

The ROYAL MARSDEN

NHS Foundation Trust

Capecitabine chemotherapy after surgery for bowel cancer

GI Unit

Patient Information



NHS

Introduction

Your doctors have suggested that you may benefit from a course of capecitabine chemotherapy treatment following your surgery. The chemotherapy will help lower the risk of cancer coming back in the future. They will have weighed the potential benefits of treatment, in terms of prolonging your life, against the possibility of side effects. Your clinical team will have discussed these with you. If you are still unsure about the benefits, then please ask. This leaflet explains what you can expect from the chemotherapy you will receive.

Treatment plan

Capecitabine is a tablet form of chemotherapy. You will need to take the tablets twice a day, after meals, for 14 consecutive days. This is followed by a one week rest period. Each chemotherapy treatment and following rest period over three weeks, is called a cycle. The doctors in clinic will see you and have your blood tested before each cycle of chemotherapy. If you are tolerating the treatment well, your doctor may decide to review you every second cycle. Treatment may be delayed if your blood count is not at a suitable level.

You will have this chemotherapy for a period of up to 24 weeks (eight cycles).

If you are taking warfarin (a tablet for thinning the blood), you must tell your doctor before you start taking the capecitabine tablets.

If you take an antacid (medicine for heartburn), please tell your doctor. If it contains aluminium hydroxide, this will interfere with the absorption of the capecitabine.

Side effects

All drugs can have some side effects and this includes capecitabine chemotherapy. These vary and for some people they may not occur.

The more common side effects are:

- **Low blood count** – chemotherapy temporarily reduces the rate at which blood cells are produced in your bone marrow.

This may cause:

- anaemia (low red cell count) – you may need blood transfusions
- neutropenia (low white cell count), which may increase your risk of developing an infection
- thrombocytopenia (low platelet count), which may increase your tendency to bruising and bleeding – you may need platelet transfusions.

If you feel unwell at any time or have a temperature (37.5°C / 99.5°F or higher), you should contact the hospital immediately as you may need to be admitted for intravenous antibiotics. For further information, please refer to The Royal Marsden booklet *Chemotherapy; your questions answered*.

- **Diarrhoea** – it is important that you inform the hospital team if you develop significant diarrhoea (more than four times in 24 hours). They may advise you to take anti-diarrhoeal medication or temporarily stop the capecitabine tablets. It is usually easy to control. Make sure that you drink plenty of fluids.

- **Soreness and redness of the hands and feet (palmar-plantar syndrome)** – you may find that the palms of your hands and the soles of your feet become sore and red or dark. The skin may become dry, itchy and peel. A simple moisturiser, such as an emollient cream, will help prevent dryness. Please tell your doctor or nurse if this becomes a problem as they may temporarily stop the capecitabine tablets.
- **Sore mouth and mouth ulcers** – keep your mouth clean and healthy by drinking plenty of fluids and carrying out good oral hygiene. If you develop a sore mouth, we can prescribe mouthwash to help with this.
- **Nausea and vomiting** – chemotherapy sometimes causes this. It can usually be managed with anti-sickness (anti-emetic) drugs.
- **Tiredness and lethargy** – during your chemotherapy, you may become tired more easily after normal activities. This is quite normal and usually occurs with all types of chemotherapy. Your tiredness should resolve in time.
- **Taste changes** – you may find taste changes affect your appetite. However, it is important to make sure you drink plenty of fluids, at least 10 glasses or cups a day, and eat well.

The less common side effects are:

- **Hair thinning** – occasionally thinning of the hair may occur. However, it is not likely that you will need a wig and your hair will regrow six to eight weeks after treatment is completed. For further information, please refer to the Macmillan booklet *Coping with hair loss*.
- **Sore eyes (conjunctivitis)** – we can prescribe eye drops to soothe your eyes and decrease the irritation.
- **Increased production of tears** – this is temporary. If your eyes become sore or inflamed (conjunctivitis) the doctor may prescribe some eye drops.

- **Chest pain** – patients receiving capecitabine have reported episodes of chest pain, discomfort or a feeling of tightness or heaviness across the centre of the chest and/or palpitations (a sensation of a racing and irregular heartbeat).

These symptoms may occur suddenly and the duration can vary. Sometimes they resolve within minutes, although they may last for longer. The chest pain is caused by a temporary narrowing of the blood vessels supplying the heart. This is reversible once the chemotherapy is stopped. This type of chest pain is called angina and can lead to a heart attack. It may be more common in people with a history of heart disease, but can occur in anyone. Always let your doctor know if you have a history of problems with your heart.

There are many different causes of chest pain, most of which are unrelated to the chemotherapy. If you develop any of these symptoms, you should stop taking capecitabine until you are told otherwise and go immediately to your nearest accident and emergency department and take this leaflet with you. Afterwards, you should contact your hospital team at The Royal Marsden.

- Very rarely you may develop a severe **skin reaction**. If you experience tender red skin patches which then blister, please stop your capecitabine and seek urgent medical advice. The skin changes may follow symptoms such as fever, chest symptoms and a need to squint or close your eyes, which is worse in bright light (photophobia). These symptoms may be caused by conditions called Toxic Epidermal Necrolysis (TEN) and Stevens Johnson Syndrome (SJS) and if so, these require urgent treatment.

It is important that you inform your doctor at your next hospital visit, if you experience any of these side effects. With certain side effects, a treatment break or dose reduction may be necessary. If you have any concerns regarding these side effects, you can contact the hospital (see contact details on page 7).

Fertility, pregnancy and breastfeeding

- **Fertility** – chemotherapy can damage the testis or ovary. This may affect your ability to conceive (or father a child). Infertility can be temporary or permanent. Sometimes, in women, chemotherapy can lead to premature menopause. If relevant to you, you may wish to discuss the issue of fertility with your doctor before treatment is started.
- **Pregnancy** – during chemotherapy and for up to a year afterwards, if sperm or eggs are produced they may be abnormal. Treatment can also harm an unborn child. We recommend that you or your partner use a barrier method of contraception (such as condoms) during treatment and for one year afterwards. If you know you are pregnant before starting treatment or become pregnant during treatment, you must tell your doctor immediately.
- **Breastfeeding** – there is a risk of harm to a child who is being breastfed since the drug may be concentrated in the milk. It is very important that women do not breastfeed while receiving chemotherapy.

Blood clots

Some cancers increase the risk of developing blood clots. Chemotherapy drugs can also cause an increase in the risk of patients developing blood clots whilst they are on treatment. The most common place for blood clots to form is in the calf. This is called a deep vein thrombosis (DVT) and causes the leg to swell. If a part of the clot breaks free, it may travel to the lungs, causing shortness of breath or chest pain. This is called a pulmonary embolus (PE).

Blood clots can be life threatening and treatment with blood-thinning drugs (anti-coagulants) is usually given to help 'dissolve' the clot and prevent further problems.

Please inform your doctor immediately if you are worried you may have a blood clot.

Airline travel is also associated with an increased risk of blood clots. It is important that you inform your hospital team of any travel plans whilst you are on treatment.

We have listed the most common side effects of this chemotherapy. You may experience some or several of these side effects listed above and they may be mild, moderate or severe. Some can occasionally be life-threatening or lead to death and occur in 0.5-5% of cases (less than one in 100 people). All side effects will be discussed with you, however please raise any questions that you may have with your medical team or Clinical Nurse Specialist (CNS).

As with all drugs, there may be other side effects not mentioned here that you may experience. Because of the risk of side effects, it is important that you:

- **Always** tell your doctor if you suffer from any of these side effects, or if you have experienced any new symptoms since your last visit. Your doctor can help you by giving you medication or advice, to reduce or stop these side effects from occurring in the future.
- **Always** tell your doctor about any other medicine you are taking or planning to take, including herbal and complementary therapies.
- **Always** consult your doctor before having any other procedure, for example, dental work or vaccinations.

Notes and questions

References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre

Freephone: 0800 783 7176

Email: patientcentre@rmh.nhs.uk

No conflicts of interest were declared in the production of this booklet.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

The patient information service is generously supported by The Royal Marsden Charity.

royalmarsden.org

Registered Charity No.1095197



Revised August 2022. Planned review August 2025
© The Royal Marsden NHS Foundation Trust GI-0915-09



Radiotherapy and
Chemotherapy Services
F538021 & F538022

