

# ORAL CHEMOTHERAPY EDUCATION



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## HEARTBURN

Heartburn is often described as a burning sensation in the stomach or lower chest that rises toward the neck and occasionally to the back.

If you are currently taking heartburn medications (prescription or over-the-counter), please check with your healthcare team about whether these can be continued, as they may interact with your anticancer medications.

Common heartburn medications include the following:

- Proton pump inhibitors (PPI): omeprazole, esomeprazole, lansoprazole
- H2 blockers: famotidine, ranitidine
- Antacids: calcium carbonate, sodium bicarbonate

Heartburn may be managed without medications by doing the following:

- Avoiding certain foods, such as chocolate, spicy foods, high-fat foods, carbonated beverages, and peppermint
- Avoiding tobacco, alcohol, and caffeine
- Losing weight if you have had recent weight gain or are overweight
- Elevating your head and upper body in bed if symptoms are at night or while lying down
- Avoiding wearing tight-fitting clothes

Your care team may recommend certain medications to help relieve or lessen your heartburn. Take these medications as directed by your care team. Your care team may also ask that you take your heartburn medication and your anticancer medication at separate times.

If you are not able to stop taking your heartburn medications and you are taking an interacting medication, your care team may recommend that you take your anticancer medication with 8–12 oz of seltzer water/club soda, or some other acidic beverage, which may help with absorption of your anticancer medication.

Call your care team if you experience any of the following symptoms:

- Severe or new heartburn symptoms
- Bloody or black tarry stools
- Persistent vomiting
- Unexplained weight loss
- Difficulty swallowing

### Additional instructions

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**Important notice:** The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient educational supplement. This summarized information represents a brief summary of supportive care information and other resources. This supplement does not cover all existing information related to the possible directions, doses, precautions, interactions, adverse effects, or risks associated with specific medication or adverse events and should not substitute for the advice of a qualified healthcare professional. Provision of this supplement is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this side effect management by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the clinical information presented whatsoever, and any and all decisions, with respect to such patient management, are at the sole risk of the individual consuming the medication. All decisions related to education and managing adverse events should be made with the guidance and under the direction of a qualified healthcare professional.

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