

# CapOx<sup>®</sup> regimen



Capecitabine – Oxaliplatin



FUNDASHON MARIADAL



# Introduction

Together with your consultant, you have decided to start treatment with cytostatics (chemotherapy). This treatment involves taking a course of drugs that inhibits cell division for a longer period of time.

You are receiving a lot of information, and it is not easy to take in everything at once. That is why this information has been written down so that you can reread everything at home.

## How are drugs administered, and how often?

The CapOx® treatments are given in a cycle. A cycle lasts 21 days (3 weeks). During one cycle, Oxaliplatin is administered on day 1, and you take Capecitabine daily for 15 days (day 15 only in the morning). This is followed by one week of rest. In principle, the next cycle will start three weeks after day 1 if your blood results and your general condition allow this.

### **The tablets are taken as follows:**

- Capecitabine is taken twice a day with 12 hours in between doses.
- Capecitabine is taken with or at the latest 30 minutes after a meal or snack.
- If you miss a dose of Capecitabine, skip the missed dose and take the next dose at the scheduled time.

Interaction with food: avoid preparations based on St John's wort while taking Capecitabine.

## **What side effects should I take into account?**

If you experience any side effects, please inform the nurse at the next treatment. Possibly something can be done about it.

### **Side effects**

- The runs or diarrhoea
- Chest pain (coronary spasm)
- Skin changes such as: dry skin, scaling, itching, rash
- Skin changes on the palms of the hands and soles of the feet
- Nausea and vomiting
- Changes in sense of taste and smell
- Oral mucosal inflammation (aphthous ulcers)
- Decreased white blood cell count
- Decreased red blood cell count
- A drop in the number of platelets
- Hair changes, hair thinning, rarely complete hair loss

- Nail changes
- Constipation
- Tingling and numbness in fingers and toes
- Unusual fatigue
- Feelings of fear, anger and sadness
- Effect on sexuality

Please get in touch with the oncology nurse if you have any questions and/or complaints. Available on office days/hours on number: 780 0493.

There are a number of reasons to call the doctor/oncology nurse or the hospital immediately. See the form 'Reasons to call the oncology nurse/doctor.'

## Points for attention CapOx regimen<sup>®</sup>

- Taking Capecitabine makes your skin very sensitive to sunlight, and you can burn quickly. Protect yourself from the sun and try to avoid direct and indirect sunlight as much as possible.

- In the first hours or days after administering Oxaliplatin, you may experience tingling, sensory disturbances or muscle spasms in the jaw and throat (sometimes also in the limbs). The complaints are mainly provoked or aggravated by cold (e.g. cold outside air, touching cold objects, drinking cold drinks). The symptoms usually disappear spontaneously within a week but often return on the next administration. Sensitivity disorders in the throat (e.g. cold drinks) can make you feel very breathless: because of your 'numb' throat, it almost seems as if you can no longer breathe or swallow. This complaint will disappear spontaneously, but it is very annoying.
- We advise you to avoid anything cold in the first days after your chemotherapy.  
Avoid cold air (for example, from air conditioning, the refrigerator or the freezer) or wear gloves.  
Wash your hands with warm water.  
Do not eat cold food (e.g. ice cream).  
Do not drink cold drinks.
- The advice to avoid cold may seem contradictory to the advice on hand and foot care.

## Patient medication schedule

Time of day	Day 1			Day 2			Day 3			Day 4			Day 5			
	8h	12	20	8h	12	20	8h	12	20	8h	12	20	8h	12	20	
	if necessary															
<b>Anti-nausea</b>	Granisetron 1 mg tablet			1			1			1			1			1
	Primperan 10 mg tablet			1	1	1	1	1	1	1	1	1	1	1	1	1
<b>Chemotherapy</b>	Oxaliplatin															
	Capecitabine (Xeloda®) Until the morning of day 15															

Green = take tablets.

White = take tablets if necessary in case of nausea.



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