



A Teaching Affiliate
of Harvard Medical School

Tucatinib (Tukysa)

Capecitabine (Xeloda)

Trastuzumab (Herceptin)

The Center for Breast Cancer
Mass General Cancer Center



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Topics to Discuss:

- What are tucatinib, Xeloda, and Herceptin?
- How are they are taken
- Storage, Handling, and Disposal
- Drug Interactions
- Side Effects & How to Manage
- Supportive Care Resources
- Your Breast Cancer Team
- When to Call
- Important Phone Numbers



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What are tucatinib, Xeloda, and Herceptin?

- They are three separate medications that are given together as a cancer treatment regimen.
- Below are their generic and brand names that you may hear:
 - tucatinib (Tukysa) – tablet taken by mouth at home
 - capecitabine (Xeloda) – tablet taken by mouth home
 - trastuzumab (Herceptin) – injection given in Infusion

What is tucatinib?

- Tucatinib (Tukysa®) is a tyrosine kinase inhibitor used for HER2+ metastatic breast cancer
- It works by blocking the internal HER2 receptor and causes cancer cells to stop growing and die

How is tucatinib taken?

- Tucatinib is a tablet you take by mouth.
- Take two tablets (300 mg) twice daily with or without food at the same time each day.
 - You can take together with capecitabine
- Swallow tablet whole with water. Do not break, chew, or crush your tablet.
- If you miss a dose, skip the dose. Do not take 2 doses at the same time to make up for the missed dose.



What is Xeloda?

- In addition to tucatinib, you will also receive a prescription for capecitabine (Xeloda®)
- Xeloda® is a prodrug of fluorouracil which blocks synthesis of DNA by stopping an enzyme known as thymidylate synthase
- This stops cancer cells from growing and dividing
- More information can be found at [here](#)

How is Xeloda® taken?

- This is a tablet you take by mouth
- Take twice daily (separated 12 hours apart) for 14 days, followed by a 7 day break and then repeat
 - The dose and number of tablets you take will depend on your weight
 - Take within 30 minutes after a meal
- Swallow tablet whole with water. Do not break, chew, or crush your tablet.
- If you miss a dose, skip the dose. Do not take 2 doses at the same time to make up for the missed dose.



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What is Herceptin?

- In addition to tucatinib and Xeloda®, you will also receive trastuzumab (Herceptin®)
- You do not need a prescription for this and will receive it in the infusion center
- It works by blocking the external HER2 receptor and causes cancer cells to stop growing and die
 - It works with tucatinib to have an even greater effect on stopping cancer cells
- Herceptin will be given intravenously (through the vein) or subcutaneously (under the skin) once every 3 weeks



How to keep track of your oral chemotherapy schedule

- Create a medicine calendar either on paper or in your tablet or phone to keep track of your doses.
- Share the calendar with your cancer treatment team at visits.
- Pill boxes can be used to keep track of your oral chemotherapy doses. Do not mix other pills in the box you use for your oral chemotherapy.
- Visit the following link for a calendar to track your tucatinib, Xeloda, and Herceptin:

[https://seagendocs.com/TUKYSA Treatment Tracker.pdf](https://seagendocs.com/TUKYSA_Treatment_Tracker.pdf)

Storing and Handling

- Keep tucatinib and Xeloda in their original bottle or in a separate pill box for your chemotherapy – do not mix other medicines into the same pill box.
- Store at room temperature in a dry location away from direct light.
- Keep out of reach from children and pets.
- Wash your hands before and after handling.
 - If someone else will be handling your tucatinib and Xeloda, have them wear gloves so they do not come into direct contact with the medicine

Disposal

- If you have unused tucatinib or Xeloda, do not throw it in the trash and do not flush it down the sink/toilet
- You may dispose of this medicine by:
 1. Calling your city or county's trash and recycling service for information on hazardous drug take-back programs in your community
 2. Bringing unused tucatinib or Xeloda to MGH and disposing in the blue drug take-back receptacles. One receptacle is located outside of the Main Lobby Yawkey elevators and another is near the retail pharmacy in the Wang building.
 3. Asking your treatment team or pharmacist for more information



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Tucatinib or Xeloda may have drug interactions

- Use caution when taking some drugs or supplements together with tucatinib and Xeloda because they may cause more side effects or cause the drug to not work well. This is called a drug interaction.
- Talk with your treatment team first if you are taking these or other medications:
 - Oxycodone (Oxycontin ®)
 - Dexamethasone (Decadron®)
 - Trazodone
 - Proton pump inhibitors (such as omeprazole or Prilosec®)
 - Folic acid supplements

Tucatinib and Xeloda may have drug interactions

- Tell your treatment team of all prescription and over-the-counter medications (this includes vitamins and herbal products).
- Talk with your treatment team or pharmacist before starting any new medications or supplements.

Common Side Effects

- Diarrhea
- Rash
- Nausea/vomiting
- Decreased appetite
- Mouth sores
- Fatigue
- Headache
- Increased liver function blood tests
- Low red blood cell counts

Rare Side Effects

- Severe diarrhea
 - More than 4 loose bowel movements in a day or diarrhea with weakness, dizziness, or fever
- Liver problems
 - Dark urine, yellow skin or eyes
- Severe skin reaction
- Call your treatment team if you have:
 - Signs of an allergic reaction (wheezing, chest tightness, shortness of breath, swelling of face/lips/tongue)



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Managing Side Effects: Diarrhea

- Diet
 - Eat a bland diet that is easy to digest until diarrhea resolves
 - BRAT diet- Bananas, Rice, Applesauce, Toast
 - Do not eat high fiber foods (raw vegetables/fruits, whole grains, nuts, seeds, beans)
 - Do not have dairy, alcohol, caffeine, spicy and fried foods
- Stay hydrated
 - Drink 8-10 glasses (64-80 ounces) of non-caffeinated, non-carbonated beverages daily
 - Gatorade, Pedialyte or other beverages with electrolytes may be recommended with severe diarrhea

Managing Side Effects: Diarrhea

- If you experience diarrhea, you may use an over-the-counter antidiarrhea medication called Imodium (loperamide)
- Instructions for Imodium:
 - Take 2 tablets (4 mg) with your first loose/watery stool
 - Take 1 tablet (2 mg) every 4 hours thereafter/or with each loose stool thereafter
 - Do not take more than 8 tablets (16 mg) in a day without talking with your care team first
- Read [here](#) for more information on how to manage diarrhea

Managing Side Effects: Nausea

- Take anti-nausea medications as prescribed
- If your appetite is decreased, try eating smaller but more frequent meals (every 2-3 hours) throughout the day
- Avoid fried, overly spicy or fatty foods
- Avoid strong smells
- Try acupuncture or acupressure
- Tell your care team if unable to eat or drink or are vomiting
- Visit [massgeneral.org/cancer/nutrition](https://www.massgeneral.org/cancer/nutrition) for healthy eating tips and recipes

Managing Side Effects: Mouth Sores

- Perform good mouth care
 - Brush your teeth gently with a soft toothbrush after meals and before bed
 - Floss gently daily
 - Rinse your mouth every 2-3 hours, after meals and before bed (do not use mouthwash with alcohol)
 - Recipes for homemade salt or baking soda rinses
 - ½ teaspoon salt in 8 ounces of water
 - 1 teaspoon baking soda in 8 ounces of water
 - 1 teaspoon salt plus 1 teaspoon baking soda in 32 ounces of water to use throughout the day (make fresh daily)



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Managing Side Effects: Mouth Sores

- Keep your mouth moist
 - Drink water or spray your mouth with water throughout day
 - Drink at least 8 glasses of fluid daily
 - Suck on sugar free candy or chew sugar free gum
 - Moisten lips with plain, nonmedication lip balm (avoid menthol)
- Medication management
 - If your mouth sore pain is severe or interferes with eating, drinking, or swallowing, we may prescribe a numbing mouth rinse or oral pain medication.

Refer [here](#) for more information on mouth sores

Managing Side Effects: Hand and Foot Skin Changes

- Apply a thick cream (such as Eucerin, Aveeno, Udderly Smooth, or Lubriderm) to palms and soles of feet at least twice daily.
- Do not wear tight-fitting shoes or socks
- Do not take hot showers or baths, which can dry out your skin.
- Check your palms and soles for any cracks, blisters or peeling skin.
- Call your treatment team if you have peeling, painful cracks, or blisters.

Sexuality and Birth Control

- It is fine to be sexually active while receiving tucatinib and Xeloda.
- **Tucatinib and Xeloda® can both harm a developing baby.** You should not get pregnant or get someone pregnant while taking either tucatinib or Xeloda.
 - Use a reliable barrier contraceptive (such as a condom) during treatment and for **at least 1 week after the last dose of tucatinib** and **at least 6 months after the last dose of Xeloda**

Supportive Care Resources

- Yoga
- Acupuncture / Acupressure
- Massage
- Support groups
- Survivorship programs
- Workshops
- Music therapy
- To learn more about all our of Supportive Care offerings log onto: cancercenterpx.org



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Your Breast Cancer Team

- Oncologist
- Nurse Practitioner
- Pharmacist
- Oncology Social Worker
- Practice Nurse
- Infusion Nurse

When to call?

If experiencing:

- Fever of 100.5F (38C) or higher
- Uncontrolled diarrhea
- Uncontrolled nausea/vomiting
- Chills
- Bleeding/unusual bruising
- Flu-like symptoms
- Extreme fatigue or weakness
- Cough or shortness of breath
- Rapid heartbeat
- Confusion or agitation
- New or uncontrolled pain
- Problems with urination
- New swelling in arms/legs or face



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Contact Information

- Phone Numbers
 - Boston: 617-726-6500
 - Waltham: 781-487-6100
 - Danvers: 978-882-6060
- Patient Portal:
 - patientgateway.org



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