

Dissolving capecitabine tablets

Information for patients from the Pharmacy

Why have I been given this leaflet?

The doctors and nurses caring for you will have discussed with you your treatment options and decided that the best treatment for you is capecitabine. Usually these tablets are swallowed whole, but as you are not able to swallow them whole, this leaflet explains how you should dissolve the tablets.

What do I need to do?

1. First of all it is important for you to remember that the tablets should never be crushed as this causes dust, they must always be allowed to dissolve.
2. You (or whoever is preparing the solution) should take precautions to protect yourself. You should wear a pair of non-sterile gloves and a plastic apron, which should be provided for you by the Chemotherapy Unit that issued you with your capecitabine tablets.
3. The correct number of capecitabine tablets for your dose should be counted out.
4. A disposable cup (preferably with a lid) should be prepared. Label it clearly so everyone knows it will be used to make capecitabine solution.
5. Fill the cup with 200 millilitres (ml) of water and add the correct number of capecitabine tablets for your dose.
6. Leave the tablets in the liquid to dissolve. This may take about 15 minutes. The solution may be agitated periodically to aid dissolving, but the tablets should not be crushed.

Then, if you can swallow the liquid:

7. Add some raspberry squash or other strong flavouring (not fruit juice) to disguise the bitter taste and make the mixture more palatable.
8. The solution should be swallowed immediately, rinsing to ensure all of the contents are taken.
9. Once you have taken all of the solution, dispose of the cup in the yellow clinical waste bag which was given to you by the Chemotherapy Unit. The bag should be returned to the Unit for safe disposal.



Putting patients first

Or, if you are administering the solution via a feeding tube:

7. The use of flavourings to disguise the bitter taste is not necessary.
8. Pre-flush the feeding tube with 30 to 50ml of water using a 50ml oral syringe.
9. Draw up the capecitabine solution into an oral syringe and administer via the feeding tube.
10. Rinse the container used to prepare the capecitabine solution with 30 to 50ml of water, draw up the liquid and administer via the feeding tube. This is to ensure the whole dose has been taken.
11. Flush the feeding tube again with 30 to 50ml of water.
12. Following administration of the solution, the cup should be disposed of in a yellow clinical waste bag. The bag should be returned to the Unit for safe disposal.
13. Whenever possible capecitabine should be taken within 30 minutes of food. If tube feeding is being administered overnight, the morning dose should be taken within 30 minutes of the feed being stopped and the evening dose should be taken immediately prior to starting the tube feed.

If you have any questions or concerns, please ring your Chemotherapy Unit for advice on:

Any complaints, comments, concerns, or compliments

If you have other concerns please talk to your doctor or nurse. Alternatively please contact our Patient Experience Team (formerly PALS) on 01227 783145 or 01227 864314, or email ekh-tr.patientexperienceteam@nhs.net.

Further patient information leaflets

In addition to this leaflet, East Kent Hospitals has a wide variety of other patient information leaflets covering conditions, services and clinical procedures carried out by the Trust. For a full listing please go to www.ekhuft.nhs.uk/patientinformation. Or contact a member of staff.

After reading this information, do you have any further questions or comments? If so, please list below and bring to the attention of your nurse or consultant.

Would you like the information in this leaflet in another format or language?

We value equality of access to our information and services and are therefore happy to provide the information in this leaflet in Braille, large print or audio - upon request.

If you would like a copy of this document in your language, please contact the ward or department responsible for your care.

Pacjenci chcący uzyskać kopię tego dokumentu w swoim języku ojczystym powinni skontaktować się z oddziałem lub działem odpowiedzialnym za opiekę nad nimi.

Ak by ste chceli kópiu tohto dokumentu vo vašom jazyku, prosím skontaktujte nemocničné pracovisko, alebo oddelenie zodpovedné za starostlivosť o vás.

Pokud byste měli zájem o kopii tohoto dokumentu ve svém jazyce, kontaktujte prosím oddělení odpovídající za Vaši péči.

Чтобы получить копию этого документа на вашем родном языке, пожалуйста обратитесь в отделение, ответственное за ваше лечение.

We have allocated parking spaces for disabled people, automatic doors, induction loops and can provide interpretation. For assistance, please contact a member of staff.

This leaflet has been produced with and for patients