

XELODA®

- XELODA is a tablet form of chemotherapy.
- It is used for the treatment of breast and bowel cancer.
- It may be used alone or in with other chemotherapy
- It works by killing or stopping the growth of cancer cells

HOW DO I TAKE XELODA?

- Your doctor will tell you how many XELODA tablets to take each day decided by your height and weight
- Tablets are taken in the morning and evening 12 hours apart **after food** (this helps with nausea)
- Tablets are taken for **14 days in a row then a 7 day break**
- **Use a calendar to mark off the days when you take the Xeloda, and your days off to help you keep track.**

WHAT ARE THE SIDE-EFFECTS OF XELODA?

If you have any serious side-effects, stop taking the Xeloda.

- **Within office hours (Mon-Friday 9am-5pm) Contact Day Oncology :**
- **After hours contact the in-patient Oncology Ward for advice:**
- **Go to Accident and Emergency at your nearest hospital and tell the doctors you are on Xeloda chemotherapy**

Diarrhoea: If you have more than 4 bowel movements each day or any diarrhoea at night, **you should stop taking XELODA even if you have not completed the 14 days of treatment.**

Keep up your fluids to avoid dehydration.

See your local doctor. You may need anti-diarrhoea medication

Sore Mouth/ Mouth ulcers: Use salt water or mouth wash to rinse your mouth. Avoid very hot drinks. If your mouth is too sore to eat **you should stop taking XELODA even if you have not completed the 14 days of treatment.**

Hand- foot syndrome: This is redness and drying of the skin of the hands and/or feet.

It can get worse and cause cracking of the skin. If this happens, **you should stop taking XELODA even if you have not completed the 14 days of treatment.**

Moisturize your skin (especially hands and feet) with sorbelene cream

Nausea: Take Xeloda about 30minutes after a meal to avoid taking on an empty stomach.

Tell your doctor as there are tablets to stop you feeling sick.

Hair loss: This is not common with Xeloda.

Some people may find their hair might thin

ARE THERE REASONS WHY I CAN'T HAVE XELODA?

You **must not** take Xeloda if:

- You have ever had an allergic reaction to XELODA or 5-FU
- You are taking medicines used to treat herpes virus
- If you have known dihydropyrimidine dehydrogenase (DPD) deficiency

Other medication to be careful with includes

- **Warfarin** (Coumadin®, Marevan®), a medicine used to thin the blood
- **Phenytoin** (Dilantin®), a medicine used to treat epilepsy

WHAT SHOULD I DO IF I FORGET TO TAKE MY XELODA?

- **Do not take extra tablets.**
- Wait until the next dose and take the normal amount then.
- If you are not sure what to do, ask your doctor or pharmacist.

HOW DO I STORE MY XELODA?

As with all tablets, **MAKE SURE TO KEEP THE XELODA AWAY FROM CHILDREN**

In the case of accidental swallowing:

- **Immediately telephone your doctor or**
- **Poisons Information Centre (telephone 13 11 26) for advice**
- **or go to Accident and Emergency at your nearest hospital**