



Uridine Triacetate (Vistogard®)

Pronounce: URE-i-deen trye-AS-e-tate

Classification: Pyrimidine Analog

About Uridine Triacetate (Vistogard®)

Uridine triacetate is a pyrimidine analog. Uridine stops cell damage and cell death that is caused by fluorouracil. It is used to treat a fluorouracil or capecitabine overdose or for patients who have early-onset, severe or life-threatening toxicity affecting the cardiac or central nervous system or unusually severe adverse reactions including gastrointestinal toxicity and/or neutropenia (low white blood cell count). It must be given within 96 hours of the end of fluorouracil or capecitabine administration. It should not be used for non-emergent treatment of side effects because it may lessen the effects of the drugs.

Uridine triacetate is **not** a cancer treatment, but a supportive care medicine. This means it is used to counteract the effects of cancer and its treatments.

How to Take Uridine Triacetate

The first dose of uridine triacetate should be administered within 96 hours of the end of fluorouracil or capecitabine administration. Your provider will tell you how many doses to take. Directions for use:

- Uridine triacetate comes in a granule form, to be taken every 6 hours for 20 doses.
- The granules should be mixed with 3 to 4 ounces of soft food (applesauce, pudding, yogurt).
- Take the dose within 30 minutes of mixing with food.
- Do not chew the granules.
- Drink at least 4 ounces of water with each dose.
- If a patient vomits within 2 hours of taking the dose another dose should be taken as soon as possible and the next dose given at the regularly scheduled time.
- If you miss a dose, take a dose as soon as possible, and take the next dose at your regularly scheduled time.

Storage and Handling

Store your medication in the original, labeled package at room temperature and in a dry location (unless otherwise directed by your healthcare provider or pharmacist). This medication should not be stored in a pillbox. Keep containers out of reach of children and pets.

Where do I get this medication?

Uridine triacetate is available through select specialty pharmacies. Your oncology team will work with your prescription drug plan to identify an in-network specialty pharmacy for the distribution of this medication and shipment directly to your home. You may receive this medication while in the hospital if your side effects warrant hospital care.

Insurance Information

This medication may be covered under your prescription drug plan. Patient assistance may be available to qualifying individuals without prescription drug coverage. Co-pay cards, which reduce the patient co-pay responsibility for eligible commercially (non-government sponsored) insured patients, may also be available. Your care team can help you find these resources if they are available.

Possible Side Effects of Uridine Triacetate

Keep in mind that many of the side effects you will be experiencing while taking uridine triacetate may be side effects of the fluorouracil or capecitabine previously received and not the uridine triacetate. Talk to your care team about the side effects you are experiencing and any recommendations. They can help you decide what will work best for you. These are the most common or important side effects:

Nausea and/or Vomiting

Talk to your doctor or nurse so they can prescribe medications to help you manage [nausea and vomiting](#). In addition, dietary changes may help. Avoid things that may worsen the symptoms, such as heavy or greasy/fatty, spicy, or acidic foods (lemons, tomatoes, oranges). Try antacids, (e.g. milk of magnesia, calcium tablets such as Tums), saltines, or ginger ale to lessen symptoms.

Nausea and vomiting can also be a side effect of fluorouracil and capecitabine. It is important to call your doctor or nurse if you are unable to keep fluids down for more than 12 hours or if you feel lightheaded or dizzy at any time.

Diarrhea

Your oncology team can recommend medications to relieve [diarrhea](#). Also, try eating [low-fiber](#), bland foods, such as white rice and boiled or baked chicken. Avoid raw fruits, vegetables, whole grain breads, cereals, and seeds. Soluble fiber is found in some foods and absorbs fluid, which can help relieve diarrhea. Foods high in soluble fiber include applesauce, bananas (ripe), canned fruit, orange sections, boiled potatoes, white rice, products made with white flour, oatmeal, cream of rice, cream of wheat, and farina. Drink 8-10 glasses of non-alcoholic, uncaffeinated fluid a day to prevent dehydration. Diarrhea can also be a side effect of fluorouracil. Notify your provider if you experience any diarrhea.

Reproductive Concerns

It is not known whether exposure of an unborn child to this medication could cause birth defects, so you should not become pregnant or father a child while on this medication. Effective birth control is necessary during treatment. Even if your menstrual cycle stops or you believe you are not producing sperm, you could still be fertile and conceive. You should consult with your healthcare team before breastfeeding while receiving this medication.

OncoLink is designed for educational purposes only and is not engaged in rendering medical advice or professional services. The information provided through OncoLink should not be used for diagnosing or treating a health problem or a disease. It is not a substitute for professional care. If you have or suspect you may have a health problem or have questions or concerns about the medication that you have been prescribed, you should consult your health care provider.