

Safety Precautions

The cup and spoon should be thoroughly washed and kept in a place separate from other cutlery and crockery.

Safe Disposal

- Gloves and apron should be discarded in the yellow bag provided after every use.
- The cup and spoon should also be discarded in the yellow bag provided at the end of your treatment.
- The yellow bag should be returned to the chemotherapy unit for safe disposal.

Useful Contact Details

If you have any questions about your medication, including the purpose and potential side effects, please contact our dedicated patient helpline for advice:

- **Dedicated Patient Helpline - Telephone 01438 286150**
Monday to Friday, 2pm - 4pm
Or e-mail: medinfo.enhtr@nhs.net (for a response by next working day).
- **Macmillan Pharmacist - Telephone 01438 284712**
Monday to Friday, 11am - 4pm

Patient Information

Dissolving Oral Capecitabine Tablets

Pharmacy Department



Why have I been given this leaflet?

The doctors and nurses caring for you have decided to start you on a medicine called **capecitabine**.

Usually these tablets are swallowed whole with a glass of water within half an hour of finishing a meal. This is because capecitabine works best if it is broken down in the stomach with food.

As you may be having trouble swallowing them whole, this leaflet has been developed to guide you through an alternative way of taking tablets, by dissolving them in water.

Important

Capecitabine tablets should never be crushed - this creates a dangerous dust.

Protection

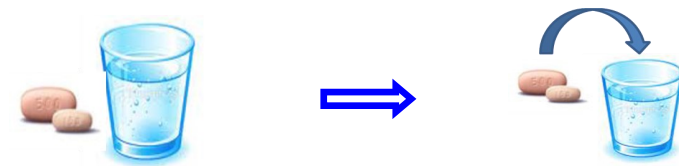
The person preparing the solution should wear non-sterile gloves and a non-sterile plastic apron (supplied by the hospital).



How to dissolve the tablets

Fill a cup with approximately 200ml of warm (not hot) water. **Ensure that this cup, as well as the spoon, are not used by anyone else or for anything else.**

The exact number of capecitabine tablets needed should be popped out from the blister and added to the water.



Allow the tablets to dissolve in the water and use the spoon to mix the solution periodically. This process takes around 15 minutes.

Once the tablets have completely dissolved, you may add raspberry squash or other strong flavouring (not fruit juice) to disguise the bitter taste.

The whole contents of the cup must be drunk immediately. It is advisable to rinse the cup with water and drink this to ensure the entire contents are ingested.

