

Development of Fixed-Dose Combinations (FDC) of Antiemetic with Cancer Chemotherapy and with Iron-Folic Acid (FeFo) to Improve Patient Compliance

Samwel Mhando*

Department of Public Health, St. Francis University College of Health and Allied Sciences (SFUCHAS), Ifakara, Tanzania

***Corresponding author:** Samwel Mhando, Department of Public Health, St. Francis University College of Health and Allied Sciences (SFUCHAS), P.O. Box 175, Ifakara, Tanzania; Tel: +255 652 760 740; Email: samwel.mhando95@gmail.com

Received Date : 05 July, 2026

Accepted Date : 23 July, 2026

Published Date : 28 July, 2026

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Citation: Samwel Mhando. Development of Fixed-Dose Combinations (FDC) of Antiemetic with Cancer Chemotherapy and with Iron-Folic Acid (FeFo) to Improve Patient Compliance. *Ann Clin Case Stud Med Images*. 2026; 1(3): 1012.

Opinion

Nausea and vomiting has been encountered as the usual adverse effects which occur to the patients using Anti-Cancer drugs (Cancer Chemotherapy) and FeFo. This cause poor adherence (compliance) to the given medications that is, many clients fail to complete their medications due to these adverse effects.

FeFo is an important supplement during pregnancy which prevents pregnant women from anemia in pregnancy, also protects the fetus from neural tube defects [1,2]. Most of pregnant women complain to experience nausea and vomiting upon taking FeFo, so they decide to withdraw them [1,2]. Pregnancy itself cause nausea and vomiting (morning sickness) [3], when they take FeFo that also precipitate nausea and vomiting, this exaggerates the emetic condition felt by pregnant mothers [2]. So we must find a way to reduce these adverse effects for better compliance of FeFo to pregnant mothers that will give out the required outcomes including improving the child and maternal health.

Cancer Chemotherapy are used to suppress overproduction of the Cancer cells and prevents spreading of the Cancer to distant organs of the body [4]. Patients who are using Cancer Chemotherapy also experience severe nausea and vomiting when they take their drugs for Cancer, which cause them to stop or have a poor compliance of the drugs [4-8]. The results are uncontrolled production of the Cancer cells, metastasis to distant parts of the body and poor prognosis of the disease.

Nausea and vomiting may complicate to dehydration, under nutrition, weight loss, vomiting of the drug itself, which will cause poor

prognosis of Cancer or failure to achieve the desired effects of FeFo in pregnant mothers.

Drugs like Ondansetron, Metoclopramide and Promethazine are well known for their preventive effects against nausea and vomiting [3,5], so they can be combined with anticancer medications and with FeFo as a single tablet for the better compliance.

Conclusion

The combination of drugs inducing nausea and vomiting (Cancer Chemotherapy and FeFo) with antiemetics in a single tablet will alleviate the effects of nausea and vomiting to pregnant mothers and Cancer patients but also, reduce the number of separate medications patients need to take, thus improve adherence (compliance).

The aim of doing so, is due to the critical importance of the drugs (Cancer Chemotherapy and FeFo), so we have to make sure their maximum effects are reached. Though most of antiemetics cause drowsiness, the patients will be advised to take the drugs before bed. Ultimately, the prognosis of Cancer patients as well as child and maternal health outcomes will be improved.

Data Availability

All data are available in the manuscript.

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