



# Dissolving capecitabine tablets

## Information for patients from the Pharmacy

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 do this, this leaflet explains how you should dissolve the tablets instead.

### 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 help the tablets dissolve, 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 pleasant to taste.
8. The solution should be swallowed immediately, rinsing to make sure 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 given to you by the chemotherapy unit. The bag should be returned to the unit for safe disposal.



**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. Before using, flush your feeding tube with 30 to 50ml of water using a 50ml oral syringe.
9. Draw up the capecitabine solution into the 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 make sure 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 chemotherapy 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 before starting the tube feed.

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

---

**This leaflet has been produced with and for patients**

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Patients should not bring in large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhuft.nhs.uk/patientinformation](http://www.ekhuft.nhs.uk/patientinformation)