What Is Xeloda?
Xeloda is a cancer medicine that you take by mouth. It is a small light-peach or peach colored tablet, depending on how much medicine is inside. It is important that you take the medicine according to the schedule below.

Your Xeloda Dose

• Follow this schedule for two weeks: In the morning, take ________ 500 mg tablets with water 30 minutes after breakfast. In the evening, take ________ 500 mg tablets with water 30 minutes after dinner.
• After two weeks on this schedule, stop taking Xeloda for seven days.
• Your doctor may prescribe repeating this cycle of 14 days on Xeloda and 7 days off.

If You Take Warfarin (Coumadin®)
Tell your doctor if you take warfarin. Warfarin thins your blood so it does not clot too readily. Because Xeloda can increase the effects of warfarin, your doctor will check more frequently how fast your blood clots. If needed, your doctor will switch you to a different blood thinner.

Managing Side Effects

Call your nurse or doctor if you have any questions about side effects you develop while taking Xeloda. Here are tips for managing common side effects:

Mouth sores
• Avoid irritants such as citrus fruits and juices, tobacco, and spicy foods.
• Practice good dental hygiene. Rinse your mouth four times a day with a salt and baking soda mouthwash (dissolve 1 teaspoon of salt and 1 teaspoon of baking soda into 4 cups warm water).

Hand-Foot Syndrome
• Avoid injury to the hands and feet.
• Avoid tight-fitting shoes and repetitive rubbing, pressure, or heat exposure to the hands and feet.
• Apply moisturizing cream frequently to the hands and feet.
• Apply moisturizing ointment (such as Vaseline®) to the hands and feet at bedtime. Cover with cotton socks and/or gloves.

(continued on page 2)
Managing Side Effects (continued)

Heartburn
If you have heartburn, take antacids or acid blockers two hours before or two hours after taking Xeloda. Ask your nurse for the product and dose that’s right for you.

Nausea
• Eat small, frequent meals.
• Eat chilled foods.
• Avoid foods with strong odors.
• Consult for free with certified dietitians through Huntsman Cancer Institute's Linda B. and Robert B. Wiggins Wellness and Integrative Health Center. For more information or to make an appointment, call 801-587-4585.
• Tell your doctor or nurse if your nausea gets worse or if you have vomiting. Your doctor can prescribe a medicine to help.

Mild Diarrhea
Diarrhea is having more than two loose or watery stools per day. You may take Imodium AD®, two tablets after each loose stool (up to eight tablets daily). If you are having more than four loose stools per day when taking Imodium AD, please call your doctor’s office.

Contact Numbers
Your doctor ____________________________
Nurse ____________________________
Phone ____________________________
PA or NP ____________________________
Phone ____________________________
After hours or weekends: Call 801-581-2121 and ask for the resident on call for your type of cancer.