How drug is given: by mouth, with a meal

Purpose: to kill cancer cells in breast cancer, colon cancer, and other cancers

How to take this drug by mouth

- Take by mouth with water within 30 minutes of eating a meal.

- Swallow each tablet whole; do not chew them. If you are unable to swallow, the pharmacist will give you specific instructions.

- If you miss a dose, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not double dose. Your doctor may want you to take a combination of 150 mg and 500 mg tablets for each dose. It is very important that you know how to correctly take your dose. Taking the wrong tablets could result in an overdose (too much medication) or underdose (too little medication).

Storage

- Store this medicine at room temperature, away from heat and moisture. Keep this medicine in its original container, out of the reach of children and pets.

- If you have unused oral chemotherapy pills (tablets or capsules), please return them to the pharmacy where the prescription was filled. Do not flush down the toilet, dump in the sink, or throw away in the trash.

Things that may occur during treatment

1. The palms of your hands or the soles of your feet may become red and painful. This is called hand-foot syndrome. Tingling and peeling of the skin may occur. Avoid tight fitting shoes. Use thick (moisturizing) creams on hands and feet.

2. Loose stools or diarrhea may occur after the drug is given (within a few days after the drug is started). You can take loperamide (Imodium A-D®) to help control diarrhea. You can buy this at most drug stores. It is also important to drink more fluids (water, juice, sports drinks). If these do not help within 24 hours, call your doctor or nurse.
3. Mild to moderate nausea, vomiting, loss of appetite and/or stomach pain may occur. You may be given medicine to help with this.

4. Your blood cell counts may drop. This is known as bone marrow suppression. This includes a decrease in your:
   - Red blood cells, which carry oxygen in your body to help give you energy
   - White blood cells, which fight infection in your body
   - Platelets, which help clot the blood to stop bleeding

   If you have a fever of 100.5°F (38°C) or higher, chills, a cough, or any bleeding problems, call your doctor or nurse right away.

5. You may get mouth sores 7 to 10 days after this drug is given. It is important to keep your mouth clean. A soft-bristle toothbrush should be used for brushing your teeth. You may have a burning feeling and redness inside the mouth or on the lips. Use a baking soda mouth rinse 4 or 5 times a day.

   **Mouth Rinse Recipe:**
   Mix: 1 tsp salt or baking soda with 8 oz. glass of water

   Your doctor may order other mouth rinses. Do not use mouth washes that have alcohol in them because they can dry out the mouth. If you cannot eat or swallow because of this, let your doctor or nurse know. Check with your doctor before having any dental work done.

6. Some patients may feel very tired, also known as fatigue. You may need to rest or take naps more often. Mild to moderate exercise may also help you maintain your energy. (You may also be less interested in doing your usual activities.)

7. You may get some hair thinning/loss.

**Things that may occur after your treatment ends (even months to years later)**

- **Fertility:**
  - It is very important to use birth control if you are having sex, because this drug could harm an unborn baby.
  - Men can become sterile and may want to think about sperm banking prior to chemotherapy.
  - For women, your period (menstrual cycle) may not be regular for a while or may stop completely and you may not be able to get pregnant.

If you are concerned about any of this, please talk with your doctor or nurse.

*The above information includes some, but not necessarily all, of the possible side effects of this medication. The side effects in this teaching sheet may not be the same ones you experience. Your side effects may be different, depending on how often you receive treatment (your schedule) and how much you receive each time (your dosage). Side effects may also vary if you take other medications. Please talk*
with your doctor or nurse if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your health care team.

If you experience any significant change in your health during or after treatment, contact a member of your health care team right away.

Managing your oral chemotherapy schedule at home can be challenging. To help you with this, consider using tools to help you keep track of your schedule and any side effects you may have. You can find these tools online at www.dana-farber.org/OralChemoDiary.