



WHAT IS XELODA[®] CAPECITABINE?

- An anticancer drug used to treat some colon, stomach, colorectal and breast tumours.
- Prescribed and renewed by your hospital-based oncologist, cancer specialist or haematologist.
- Available from community pharmacies on presentation of your prescription.
- A blood test should be carried out to check your uracil levels before you start treatment.



Two dosages are available:


- Light peach tablet dosed at **150 mg** with “XELODA” and “150”
- Peach tablet dosed at **500 mg**, with “XELODA” and “500”

Generic medicines may have a different form or colour.



- Do not store above 30°C, and keep out of the sight and reach of children.
- Do not take the tablets out of the box to put them in a pillbox.
- Wash your hands carefully before and after handling the tablets.
- Do not throw away opened packs, please return them to your pharmacist.

HOW TO TAKE THIS MEDICINE

When?	<p style="text-align: center;">= 2 doses per day at a set time</p> <p style="text-align: center;">Within 30 minutes after finishing a meal (breakfast and dinner)</p> <p>.....:..... and:.....</p> <ul style="list-style-type: none"> ▪ Either for 14 consecutive days followed by 7 days off <ul style="list-style-type: none"> • Day 1 to day 14: <u>take capecitabine</u> • Day 15 to day 21: <u>do not take capecitabine</u> • Then start again at Day 1. ▪ Or 5 days out of 7 throughout your radiotherapy treatment ▪ Or 7 days out of 7 throughout your radiotherapy treatment
How?	 <p>Swallow the tablets whole, with water, at the same time every day. Do not chew, cut, crush or dissolve them.</p>

You can use your **medical diary*** and a **calendar** to note doses:

Do not stop taking or change how you take your treatment without consulting your doctor.

This leaflet is not a prescription, please refer to your most recent prescription.

IF YOU FORGET TO TAKE YOUR MEDICINE OR VOMIT



- **If you forget to take your medicine**, do not take the missed dose. Take your next dose at the usual time, do not take a double dose. Keep a record in your medical diary*.
- **If you throw up**, do not take another dose. Take your next dose at the usual time, do not take a double dose. Keep a record in your medical diary*.

INTERACTION WITH OTHER MEDICINES AND OTHER INTERACTIONS



Check with **your doctor or pharmacist** that the medicines (prescribed or over-the-counter), other substances (foods, spices and plants, including **grapefruit** and **St. John's Wort**, probiotics, essential oils, food supplements, etc.) and derivative products you use are **compatible with your treatment**. The molecules they contain, their dose and how often they are taken can interact with your treatment and affect its effectiveness and the occurrence of side effects.










- You and your partner must use effective methods of contraception throughout treatment **and for 3 months after the last dose for men and 6 months after the last dose for women**.
- Stop breastfeeding during treatment **and for 2 weeks after the last dose**.

* Patient diary available (in French) at www.omedit-fiches-cancer.fr

WHAT SIDE EFFECTS CAN OCCUR WITH XELODA® CAPECITABINE?

Like all medicines, capecitabine may cause side effects, although not everybody gets them.

Side effects	Prevention
 Digestive effects: constipation, diarrhoea, nausea, vomiting, loss of appetite	Monitor your weight and remember to hydrate (1.5 to 2 L water per day). In case of constipation , eat foods rich in fibre (bran, grains, wholemeal bread, green vegetables, fruit and nuts) and exercise regularly. In case of diarrhoea , eat foods low in fibre (carbohydrates, carrots, bananas etc.). Avoid foods that can stimulate digestion (dairy products, raw fruit/vegetables, grains, fatty foods, spices). In case of nausea/vomiting , divide your meals into several small meals and eat slowly. Avoid fatty, fried or spicy foods, and foods that smell strongly. Avoid having an empty stomach (can worsen nausea). Drink between, rather than with, meals. Use your prescribed antiemetics if applicable.
 Inflamed mouth	Use a soft toothbrush and menthol-free, additive-free toothpaste. Keep your lips hydrated (ask your pharmacist for advice, particularly if you are receiving oxygen therapy. Stimulate saliva production (ice cubes, sorbets). Prefer liquids and blended foods. Avoid alcohol, tobacco, coffee and acidic, salty, irritating, spicy and crunchy foods. Use pain medication. Use your prescribed mouthwash (not mouthwash containing alcohol).
 Swelling, burning hands/feet	Use soap-free gel or a dermatological bar. Avoid hot water. Pat dry. Use moisturiser (cream or milk). Bathe in cool water (15 min.) or apply cold compresses/ice (do not use ice in direct contact with the skin). Wear gel insoles to keep feet cool.
 Low red blood cells, white blood cells and platelets	Low red blood cells: contact your doctor in case of paleness, shortness of breath on exertion or when resting, persistent tiredness, palpitations, dizziness or headaches. Low white blood cells: contact your doctor in case of temperature > 38°C, chills, sweating, cough, shortness of breath/pain when breathing, a burning sensation when urinating, diarrhoea accompanied by fever or any other signs suggesting infection. Low platelets: contact your doctor in case of small red dots on your skin, bruising, nosebleeds, bleeding eyes or gums, or blood in your urine or faeces.
 Headache	Remember to hydrate! Eat at regular intervals, do not skip meals. Avoid tobacco and alcohol (headache triggers). Avoid going to bed and getting up late; get sufficient sleep at night.
 Risk of infection	Limit contact with people with infections. Wash your hands regularly. Disinfect all wounds thoroughly. Contact your doctor in case of temperature > 38°C, cough, shortness of breath/pain on breathing, pain when urinating/smelly urine, change in type/frequency of bowel movements (diarrhoea, constipation), or in case of redness, pain or discharge around your central line, feeding tube or urinary catheter.
	<i>Only the most common side effects are listed here. For more information, read the Patient Leaflet included with your medicine or ask your doctor or pharmacist.</i> <i>You can also ask your Regional Pharmacovigilance Centre and report any side effects online: signalement-sante-gouv-fr</i>



Remember to go for the lab tests prescribed by your doctor.

WHAT TO DO IF YOU EXPERIENCE SIDE EFFECTS

- Take the medicine prescribed to counteract the side effects, as prescribed.
- Follow the preventive measures.

Contact your doctor rapidly in case of:

- Signs of infection (fever, cough, chills, burning sensation when urinating, etc.)
- Digestive problems (diarrhoea, vomiting, inflamed mouth)
- Pain, edema, redness or tingling in the hands and/or feet
- Any persistent or worsening side effect



Useful contacts:

Note: