

Capecitabine (Xeloda®)

Capecitabine (brand name Xeloda®) is a cancer medicine you take by mouth. It is important that you take the medicine on the schedule your doctor recommends.

Dose

It is important to take this medicine at about the same times each day.

In the morning, take _____ 500 mg tablets with a full glass of water within 30 minutes after breakfast.

In the evening, take _____ 500 mg tablets with a full glass of water within 30 minutes after dinner.

Schedule

Your doctor has chosen the following schedule:

- Take this medicine for 2 weeks, and then stop for 1 week (2 weeks on, 1 week off). Repeat.
- Take this medicine for 1 week, and then stop for 1 week (1 week on, 1 week off). Repeat.
- Take this medicine only on days you have radiation treatment (Monday through Friday). Stop when you finish radiation.
- Take this medicine only on Monday through Friday. Do not take on weekends.



STOP taking this medicine and CALL your doctor if any of these things happen:

- Pain, redness, swelling, or sores in your mouth that make it hard to eat or drink
- Pain, swelling, and redness in your hands and feet that keep you from normal activity
- More than four bowel movements each day or any diarrhea at night
- Vomiting more than once in a 24-hour period
- Loss of appetite
- Temperature of 100.4° F (38°C) degrees or higher, or any other sign of infection

Drug Interactions

Some medicines can cause problems when taken with other drugs. Capecitabine interacts with warfarin (Coumadin) to greatly raise the risk of bleeding. Most people who take warfarin should not take capecitabine. Please make sure your doctor knows if you are taking warfarin. Please also talk to your doctor or nurse before taking any of these:

- New medicines
- Antibiotics
- Supplements
- Herbal medicines
- Over-the-counter medicines
- Any vitamin or medicine with folic acid or folates

Managing Side Effects

Call your nurse or doctor if you have any questions about side effects you get while taking capecitabine. Here are tips to help you manage common side effects:

Mouth sores

- Avoid foods that can irritate your mouth such as spicy foods and citrus fruits and juices.
- Avoid using tobacco.
- Practice good dental habits of brushing and flossing.
- Dissolve 1-teaspoon baking soda and 1-teaspoon salt in 2 cups of water. Rinse your mouth with 2 teaspoons of the solution at these times:
 - Before meals
 - After meals
 - At bedtime

Hand-foot syndrome

Capecitabine can cause pain, swelling, and redness in your hands and feet. This is hand-foot syndrome.

- Keep hot water off your hands and feet. Use warm water to wash. Take warm showers or baths.
- Pat dry with a towel so you do not rub your skin.

- Gently put thick moisturizing cream on your hands and feet each day. At bedtime, cover your hands and feet with a thick layer of moisturizing cream and wear cotton gloves and socks while you sleep. Look for lanolin or urea (10% or 20%) in the ingredients list and make sure it is free of alcohol and perfumes.
- Elevate your hands and feet when you can.
- Wear loose clothes and shoes that let air move around your feet.
- If you need to wear rubber gloves, make sure they have an inside lining.

Heartburn

Certain heartburn medications, called proton pump inhibitors (PPIs), may affect how capecitabine is absorbed in your body. Examples of these medicines include Prilosec® (omeprazole), Nexium® (esomeprazole), and Protonix® (pantoprazole). If you take one of these medications, talk to your cancer care team to check if it is OK to continue taking it. If you have heartburn, you may take different kinds of antacids or acid blockers. Medications, like Pepcid® (famotidine) or Tums® (calcium carbonate), are generally OK. Take these at least 2 hours before or 2 hours after taking capecitabine. Ask your nurse or doctor for the product and dose that is right for you.

Nausea

- Eat five or six small meals daily.
- Eat chilled foods.
- Avoid foods with strong odors.
- Talk with your doctor or nurse if your nausea gets worse or if you have vomiting. They can give you medicine to help.

Mild diarrhea

Diarrhea is having more than two loose or watery stools in a day. You may take Imodium AD®, two tablets after each loose stool (up to 8 tablets daily). If you have more than four loose stools per day when taking Imodium AD, call your nurse or doctor.

More help with eating problems

Talk with the registered dietitians at Huntsman Cancer Institute's Linda B. and Robert B. Wiggins Wellness and Integrative Health Center. This service is free. For more information or to make an appointment, call 801-587-4585.

Questions?

Contact your cancer care team via MyChart or call _____.

In an emergency, call 911 or go to your closest emergency department.