

Notes

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Adapted from the reference: Biron D., Gagnon C., Simard I., Dionne A. Élaboration d'un journal de bord avec un plan intégré pour les patients recevant de la capécitabine/XELODA [Log book with integrated action plan for patients on capecitabine/XELODA]. Project conducted as part of a Master's degree in hospital pharmacy. St-Sacrement hospital, CHA. Laval University, Quebec City. June 2004.

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XELODA[®] (capecitabine) Treatment Diary with integrated action plan



Patient Name: _____

Physician: _____



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XELODA Treatment Diary with integrated action plan

XELODA
tablets

Recommended daily dose
(number of tablets)

Cycle : _____
(Date)
(Day of the cycle)

	AM:	Enter the number of 500 mg tablets	AM
	PM:		PM
	AM:	Enter the number of 150 mg tablets	AM
	PM:		PM
Nausea	Light nausea, but can eat.		
	Moderate nausea and eating less food than usual.		
	Not eating, severe nausea.		
Vomiting	One episode of vomiting in 24 hours.		
	2-5 episodes of vomiting in 24 hours.		
	6 episodes in 24 hours.		
Diarrhea	An extra 2 or 3 bowel movements over your normal bowel habits (before the treatment).		
	An extra 4-6 bowel movements over your normal bowel habits or any diarrhea at night.		
	7 extra stools per day and/or incontinence and/or dehydration.		
Diarrhea with colostomy	Slight increase of fluid, more watery fluid in your colostomy bag.		
	Moderate increase of fluid, no change in daily activities.		
	Severe increase of fluid affecting daily activities.		
Hand-and-foot syndrome	Numbness, redness and/or tingling and/or peeling of the skin of your hands (palm) and/or your feet without pain.		
	Redness and swelling with pain on your hands and feet without affecting your daily activities.		
	Redness and swelling and/or ulceration with pain on your hands and feet affecting your daily activities.		
Stomatitis (mouth ulcers)	Redness and mouth irritation without lesions or pain.		
	Painful redness or ulcer. Can eat.		
	Painful ulceration. Cannot eat.		

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- » During your 7-day rest period, you will not record any dosing. The table has already been completed for you under the “REST” period.
- » Should your health care professional modify your dose, indicate the new dosage in the a.m. and p.m. boxes by entering the correct number of tablets.

SIDE EFFECTS:

- » Record any side effects experienced by checking the appropriately colour-coded box. If the side effect is bad enough to make you stop taking XELODA, insert an asterisk in that coloured box and call your doctor immediately.
- » If you are worried about side effects or find them very bothersome, talk to your health care professional immediately. He will be able to tell you what to do and may be able to help you with these side effects.
- » If no side effects are experienced, do not complete the boxes with checkmarks.



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XELODA Treatment Diary with integrated action plan

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	Redness and swelling with pain on your hands and feet without affecting your daily activities.		
	Redness and swelling and/or ulceration with pain on your hands and feet affecting your daily activities.		
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	Painful redness or ulcer. Can eat.		
	Painful ulceration. Cannot eat.		

Stop taking XELODA and call a member of your health care team

Nausea and vomiting: Six episodes or more of vomiting in a 24-hour period causing dehydration. As a result, you receive hydration therapy in a hospital setting. The nausea is so severe that it prevents you from eating any food.

Diarrhea: Nine or more bowel movements per day have necessitated a hospital emergency visit wherein hydration therapy was administered to address the onset of dehydration.

Hand-and-foot syndrome: Your quality of life has been severely affected due to redness, swelling, ulceration and pain on your hands and feet which may have necessitated a hospital emergency visit.

Stomatitis: Intake of food is severely affected by painful ulceration of the mouth which may have necessitated a hospital emergency visit to remedy dehydration.

Do not resume taking your XELODA without talking first with your nurse or pharmacist.

Fever: If you have a fever ($\geq 38^{\circ}\text{C}$), take your temperature again in one hour. If your fever ($\geq 38^{\circ}\text{C}$) persists, contact your healthcare professional or go to the nearest hospital emergency immediately. When you have a fever, do not take any acetaminophen or pain-killers (ibuprofen, naproxen or other). Contact your health care professional or go to the nearest hospital emergency immediately.

Contact information

Doctor: _____

Nurse: _____

Pharmacist: _____

Hospital: _____

Emergency: _____

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XELODA tablets	Recommended daily dose (number of tablets)	Cycle : _____ (Date) (Day of the cycle)
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