

FOLFOX is a **combination chemotherapy regimen** primarily used for treating colorectal cancer, though it is also used for other gastrointestinal cancers such as pancreatic, stomach, esophageal, and biliary tract cancers<sup>1236</sup>. FOLFOX combines three drugs:

- **FOL**inic acid (leucovorin)
- **FL**uorouracil (5-FU)
- **OX**aliplatin<sup>136</sup>

These medications work together to disrupt the formation and function of DNA in rapidly dividing cells, thus targeting cancer<sup>125</sup>.

The **treatment regimen** typically involves 12 cycles, each lasting 14 days (2 weeks) and spanning about 6 months in total<sup>246</sup>. During each cycle:

- Oxaliplatin and folinic acid are administered intravenously over 2 hours (days 1 and 2)<sup>2346</sup>.
- Fluorouracil is given as both a short injection and a prolonged infusion over 22–46 hours via a portable pump, which patients often take home and return after about two days for disconnection<sup>2346</sup>.

There are multiple variations of FOLFOX (e.g., FOLFOX-4, FOLFOX-6), differing in dosing and timing<sup>156</sup>.

**Efficacy:** Studies have shown that FOLFOX improves overall survival when used after surgery for stage 3 colorectal cancer, with a 5-year survival rate reported at about 77.9% in a key study, and no major efficacy difference compared to FOLFIRI for stage 4 disease<sup>39</sup>.

**Side effects** commonly include:

- Fatigue
- Nausea and vomiting
- Mouth sores
- Low blood counts (risk of infection, anemia, or bleeding)
- Sensory neuropathy (numbness, tingling with cold sensation), mainly due to oxaliplatin<sup>510</sup>.

FOLFOX may be adjusted to minimize side effects<sup>310</sup>.

FOLFOX is generally administered as an outpatient regimen, and is considered standard of care for many people with colon cancer, especially in adjuvant (after surgery) and advanced (metastatic) settings<sup>16</sup>.

1. <https://www.drugs.com/medical-answers/what-folfox-chemo-regimen-effective-3579861/>
2. <https://www.cancerresearchuk.org/about-cancer/treatment/drugs/folfox>
3. <https://www.medicalnewstoday.com/articles/folfox>
4. <https://www.macmillan.org.uk/cancer-information-and-support/treatments-and-drugs/folfox>
5. <https://www.healthline.com/health/cancer/folfox-chemotherapy>
6. <https://en.wikipedia.org/wiki/FOLFOX>
7. <https://www.youtube.com/watch?v=m8FJr0VnteE>
8. <https://www.cityofhope.org/hope-matters-blog/folfox>
9. <https://pmc.ncbi.nlm.nih.gov/articles/PMC7379162/>
10. <https://aocancer.com/blog/preparing-for-and-managing-the-side-effects-of-folfox-treatment-for-colorectal-cancer>