor.
 Mouth inflammation	Have a good oral hygien (soft toothbrush , menthol-free and non-abrasive toothpaste). Do not forget to hydrate your lips (ask your pharmacist for advice, especially if you have oxygenotherapy), and maintain saliva stimulation (icecubes, chewing-gum...), and make mouthwash with sodium bicarbonate 4 to 6 times a day. Favor fragmented meals. Favor mixed food and liquids. Avoid alcohol, coffee, tobacco and irritating food.

Only some of the most frequent side effects are mentionned above. For further information, refer to your packaging or ask your doctor or pharmacist for advice.



You can also ask your questions to your center for side effects monitoring, or notify any side effect on the following site : signalement-sante.gouv.fr



In all cases, do not forget to make the biological tests prescribed by your doctor

WHAT TO DO IN CASE OF SIDE EFFECTS?

- Take the medication prescribed for side effects in accordance with the doses.
- Inform your doctor at the first persisting signs.
- Respect measures of prevention.

Useful contacts:

Promptly contact your doctor in case of :

- Diarrheas, mouth and mucous inflammation, palm and sole rash (swelling, redness and pain in the hands and soles)
- Signs of infection (fever, cough, shivers...)
- Any persisting or worsening side effect.



Remarks :
