

Warning

This fact sheet aims to let you know the side effects most commonly seen following the administration of your treatment. Please note that when you take any medication, there is a possibility that it causes rare side effects and it is difficult to predict which patients will be affected.

General information for patient Protocol EOX

Date: May 11th 2012

Revision: December 2016

Medication	Administration
Epirubicin	Intravenously over a few minutes on day 1
Oxaliplatin	Intravenous infusion over 2 hours on day 1
Capecitabine	Oral tablets twice a day for 21 days without interruption. Tablets should be swallowed with a glass of water within 30 minutes of the end of your breakfast and your supper. ____ tablets of 500 mg twice daily ____ tablets of 150 mg twice daily
<i>Cycle repeated every 3 weeks</i>	

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General information associated with your treatment

- › These medications are used to prevent the multiplication of abnormal cells and destroy them.
- › A **blood test** will be done prior to every treatment cycle. Depending on its results and side effects of the previous treatment, the dose of the medication might be adjusted or the treatment might be delayed.
- › You may experience **fatigue** during your treatments. This is usually only temporary and may be related to different reasons (medication, stress, the disease). Maintain a good level of activity but rest when you feel the need to.
- › Your **appetite may diminish**. Eat more often, in smaller quantities.
- › Your **sense of taste may be altered**. Enhance foods with fine herbs or lemon juice. Eating fruits, chewing non-sugared gums, etc. may mask the metallic taste.
- › Consumption of **alcohol** (in small quantities) is permitted and will not affect the efficacy of the treatments.
- › You can have an **active sexual** life during your treatments. However, a decrease in your sexual drive may occur during this period. This may also be influenced by various factors (fatigue, stress etc.).
- › For **male patients**, the sperm count may be affected and have a negative effect on the embryo. In fact, the production of spermatozooids may be reduced or completely absent during treatments. In certain patients, this reduction of fertility may be permanent, may get better or return to normal after the treatments have stopped. This reduction of **fertility** does not prevent erection or sexual activity. A pregnancy remains possible. If you have sex with a woman of childbearing age it is strongly recommended to use a method of contraception during the treatment.
- › For **pre-menopausal female patients**, chemotherapy may cause irregularities or cessation of the menstrual cycle during treatments. After stopping chemotherapy the menstrual cycle may restart or return to normal. It may also stop permanently. However, a pregnancy may be possible and a method of **contraception** is strongly recommended during treatments. Chemotherapy administered during pregnancy may harm the embryo. Breast-feeding is contra-indicated during treatment.
- › Consult your doctor or pharmacist before you take other medications (even over the counter medications available without a prescription) or natural products. These may provoke an interaction with your treatment and diminish its efficacy or increase side effects.
- › Follow the instructions given by your cancer center about the right way to handle and dispose of biological fluids (for example urine, stools) in order to protect the environment and your relatives.
- › Be sure to always have on hand the complete list of your medications, dietary supplements, vitamins and other natural health products. Give it to your doctor and your pharmacist. It is important to make them aware of any change.

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Adverse effects	Management
Significant nausea and vomiting may occur mainly on the same day and the day following your intravenous treatment.	› You will be prescribed medication to prevent nausea to be taken prior to treatment. At home, you will take medication on a regular basis during 1 or 2 days following your treatment, depending on your need.
Nausea , usually light, may occur while taking capecitabine by mouth.	› At home, you may also have to take medication as needed, on days of treatment with capecitabine. › Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.
Depending on the individual, a partial or total hair loss may occur. In general, this happens 2 to 3 weeks after the start of the treatment. However, don't worry; your hair will grow back after treatments have ended.	› Use gentle shampoo. › Avoid brushing hair vigorously. › Avoid hair spray, dyes and perms.
A decrease in the white blood cells will occur about 1 to 2 weeks following treatment. You may be at higher risk of infections during this period.	› Wash your hands often. › During this period, avoid coming into contact with people who have contagious diseases. › Quickly contact a member of your healthcare team if you notice any signs of infection (fever, chills, cough, sore throat, pain while you urinate, etc.). › Consult your doctor or go immediately to the Emergency Room if you have a fever 38,3°C (101°F) once or 38°C (100,4°F) twice an hour apart. › In case of fever, do not take acetaminophen (ex.: Tylenol®, Atasol®) and anti-inflammatory medication (ex. : Motrin®, Advil®, Aleve®, ...).

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A decrease in platelets will occur about 1 to 2 weeks following treatment. You may bruise or bleed more easily than you normally do.	<ul style="list-style-type: none">› Use a tooth brush with soft bristles.› Check with your pharmacist before taking medications with Aspirin[®], ibuprofen or other anti-inflammatory drugs.› Contact a member of your healthcare team if you bruise more easily than you normally do or if you have a tendency to bleed easily from the nose or the gums.
You may experience numbness or tingling of the hands and feet . This phenomenon may be triggered or aggravated by the cold and may start a few hours after the injection of oxaliplatin and persist for a few days afterwards. You may also experience a painful sensation when exposed to cold (liquids, food, and air conditioning).	<ul style="list-style-type: none">› Avoid exposing your hands or feet to cold for a few days following your treatment.› Wear gloves and socks to protect you from the cold for a few days following the treatment.› Wear a scarf around your neck to protect against the cold if necessary.› Avoid drinking and eating cold food for a few days following the treatment.› If symptoms persist between treatments, speak to a member of your healthcare team at the time of your next treatment.
During or immediately following your treatment with oxaliplatin, you may experience the <u>sensation</u> of having difficulty swallowing or breathing . This phenomenon is rare and disappears within a few hours after the start of the symptoms.	<ul style="list-style-type: none">› Immediately notify your nurse if you experience this malaise during the administration of your medication.

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You may sometimes experience diarrhea with capecitabine.	<p>Diarrhea should be treated with loperamide (Imodium®)</p> <p>If diarrhea is light (2 to 3 more loose stools per day than before starting capecitabine):</p> <ul style="list-style-type: none">› Start loperamide: take 2 tablets first then one tablet after each loose stool (maximum 8 tablets in a 24 hours period).› Contact a member of your healthcare team if the diarrhea does not improve after taking loperamide for 24 hours. <p>If you have moderate to severe diarrhea (more than 4 loose stools per day compared to before starting) or if you have diarrhea at night:</p> <ul style="list-style-type: none">› Stop taking capecitabine and contact a member of your health care team.› Start loperamide: Take 2 tablets first then one tablet after each loose stool (maximum 8 tablets in a 24 hours period). <p>Other actions to take :</p> <ul style="list-style-type: none">› Drink lots of fluids (8 to 10 glasses a day) unless otherwise instructed by your doctor.› Eat and drink often but in small quantities.› If you have diarrhea with fever, contact immediately a member of your health care team or go to Emergency Room.

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Hand and foot syndrome may appear during your treatment with capecitabine. You may experience numbness, tingling, swelling, redness on your hands and feet. Pain, blisters, desquamation may accompany these symptoms.	<p>To prevent this syndrome:</p> <ul style="list-style-type: none">› Avoid wearing tight clothes or shoes. Wear absorbent sponge rubber soles, and/or gel pads to relieve pressure points.› Pat dry your hands and feet rather than rubbing them.› Wear light clothing or keep skin free of clothing to avoid perspiring.› Wear rubber gloves while washing dishes.› Wash your hands and feet in lukewarm water; avoid hot water.› Moisturize your skin regularly using a non-perfumed emollient and thick cream.› Avoid activities that require applying pressure and repetitive friction on your hands and feet. <p>If symptoms occur:</p> <ul style="list-style-type: none">› If these symptoms occur and affect your daily activities, stop taking capecitabine and notify a member of your healthcare team as soon as possible.
Mouth ulcers, redness, pain or swelling in your mouth may appear following your treatment.	<ul style="list-style-type: none">› Gently and regularly brush your teeth after each meal and at bedtime.› Rinse your mouth with a solution of water and salt with or without baking soda. Gargle 4 times a day – after every meal and at bedtime. Do not drink or eat for one hour after you gargle.› Mouthwashes without alcohol found in stores are a good alternative.› If you notice ulcers, redness or painful areas in your mouth, contact a member of your healthcare team. If your ulcers are causing pain, stop taking capecitabine and contact a member of your health care team.

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Fever and chills may occur a few hours following your treatment with oxaliplatin and should not last more than 24 hours.	<ul style="list-style-type: none">› If these symptoms bother you, your doctor or pharmacist may recommend a pain killer such as acetaminophen (ex.: Tylenol®, Atasol®).› Fever which occurs more than 24 hours after treatment may be the sign of an infection. Consult immediately a member of your healthcare team or go to the Emergency Room.
Your skin may become more sensitive to the sun .	<ul style="list-style-type: none">› Avoid going into the sun.› Use sun screen SPF 30 or higher.› Wear a hat.
During your treatment, you may experience some pain, irritation, swelling or a burning sensation at the injection site .	<ul style="list-style-type: none">› Notify your nurse immediately if you feel any of these symptoms during treatment.
Rare adverse effects that can be severe or serious to communicate quickly to your doctor	
If you experience palpitations of the heart, chest pain and/or shortness of breath.	<ul style="list-style-type: none">› Immediately go to the Emergency Room.
If you have severe nausea, vomiting, diarrhea, ulcers or pain in the mouth during the first days of capecitabine	<ul style="list-style-type: none">› Stop taking the medication and contact a member of your health care team as soon as possible.

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Special considerations

- › Your **urine** may be a **reddish color** the same day or the day following your treatment. This is normal and corresponds to the elimination of epirubicin. Don't worry, it is not blood.
- › Take your tablets of capecitabine as prescribed twice a day with a glass of water **within 30 minutes after the end of breakfast and supper**. If you forget a dose, take it as soon as possible but do not double your next dose. Try to take capecitabine at the same time every day with the 2 doses 10 to 12 hours apart if possible.
- › Keep your medication at room temperature, out of reach of children and protected from light, heat or moisture.
- › Tablets must be swallowed whole. Do not chew, split or crush the tablets.
- › Wash your hands immediately after handling your tablets.
- › Don't throw away unused medication at home. Bring them back to your pharmacy to be destroyed safely.

Pharmacist: _____

Phone: _____

From ____ h to ____ h (Monday to Friday)