



## WHAT IS XELODA® CAPÉCITABINE ?

- Cancer drug used in the treatment of some colon, 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?

<p>When ?</p>	<p style="text-align: center;"><b>= 2 doses per day at a fixed hour within the 30 minutes following meal (breakfast and dinner)</b></p> <p style="text-align: center;">.....h..... and .....h.....</p> <ul style="list-style-type: none"> <li>▪ Either on a period of 14 consecutive days followed by 7 days without any take. <ul style="list-style-type: none"> <li>• From day 1 to day 14 : <u>take capecitabine</u></li> <li>• From day 15 to day 21 : <b>do not take capecitabine</b></li> <li>• Then resume like day 1</li> </ul> </li> <li>▪ Either <b>5 days out of 7</b> during the whole radiotherapy</li> <li>▪ Either <b>7/7 days</b> during the whole radiotherapy</li> </ul>
<p>How ?</p>	 <p>Swallow the tablets whole, with water, every day at the same moment of the day. Do not chew, nor cut or crush or dissolve the tablets.</p>

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

\*\* This file is not a prescription, please 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...) and by-products that you are using are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and condition its efficiency and the occurrence of side effects.

- You and your partner must use highly efficient contraceptive methods during the whole treatment and until **3 months after the last take for men or up to 6 months after the last take for women**.
- Stop breast feeding during the treatment **and up to 2 weeks after the last take**.

\*Tracking book available on the sites [www.omeditbretagne.fr](http://www.omeditbretagne.fr) or [www.omedit-paysdelaloire.fr](http://www.omedit-paysdelaloire.fr)

# WHAT SIDE EFFECTS MAY OCCUR WITH XELODA® CAPÉCITABINE ?

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

Side effects	Prevention
 <p>Digestive effects : constipation, diarrheas, nauseas, vomiting, loss of appetite</p>	<p>Watch over your weight and remember to hydrate well (1,5/2l. water/day).</p> <p><b>In case of constipation</b>, favor food that is high in fibers ( bran, cereals, wholemeal bread, green vegetables, fruit and dried fruit) and take regular physical exercise.</p> <p><b>In case of diarrhea</b>, favor food that is low in fibers ( starchy food, carrots, bananas...). Avoid food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices).</p> <p><b>In case of nauseas/vomiting</b>, make several small light meals during the day and eat slowly. Avoid greasy, fried and spicy food, as well as those whose smell may trigger nauseas. Avoid staying on an empty stomach as this increases nauseas. Rather drink between meals. Use the antiemetic medications prescribed for you if appropriate.</p>
 <p>Mouth inflammation</p>	<p>Use a soft toothbrush and a menthol-free toothpaste without additive. Hydrate your lips (ask your pharmacist for advice, especially if you have an oxygenotherapy treatment) and stimulate your saliva (ice cubes, sorbets). Favor blended food and liquids. Avoid alcohol, tobacco, coffee, and acid, salted, spicy, irritating and crushy food. Use antalgic medicines and make mouthwashing as you have been prescribed (and not those containing alcohol).</p>
 <p>Swelling, burning sensation in hands/feet</p>	<p>Use a soap-free dermatological gel or bar. Avoid hot water. Dab dry. Apply a moisturizing agent (cream or milk). Practice cool water baths (15 min) or apply a cold pack / ice pack (no direct contact with ice). Wear gel insoles to keep your foot in contact with a cold source.</p>
 <p>Decrease in red blood cells, white blood cells and platelets</p>	<p><b>Decrease in red blood cells</b> : contact your doctor in case of paleness, short breath during effort or even at rest, persisitig fatigue, heart throbs, dizziness and head aches.</p> <p><b>Decrease in whgite blood cells</b> : contact your doctor in case of a temperature &gt; 38°C, shivers, sweats, cough, short or painful breathing, diarrhea with fever, or any sign of infection.</p> <p><b>Decrease in platlets</b> : contact your doctor in case of an outbreak of small red dots on the skin, bruises, nose bleedings, small eye or gum hemorraeges, blood in urine or motion.</p>
 <p>Head aches</p>	<p>Remember to hydrate well. Eat at a regular time, don't kips meals. Avoid tobacco and alcohol (headache triggers). Avois late bedtimes and late mornings; get enough sleep at night.</p>
 <p>Risk of infection</p>	<p>Limit your contacts with people having a contagious infection. Wash your hands regularly. Disinfect any injury carefully. Contact your doctor in case of a temperature &gt;38°C, cough, breathlessness/painful breathing, pain when urinating or smelly urines, change in the nature or frequency of motions (diarrhea, constipation) or in case of redness, pain or oozing around the central catheter, the parenteral feeding tube or the urinary catheter.</p>
 <p>Only some of the most frequent side effects mentionned above. For further information, please refer to your medicine leaflet or ask your doctor or pharmacist for advice. You can also ask your question ask your question to <a href="#">center for side effects monitoring</a> or notify any side effect on the following site : <a href="#">signalement-sante-gouv-fr</a></p>	
 <p>In all cases, remember to make the biological tests prescribed by your doctor.</p>	

## WHAT TO DO IN CASE OF SIDE EFFECT(S) ?

- Take the medication prescribed for side effects in accordance with the doses.
- Respect measures of prevention.

**Promptly contact your doctor** in case of :

- Signs of infection (fever, cough, chills, urinary burning...)
- Digestive disorders (diarrhea, vomiting, inflammation of the mouth)
- Pain, swelling, redness or tingling in the hands and/or feet
- Any persisting or worsening side effect.



**Useful contacts :**

**Remarks :**