

# Oral Cancer Treatment Care Plan

## For patients receiving oral agents for Cancer

### Patient and Family Information Sheet

You have been prescribed oral cancer treatment, which means you will take a tablet or capsule (pills) by mouth to treat your cancer. Your cancer care team will provide you with information about your medication and how to manage side effects.

Below is a checklist that you and your cancer care team can complete. It includes a list of information you should receive from your cancer care team.

#### Care Plan Checklist

**Today** (date: \_\_\_\_\_) you received the following information:

- Cancer Care Ontario Medication Information Sheet (specific to your oral cancer treatment medication)
- Chemotherapy and Other Drug Therapies Booklet (Canadian Cancer Society)
- Your Cancer Drug Therapy Class Information (if applicable)
- Hazardous Drugs and Safety in the Home Information Booklet
- A fever card (if applicable)
- Diary to record your dosages

Before you start your oral cancer treatment a Cancer Centre pharmacist will call you at home between the hours of 9:00am and 5pm to discuss your oral cancer treatment. If you are not home, the pharmacist will leave a message or phone you back later in the day.

Cancer Centre of  
Southeastern Ontario

A Cancer Care Ontario Partner

Kingston Health  
Sciences Centre

Centre des sciences de  
la santé de Kingston



## How do I take my oral cancer treatment?

- Wash your hands with soap and warm water before and after taking or touching your cancer treatment pills.
- Take your oral cancer drugs by mouth. Swallow your cancer treatment pills whole. Do not crush, chew or cut tablets. Do not open capsules. If this is not possible, contact your cancer care team.
- If you vomit after taking a cancer treatment pill, do not take another dose. Contact your cancer care team.
- Use a system to make sure you take your cancer treatment pills at the right time. Try a cell phone alarm/reminder, calendar, or timer.
- If you take too many cancer treatment pills by mistake, or if someone else takes them by mistake, contact your cancer care team immediately.

### If someone else is giving you your cancer treatment pills, this person should:

- Wash their hands with soap and warm water before and after giving your pills.
- Always wear gloves when touching tablets, capsules or liquids. Use nitrile or latex gloves. If you do not have nitrile or latex gloves, you can use rubber gloves.
- Pregnant and breast feeding caregivers **should not** touch the cancer treatment pills.

## What should I do if I miss a dose?

- Do not take an extra dose. Your *Medication Information Sheet* will tell you what to do. Each medication has different instructions. If in doubt, contact your cancer care team.

## How do I store my cancer treatment drug?

- Store in the original bottle or blister pack.
- Do not put them in bottles or pill reminder boxes with any other medications. It could be dangerous to mix them with other pills.
- Store your pills or tablets away from heat, sunlight, and moisture. These can break down the pills and make them less effective.
- Keep the pills or tablets away from children and pets.
- Do not throw out any unused drugs; bring them to your pharmacy for safe disposal.

## How do I store my cancer treatment drug? (continued)

- Do not :
  - × throw out cancer treatment drugs in the regular garbage
  - × flush them down the sink
  - × flush them down the toilet.

## Key things to remember when taking oral cancer treatment

- It is important that you take your oral cancer treatment exactly as your doctor prescribed.
- Tell your cancer doctor or nurse about any side effects you develop. Use your *oral cancer treatment diary* to keep track of side effects and when you take your oral cancer treatment. **Bring your diary with you to your next appointment.**
- If you have any questions about how to manage side effects, ask your doctor or nurse.
- Tell us if you have trouble paying for or getting your oral cancer treatment.
- Tell your other doctors, dentists or healthcare providers that you are taking oral cancer treatment to treat your cancer. Carry with you a list of medications that you are taking, including your cancer pills or tablets.
- Plan ahead for oral cancer treatment refills. Talk to your local pharmacist about how much notice is needed for a refill. Plan for travel and weekends.
- Take a picture of the label on your oral cancer treatment bottles. Bring the picture with you to all appointments with your cancer doctor or nurse. Take a new picture if there are changes to your oral cancer treatment. Use a cell phone, tablet or camera to take a picture. If you are not able to take a picture, bring your oral cancer treatment bottles to every appointment at the cancer centre.

### Did you know you can watch a video about oral cancer treatment?

Visit our website at [www.CancerCareSouthEast.ca](http://www.CancerCareSouthEast.ca) to watch our oral cancer treatment video and learn more information.

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## Contact your cancer care team if you:

- Have trouble swallowing or keeping the cancer treatment pills in your stomach.
- Missed a dose (check your *Medication Information Sheet* first).
- Took an extra dose.
- Are given a new medication from another doctor while you are taking your cancer treatment pills.
- Are thinking of taking any natural or herbal products.
- Have questions or concerns about any side effects that you have.

## How do I contact my cancer care team?

### During hours of operation:

Monday to Friday between the hours of 8:30am to 4:00pm please phone:  
**613-549-6666 or toll free 1-800-567-5722**

- Enter the extension to reach your cancer doctor's medical secretary
- The medical secretary will communicate your question or concern to your nurse or doctor and someone will call you back.

### Outside of these hours:

Monday to Friday after 4:00pm, or any time on weekends and holidays:

Call **CAREChart@Home** after hours symptom management telephone service:

Call **1-877-681-3057**.

- An operator will answer your call and connect you to a specialized oncology nurse who will help you.
- Have your wallet card and your medication list on hand when you call.