

## How To Safely Take Your Oral Anti-Cancer Medication Additional Information Sheet

This handout was created by Cancer Care Ontario. It is meant to be used together with Cancer Care Ontario's Medication Patient Information Sheets.

In this handout, you will learn:

- how to safely handle (touch) your cancer medication
- what to do if you miss a dose of your cancer medication
- who to contact for help

**This information does not replace the advice given to you by your healthcare team. If you have any questions about your treatment, please talk to your healthcare team.**

**Patient Name:** \_\_\_\_\_

**You will start taking your oral anti-cancer medication on or around the following date\*:**

\_\_\_\_\_

**Additional information about your start date:**

\_\_\_\_\_

\_\_\_\_\_

\*Start date may refer to a certain date or date range.

Here is/are the name(s) of the oral medication(s) in your cancer treatment regimen.

<b>Medication Name</b> (example: capecitabine)	<b>Dose</b> (2000 mg)	<b>How Often To Take</b> (twice daily)	<b>Additional Information</b> (take with food or on an empty stomach)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Talk to your pharmacist about how many pills to take to make up your dose.

Your healthcare team will tell you how long you need to take your medication(s) for.

**Note:** The dose of your medication may need to be changed. This may happen if you have bothersome side effects, or for other reasons. Talk to your health care team if you have any questions.

## How do I Safely Handle Oral Anti-Cancer Medication at Home?

### How to safely touch oral anti-cancer medications

#### If you are a patient:

- Wash your hands before and after touching your oral anti-cancer medication.
- Swallow each pill whole. Do not crush or chew your pills.



#### If you are a caregiver:

- Wear nitrile or latex gloves when touching tablets, capsules or liquids.
- Wash your hands before putting on your gloves and after taking them off, even if your skin did not touch the oral anti-cancer medication.
- Throw out your gloves after each use. Do not re-use gloves.
- Do not touch oral anti-cancer medications if you are pregnant or breastfeeding.

### What to do if oral anti-cancer medication gets on your skin or in your eyes

#### If medication gets on your skin:

- Wash your skin with a lot of soap and water.
- If your skin gets red or irritated, talk to your health care team.

#### If medication gets in your eyes:

- Rinse your eyes with running water right away. Keep water flowing over your open eyes for at least 15 minutes.

### What to do if you vomit (throw up) after taking your oral anti-cancer medication

Talk to your healthcare team. Do not take another dose until you have talked to them. If you are unable to talk to your healthcare team, take your next dose at the usual time.

**For more information on safe handling (including storage, disposal and how to take your medication correctly), please refer to Cancer Care Ontario's Medication Patient Information Sheet for your specific medication(s).**

## What to do if you Miss a Dose of Oral Anti-Cancer Medication

If you forget to take a dose of your oral anti-cancer medication do not take extra (double up).

Follow the instructions given to you or talk to your health care team if you are unsure about what to do. If you are unable to talk to your healthcare team, take your next dose at the usual time.

### Additional information:

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**Warning:** If you take too much of your oral anti-cancer medication by accident, or if you think a child or a pet may have swallowed your medication, you must call the Ontario Poison Control Center right away at: 1-800-268-9017



## If you have questions or need help, please contact:

My cancer healthcare provider is: \_\_\_\_\_

During the day I should contact: \_\_\_\_\_

Evenings, weekends and holidays I should contact: \_\_\_\_\_

*The information set out in the oral anti-cancer medication supplementary information sheet, medication information sheets, regimen information sheets, and symptom management information (for patients) contained in the Drug Formulary (the "Formulary") is intended to be used by health professionals and patients for informational purposes only. The information is not intended to cover all possible uses, directions, precautions, drug interactions or side effects of a certain drug, nor should it be used to indicate that use of a particular drug is safe, appropriate or effective for a given condition.*

*A patient should always consult a healthcare provider if he/she has any questions regarding the information set out in the Formulary. The information in the Formulary is not intended to act as or replace medical advice and should not be relied upon in any such regard. All uses of the Formulary are subject to clinical judgment and actual prescribing patterns may not follow the information provided in the Formulary.*

**Need this information in an accessible format? 1.855.460.2647, TTY 416.217.1815 [publicaffairs@cancercare.on.ca](mailto:publicaffairs@cancercare.on.ca)**