



為病人提供的藥物: 卡培他濱 (Capecitabine)

藥物別名: 希羅達 (XELODA®)

For the Patient: Capecitabine

Other names: XELODA®

- **卡培他濱 (Capecitabine)** 是一種用來醫治若干類別癌症的藥物。這是口服藥片，並且含有乳糖。
- **Capecitabine** (kape-SITE-a-been) is a drug that is used to treat some types of cancers. It is a tablet that you take by mouth. The tablet contains lactose.
- 在服食卡培他濱之前，如果你曾經對氟尿嘧啶 [fluorouracil (5 FU, ADRUCIL®)] 有異常或 **過敏反應**，請告訴醫生。
- Tell your doctor if you have ever had an unusual or **allergic reaction** to fluorouracil (5 FU, ADRUCIL®) before taking capecitabine.
- 在接受每次治療前，可能需要進行一次 **驗血**，您的化療劑量及時間，可能會根據您的驗血結果及 / 或有否其他副作用而更改。
- A **blood test** may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.
- 您必須完全按醫生指示來 **服用** 卡培他濱。為使您得到正確劑量，您可能獲給予超過一劑強度的藥物。請確保您明白有關指示。卡培他濱一般每日服食兩次，每次相隔 12 小時，每劑服食相同數量的藥片。您應該在餐後 (早餐及晚餐) 30 分鐘內，以一杯清水服食卡培他濱。
- It is important to **take** capecitabine exactly as directed by your doctor. You may be given tablets of more than one strength to make the right dose. Make sure you understand the directions. Capecitabine is usually taken twice daily, about 12 hours apart with equal numbers of tablets taken at each dose. Capecitabine tablets should be taken within 30 minutes following the end of a meal (breakfast and dinner) with a glass of water.
- 如果您服食卡培他濱後 **嘔吐**，請勿再服食第二劑。請在辦公時間內致電醫生，請教醫生意見。
- If you **vomit** after taking capecitabine, do not take a second dose. Call your doctor during office hours for advice.

- 如果您**錯過服食一劑**卡培他濱，請盡快在**6小時**內補服。如果錯過服食的時間超過**6小時**，則不用服食已漏服的劑量，繼續按照平常的服藥時間服食。您可以在辦公時間內致電醫生，詢問有關如何彌補漏服的劑量。
- If you **miss a dose** of capecitabine, take it as soon as you can if it is within 6 hours of the missed dose. If it is over 6 hours since the missed dose, skip the missed dose and go back to the usual dosing time. Call your doctor during office hours to ask about making up the missed dose.
- 有時，由於病人產生副作用，需要**短期暫停**服食卡培他濱。當您**重新**服食卡培他濱時，不要補食漏服的劑量。請按癌症科醫生的指示，按原訂的計劃，在同一天完成療程。例如：如果在**14天**的療程中，您在**第3天**停止服藥，然後再重新開始服藥，您仍應在**第14日**服用最後一劑藥。您要服食的劑量可能會有所不同，可能會有多餘的藥片。請在下次診症時，把剩餘的藥片交回診所。服用較低劑量的藥片，不會對卡培他濱的成效造成影響。
- Sometimes capecitabine treatment has to be **stopped for a short time** because of side effects. When you **restart** capecitabine treatment, do not make up for the missed dose; instead take as directed by your cancer doctor and finish the treatment on the same day as originally planned. For example, if you stop on day 3 of your 14-day treatment course and then restart, you would still take the last dose on day 14. You may be told to take a different dose and you may have extra tablets left over. Return the extra tablets to the clinic at your next visit. Taking a lower dose does not affect the usefulness of capecitabine.
- 卡培他濱應**存放**在小孩難以觸及的地方，並且存放於室溫下，遠離高溫、強光和潮濕之處。
- **Store** capecitabine tablets out of the reach of children, at room temperature, away from heat, light and moisture.
- 其他藥物，例如華法林[warfarin (COUMADIN®)]、苯妥英[phenytoin (DILANTIN®)]及磷苯妥英鈉[fosphenytoin(CEREBYX®)]可能會與卡培他濱**產生相互作用**。如果您正服用這些藥物或其他藥物，請告訴醫生，因為您可能需要額外進行驗血，或者需要更改您的劑量。在開始服用任何新藥物時，請向醫生或藥劑師查詢。
- Other drugs such as warfarin (COUMADIN®), phenytoin (DILANTIN®), and fosphenytoin (CEREBYX®) may **interact** with capecitabine. Tell your doctor if you are taking these or any other drugs as you may need extra blood tests or your dose may need to be changed. Check with your doctor or pharmacist before you start taking any new drugs.
- **飲酒**(少量)似乎不會影響卡培他濱的安全性能或效用。
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of capecitabine.
- 卡培他濱可能會破壞精子，如果女性在懷孕期間服食此藥，可能會傷害胎兒。在服用卡培他濱治病期間，最好使用**避孕**措施。如果您或您的伴侶懷孕，請立即通知醫生。女性在服用卡培他濱治病期間，切勿餵哺母乳。
- Capecitabine may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with capecitabine. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- 在接受醫生或牙醫治療之前，請**告訴**他們您正服用卡培他濱治病。
- **Tell** doctors or dentists that you are being treated with capecitabine before you receive any treatment from them.

以下列表綜列或會產生的副作用，並且依照它們可能出現的次序列出，表內亦包括如何控制有關副作用。

Side effects are listed in the following tables in the order in which they may occur. Tips to help manage the side effects are included.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>在服用卡培他濱初期，可能出現手腳皮膚反應。手掌、足底或會感到麻刺感、發紅、麻痺、疼痛或腫脹。皮膚也可能變得乾燥或痕癢。如果起泡、嚴重痛楚或潰瘍，您可能無法進行日常活動。</p> <p>Hand-foot skin reaction may occur during capecitabine treatment. The palms of your hands and soles of your feet may tingle, become red, numb, painful, or swollen. Skin may also become dry or itchy. You may not be able to do your normal daily activities if blisters, severe pain or ulcers occur.</p>	<ul style="list-style-type: none"> ● 避免穿著緊窄鞋子或避免摩擦手腳(例如因進行劇烈活動而摩擦手腳) ● Avoid tight-fitting shoes or rubbing pressure to hands and feet, such as that caused by heavy activity. ● 用溫水清潔手腳，然後輕輕抹乾、避免使用熱水。 ● Clean hands and feet with lukewarm water and gently pat to dry; avoid hot water. ● 經常在手腳塗上大量含有羊脂的乳霜(例如：BAG BALM®, UDDERLY SMOOTH®) ● Apply lanolin-containing creams (eg, BAG BALM®, UDDERLY SMOOTH®) to hands and feet, liberally and often. <p>如果皮膚反應痛楚，則應停用卡培他濱，並致電癌症科醫生，因為您服藥的劑量可能需要更改。服用較低劑量的藥片，不會對卡培他濱的成效造成影響。</p> <p>Stop taking capecitabine and call your cancer doctor if the skin reaction is painful, as your dose may need to be changed. Taking a lower dose does not affect the usefulness of capecitabine.</p>
<p>當您服用卡培他濱期間，可能出現噁心及嘔吐。許多人都完全沒有噁心情況。即使感到噁心，情況亦屬輕微。</p> <p>Nausea and vomiting may occur while you are taking capecitabine. Many people have little or no nausea.</p>	<p>您可能獲處方止嘔藥，讓您拿回家服用。但預防總勝於治療。因此，請嚴格遵照以下指示：</p> <p>You may be given a prescription for an anti-nausea drug(s) to take at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely:</p> <ul style="list-style-type: none"> ● 喝大量飲料。 ● Drink plenty of liquids. ● 每次飲食，總以量小為佳。 ● Eat and drink often in small amounts. ● 嘗試仿效《控制噁心的食物選擇》(<i>Food Choices to Control Nausea</i>) 所載建議。 ● Try the ideas in <i>Food Choices to Help Control Nausea</i>.*

當您服用卡培他濱期間，可能出現腹瀉。

Diarrhea may occur during your treatment with capecitabine.

為防止腹瀉，請注意以下各點：

To help diarrhea:

- 喝大量飲料。
- Drink plenty of liquids.
- 每次飲食，總以量小為佳。
- Eat and drink often in small amounts.
- 避免進食《腹瀉的處理》(*Coping with Diarrhea*)所概列的高纖維食物。
- Avoid high fibre foods as outlined in *Food Ideas to Help with Diarrhea During Chemotherapy*.*
- **注意:**
如果牛乳內的乳糖使您腹瀉，卡培他濱藥片的乳糖成份亦會使您腹瀉。在服用卡培他濱前，請服用乳糖消化酵素藥片(LACTAID®)。
- **Note:** If lactose in milk usually gives you diarrhea, the lactose in the tablet may be causing your diarrhea. Take LACTAID® tablets just before your capecitabine dose.
- 如果您每日排便次數，超過平常次數四次，或在晚間出現腹瀉，請停止服用卡培他濱，並致電癌症科醫生，因為您服藥的劑量可能需予更改。
- Stop taking capecitabine and call your cancer doctor if you have four stools a day more than usual or diarrhea during the night, as your dose may need to be changed.

當您服用卡培他濱期間，可能出現口腔疼痛。在舌頭、口腔兩側或喉嚨部位或會出現潰爛。口腔潰爛或牙肉出血，可能會造成感染。

Sore mouth may occur during treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. **Mouth sores or bleeding gums can lead to an infection.**

- 在進食後及睡覺前，使用非常柔軟的牙刷潔淨牙齒。如果您的牙肉出血，可使用紗布而不用牙刷，使用蘇打粉(baking soda)而不用牙膏。
- Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste.
- 用半茶匙蘇打粉或鹽，加入一杯暖水中，開成嗽口水，每日嗽口數次。
- Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day.
- 嘗試進食軟滑清淡的食物，如布丁、奶昔和忌廉湯等。
- Try soft, bland foods like puddings, milkshakes and cream soups.
- 避免進食辛辣、爽脆或酸性食物，極熱或極冷的食物，亦屬不宜。
- Avoid spicy, crunchy or acidic food, and very hot or cold foods.
- 嘗試仿效《容易咀嚼及吞吃的食物》(*Easy to Chew, Easy to Swallow Food*)所載建議。
- Try the ideas in *Food Ideas for a Sore Mouth During Chemotherapy*.*

當您服用卡培他濱期間或之後，您的白血球細胞會減少。當您完成最後療程後，它們便會回復正常。白血球細胞抵禦引起感染的病菌，從而保護您的身體。當白血球數目減少，您較容易感染疾病。

Your **white blood cells** will decrease during or after your treatment. They usually return to normal after your last treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, **you are at greater risk of having an infection.**

預防受到病菌感染，請注意以下各點：

To help prevent infection:

- 經常洗手，如廁後，緊記必須洗手。
- Wash your hands often and always after using the bathroom.
- 小心保護皮膚和口腔。
- Take care of your skin and mouth.
- 避免接觸大量群眾和病人。
- Avoid crowds and people who are sick.
- 一旦出現染病徵象，例如發熱(口腔探熱器超過華氏100°或攝氏38°)、發冷、咳嗽，或在小便時感到灼熱，則應停止服用卡培他濱，並立即致電醫生。
- Stop taking capecitabine and call your doctor **immediately** at the first sign of an infection such as fever (over 100°F or 38°C by an oral thermometer), chills, cough, or burning when you pass urine.

當您服用卡培他濱期間或之後，您的血小板會減少。當您完成最後療程後，它們便會回復正常。血小板幫助您在受傷時血液得以凝固。您可能會較平常更容易出現瘀斑或出血。

Your **platelets** may decrease during or after your treatment. They will return to normal after your last treatment. Platelets help to make your blood clot when you hurt yourself. **You may bruise or bleed more easily than usual.**

預防發生出血問題，請注意以下各點：

To help prevent bleeding problems:

- 嘗試避免造成瘀傷、割傷或燙傷。
- Try not to bruise, cut, or burn yourself.
- 輕柔地清潔鼻子，切勿挑挖鼻孔。
- Clean your nose by blowing gently. Do not pick your nose.
- 避免造成便秘。
- Avoid constipation.
- 用柔軟牙刷輕柔地清潔牙齒，因為您的牙肉會較容易出血。保持口腔衛生。
- Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene.

服食某些藥物，諸如乙醯水楊酸(ASA)，例如：阿司匹靈(ASPIRIN®)或布洛芬[(ibuprofen)，(例如：艾德威(ADVIL®))]可能使您更容易出血。

Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) may increase your risk of bleeding.

- 不要停止您醫生處方給您的藥物(例如為醫治心臟而處方的ASA)。
- Do not stop taking any medication that has been prescribed by your doctor (e.g., **ASA for your heart**).
- 如有輕微痛楚，嘗試先服用乙醯氨基酚[acetaminophen，例如：撲熱息痛(TYLENOL®)]，偶爾服用布洛芬(ibuprofen)亦可以接受。
- For minor pain, try acetaminophen (e.g., TYLENOL®) first, but occasional use of ibuprofen may be acceptable.

可能出現疲倦及欠缺精力。

Tiredness and lack of energy may occur.

- 如果感到疲倦，不要駕駛車輛或操作機器。
- Do not drive a car or operate machinery if you are feeling tired.
- 嘗試仿效《儲備能源：癌症病人如何處理疲倦》(Your bank to energy savings: How people with cancer can handle fatigue)所載建議。
- Try the ideas in *Your Bank to Energy Savings: How People with Cancer Can Handle Fatigue*.*

<p>您的皮膚可能容易曬傷。</p> <p>Your skin may sunburn easily.</p>	<p>避免曬傷，請注意以下各點：</p> <p>To help prevent sunburn:</p> <ul style="list-style-type: none"> ● 避免受到陽光直射。 ● Avoid direct sunlight. ● 在晴朗日子，戴帽、穿著長袖衣物及長褲或長裙。 ● Wear a hat, long sleeves and long pants or skirt outside on sunny days. ● 塗上至少具有15度防曬指數的防曬霜 SPF。 ● Apply a sun block lotion with an SPF (sun protection factor) of at least 15.
<p>當您服用卡培他濱期間，出現掉頭髮現象極其罕見。當您停止療程後，頭髮便會回復生長，但頭髮的顏色及髮質可能會有所改變。</p> <p>Hair loss is rare with capecitabine. Your hair will grow back once you stop treatment with capecitabine. Colour and texture may change.</p>	<ul style="list-style-type: none"> ● 使用柔性洗髮液及柔和刷子。 ● Use a gentle shampoo and soft brush. ● 小心使用噴髮劑、漂髮劑、染髮劑和電髮劑。 ● Care should be taken with use of hair spray, bleaches, dyes and perms.

*請向化療護士或藥劑師索取副本。

***Please ask your chemotherapy nurse or pharmacist for a copy.**

如果您有以下症狀，請停服卡培他濱，並向醫生求診或立即緊急求救：

STOP TAKING CAPECITABINE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- 出現**感染**徵象，例如發熱(口腔探熱器超過華氏100°或攝氏38°)、發冷、咳嗽，或在小便時感到疼痛或灼熱。
- Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer); chills; cough; pain or burning when you pass urine.
- 出現**出血問題**，例如黑色糞便、尿中帶血、皮膚出現小紅點。
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin.
- 出現**心臟問題**，例如心跳急促、心跳不規則、氣促、呼吸困難或胸痛。
- Signs of **heart problems** such as fast or uneven heartbeat, shortness of breath or difficulty breathing and chest pain.

如果您有以下症狀，請停服卡培他濱，並盡快(在辦公時間)向醫生求診：

STOP TAKING CAPECITABINE AND SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- **手腳皮膚痛楚**，例如手掌及/或足底疼痛發紅、脫皮、刺痛、麻痺、腫脹或起泡。
- **Painful hand-foot skin reaction** such as painful redness, peeling, tingling, numbness, swelling or blistering of the palms of your hands and/or the bottoms of your feet.
- 如果您有**腹瀉**，而且每日排糞超出平常次數四次，或在晚間出現腹瀉。
- **Diarrhea** with four stools a day more than usual, or diarrhea during the night.
- 如果您**噁心**情況令您較平常食量大幅減少，或在24小時內嘔吐超過兩次。
- **Nausea** that causes you to eat a lot less than usual or **vomiting** more than 2 times in 24 hours.
- 在嘴唇、舌頭、口腔或喉嚨部位出現**疼痛發紅、腫脹或潰爛**。
- **Painful redness, swelling or sores on your lips, tongue, mouth or throat.**
- 出現**肝病問題**徵象，例如眼睛或皮膚發黃、糞便呈白色或黃泥色。
- Signs of **liver problems** such as yellow eyes or skin, white or clay-colored stools.
- 出現**貧血**徵象，例如異常的疲倦或虛弱。
- Signs of **anemia** such as unusual tiredness or weakness.
- **腹部或胃部嚴重抽搐或疼痛**。
- **Severe abdominal or stomach cramping or pain.**
- 出現**心臟病問題**徵象，例如足部或下腿腫脹。
- Signs of **heart problems** such as swelling of feet or lower legs.

