




What is XELODA®

Medicine Name	Description
Capecitabine	<p>150 mg pill: oval, light peach color</p> <p>500 mg pill: oval, pink</p> <p>There are generic drugs of different forms.</p> 

How should you take your medicine?

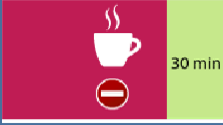


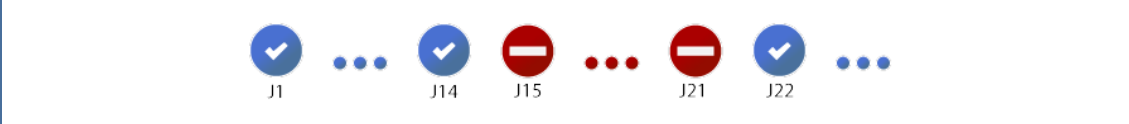

Your doctor has determined your medicine dosage.

In your case, the dosage is as follows: mg/day, i.e. 150 mg pills and 500 mg pills twice a day, (specify whether it should be taken continuously or not).

Swallow whole with a glass of water, do not crush, cut, chew, or dilute the pills. At a set time, 30 minutes after meals.

If you forgot to take a dose or in case of vomiting, do not take an additional dose but wait for the time to take the next dose.

Dosage – therapy regimen

Twice a day, at a set time, 30 minutes after meals	  
D1 - D14, resume on D22 (800 to 250 mg/m ² dose)	
In continual mode (625 mg/m ² dose) There are other regimens for taking this drug.	

How to get the medicine supply?

This medicine is available in local pharmacies.

Getting this medicine might take time. Be careful and order the medicine in advance. Store this product in its original packaging, away from sources of heat and moisture.

What else do you need to know?

Precautions and monitoring

Laboratory tests are necessary while taking your medication (blood test to monitor blood count, liver and kidney function), as well as clinical monitoring (ECG).

Using contraceptives

This drug may harm an unborn baby. During the entire treatment, you and your partner need to use effective contraception methods (condoms combined with another method).

Interactions with other medications and/or food

The occurrence of interactions between XELODA® and your other treatments may have harmful consequences (reduced drug efficacy and tolerance). It is important to tell your pharmacist and doctor about all medications and/or other substances (foods, plants, probiotics, essential oils, nutritional supplements, etc.) that you are taking.

Example: While taking capecitabine, you should avoid using supplements rich in foliates.

What are possible side effects?

Only the most common side effects are listed below. There might be some other side effects. For additional information, refer to your medicine leaflet or seek advice from your doctor or pharmacist.



SIDE EFFECTS	
Most common ones	<p>Digestive problems: diarrhea, nausea, vomiting, abdominal pain, inflammations inside the mouth (ulcers)</p> <p>Skin problems: inflammation of palms, soles of the feet, and areas of friction</p> <p>Others: tiredness, weight loss</p>
WHEN TO ALERT THE MEDICAL TEAM?	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<p>Digestive problems</p> <ul style="list-style-type: none"> > A significant and/or rapid weight loss > Very frequent diarrhea, bowel movement over 4 times a day > Mouth pain or ulcers that prevent normal eating > Severe abdominal pain <p>Symptoms suggestive of heart disorder or phlebitis</p> <ul style="list-style-type: none"> > Shortness of breath, heart palpitations, or chest pain or tightness > Red, warm to the touch, and painful calf <p>Symptoms suggestive of infection</p> <ul style="list-style-type: none"> > Temperature > 38.5 °C > Cough, throat pain, pain on urination, diarrhea with fever.
HOW TO PREVENT SIDE EFFECTS?	
Skin care	<p>On hands and feet: Apply moisturizing cream or milk and/or healing cream on hands and feet (without rubbing hard).</p> <p>Avoid exposing hands and feet to heat (hot water). Avoid activities that cause rubbing or injury.</p> <p>Avoid wearing overly tight clothing, socks, or shoes</p> <p>Body: Opt for soft soap and moisturizer, pat skin dry.</p> <p>Avoid using any irritating products.</p> <p><i>For sun protection, use</i> broad spectrum sunscreen and avoid sun exposure.</p>
Oral hygiene	<p>Use a soft toothbrush, use oral rinses containing baking soda.</p> <p>Avoid oral rinses that contain menthol or alcohol.</p>
Tiredness	<p>Opt for activities contributing to well-being, in particular selected and regular physical activities: walking, work in the garden, swimming, biking, sports...</p> <p>Alternate periods of activity and rest.</p>
Weight	<p>Regularly check your weight in case of digestive problems.</p>
HOW TO ADAPT YOUR DIET?	
Diarrhea	<p>Opt for a low fiber diet. It is preferable to consume starchy products, carrots, and bananas.</p> <p>Avoid using raw fruit and vegetables, dairy products, coffee, or alcohol.</p> <p>Drink more water.</p>
Weight loss	<p>Opt for a higher calorie diet and "pleasure diet".</p>
Nausea	<p>Opt for split nutrition consisting of several light meals, liquid and cold dishes.</p> <p>Limit consumption of fatty, fried, and spicy foods.</p>
Inflammation inside mouth (ulcers)	<p>Avoid eating sour, sticky, or very salty foods.</p>

