

為病人提供的藥物：必化思沃蜜注射劑
For the patient: Bevacizumab injection
藥物別名：癌思停 (AVASTIN®)
Other names: AVASTIN®



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- 必化思沃蜜 (Bevacizumab，音 be-va-SIZ-yoo-mab) 是一種用來醫治若干類別癌症的藥物。這種藥物屬單株抗體（一種用作針對和干擾癌細胞增長的蛋白質）。必化思沃蜜是一種靜脈注射的透明液體。
- Bevacizumab (be-va-SIZ-yoo-mab) is a drug that is used to treat some types of cancers. It is a monoclonal antibody: a type of protein designed to target and interfere with the growth of cancer cells. It is a clear liquid that is injected into a vein.
- 在接受必化思沃蜜之前，如果你曾經對這藥物或其他單株抗體有異常或**過敏反應**，請告訴醫生。
- Tell your doctor if you have ever had an unusual or **allergic reaction** to bevacizumab, or any other monoclonal antibody, before taking bevacizumab.
- 在接受每次治療前，可能需要進行**驗血、驗尿及量度血壓**。你的化療劑量及時間，可能會根據你的檢查結果及/或有否其他副作用而更改。
- A **blood test, urine test, and blood pressure measurement** 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.
- 其他藥物與必化思沃蜜或會**產生相互作用**。你在開始或停止服用任何其他藥物前，請先諮詢醫生或藥劑師的意見。
- Other drugs may **interact** with bevacizumab. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- **飲酒(少量)**似乎不會影響 bevacizumab 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 bevacizumab.
- 如果女性在懷孕期間接受必化思沃蜜，可能會傷害胎兒。在接受必化思沃蜜治病期間，以至最後一次療程後六個月內，你最好使用**避孕**措施。如果你懷孕，請立即通知醫生。接受治療期間切勿餵哺母乳。
- Bevacizumab may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with bevacizumab, and for six months after your last treatment. Tell your doctor right away if you become pregnant. Do not breast feed during treatment.
- 在接受醫生或牙醫治療之前，請**告訴**他們你正接受必化思沃蜜治病。
- **Tell** doctors or dentists that you are being treated with bevacizumab before you receive any treatment from them.

- 如果你準備接受手術，你應在手術前 4 周停止必化思沃蜜注射，直至手術後 4 周，以及手術傷口全面癒合後才恢復注射。這樣有助減低流血可能，或能預防手術後傷口癒合出現問題。
- If you are planning to have **surgery**, you should stop bevacizumab 4 weeks before surgery and not restart bevacizumab until 4 weeks after surgery and only if the surgical wound is fully healed. This helps to lower the risk of bleeding and may prevent problems with wound healing after surgery.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>插入針頭之處或會痛楚或敏感易痛。</p> <p>Pain or tenderness may occur where the needle was placed.</p>	<ul style="list-style-type: none"> • 每天數次為痛楚部位冷敷或浸入冷水中 15-20 分鐘。 • Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
<p>接受治療後或會感到噁心並嘔吐。大部分人均只有少許或並無噁心感覺。</p> <p>Nausea and vomiting may occur after your treatment. Most people have little or no nausea.</p>	<p>你可能在接受化療前獲處方止嘔藥，讓你拿回家服用。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 anti-nausea drug(s) to take before your chemotherapy treatment and/or 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《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>.*
<p>有時或會出現便秘。</p> <p>Constipation may sometimes occur.</p>	<p>要舒緩便秘：</p> <p>To help constipation:</p> <ul style="list-style-type: none"> • 如果許可你便應運動。 • Exercise if you can. • 喝大量飲料（每天 8 杯） • Drink plenty of fluids (8 cups a day). • 嘗試《解決便秘問題》(<i>Dealing with Constipation*</i>) 所載建議。 • Try ideas in <i>Suggestions for Dealing with Constipation</i>.*

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>或會出現腹瀉。 Diarrhea may sometimes occur.</p>	<p>如果出現腹瀉： If diarrhea is a problem:</p> <ul style="list-style-type: none"> • 喝大量飲料。 • Drink plenty of fluids. • 每次飲食，總以量小為佳。 • Eat and drink often in small amounts. • 避免進食《舒緩化療過程中的腹瀉問題》(<i>Help with Diarrhea During Chemotherapy*</i>)所概列的高纖維食物。 • Avoid high fibre foods as outlined in <i>Food Ideas to Help with Diarrhea During Chemotherapy.*</i>
<p>或會出現頭痛。 Headache may occur.</p>	<ul style="list-style-type: none"> • 如有需要每 4-6 小時服食醋氨酚（如 TYLENOL®），但每天不要超過 4 克（4000 毫克）。 • Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day. • 如果頭痛持續，或同時出現嘔吐、神智混亂或視力轉變等情況，便要告訴醫生。 • Tell your doctor if headache persists or if it is associated with vomiting, confusion or visual changes.
<p>肌肉或關節有時或感疼痛。 Muscle or joint pain may sometimes occur.</p>	<ul style="list-style-type: none"> • 如有需要每 4-6 小時服食醋氨酚（如 TYLENOL®），但每天不要超過 4 克（4000 毫克）。 • You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day. • 如果痛楚影響日常活動，便要告訴醫生。 • Tell your doctor if the pain interferes with your activity.
<p>有時會食慾不振和體重下降。 Loss of appetite and weight loss sometimes occur.</p>	<p>嘗試《增加胃口的飲食建議》(<i>Food Ideas to Help with Decreased Appetite*</i>) 所載建議。</p> <p>Try the ideas in <i>Food Ideas to Help with Decreased Appetite.*</i></p>

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>可能出現疲倦及欠缺精力。 Tiredness and lack of energy may occur.</p>	<ul style="list-style-type: none"> • 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《儲備能源：癌症病人如何處理疲倦》(<i>Your bank to energy savings: How people with cancer can handle fatigue*</i>) 所載建議。 • Try the ideas in <i>Your Bank to Energy Savings: How People with Cancer Can Handle Fatigue.*</i>
<p>或會出現流鼻血等輕微流血現象。 Minor bleeding, such as nosebleeds, may occur.</p>	<ul style="list-style-type: none"> • 身體坐直，頭部稍微向前傾。如果頭部向後仰或會致使鼻血倒流至喉嚨。 • Sit up straight and tip your head slightly forward. Tilting your head back may cause blood to run down your throat. • 用拇指和食指捏著鼻孔，或緊按著流血的鼻孔 10 分鐘。 • Pinch your nostrils shut between your thumb and forefinger or apply firm pressure against the bleeding nostril for 10 full minutes. • 10 分鐘後檢查鼻孔是否繼續流血。如果仍流血，便要再次捏著鼻孔 10 分鐘。 • After 10 minutes, check to see if your nose is still bleeding. If it is, hold it for 10 more minutes. • 保持平靜數小時。止鼻血後最少 12 小時內不能擤鼻子。 • Stay quiet for a few hours and do not blow your nose for at least 12 hours after the bleeding has stopped. • 如果流鼻血超過 20 分鐘，便要緊急求救。 • Get emergency help if a nosebleed lasts longer than 20 minutes.
<p>因接受必化思沃蜜而出現脫髮現象較為罕見。停止必化思沃蜜療程後，你的頭髮便會回復生長，但頭髮的顏色及髮質可能會有所改變。 Hair loss is rare with bevacizumab. If you lose hair, it will grow back once you stop treatment with bevacizumab. Colour and texture may change.</p>	<p>如果出現脫髮現象，可參考《供病人參閱：化療導致的脫髮問題》(<i>For the Patient: Hair Loss Due to Chemotherapy*</i>)。</p> <p>If hair loss is a problem, refer to <i>For the Patient: Hair Loss Due to Chemotherapy.*</i></p>

*請向化療護士或藥劑師索取副本。

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

如果你有以下症狀，請向醫生求診或立即緊急求救：

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- 接受治療後迅速出現**過敏反應**（並不常見），包括呼吸出現問題、面頰通紅或發紅、出疹、感到暈眩、發抖或胸痛。
- Signs of an **allergic reaction** (rare) soon after a treatment including breathing problems, flushing or redness, rash, dizziness, shivering, or chest pain.
- 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**中風**徵象，例如突然開始感到劇烈頭痛、視力轉變、口齒不清、難以協調身體、四肢軟弱無力或感到麻痺。
- Signs of a **stroke** such as sudden onset of: severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg.
- 出現**血凝塊**徵象，例如靜脈部位疼痛或變硬、小腿腫脹疼痛、突然開始咳嗽、胸痛或呼吸短促。
- Signs of a **blood clot** such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath.
- 出現**心臟或肺部問題**等徵象，例如心跳快速或不均、胸痛、胸口受壓、呼吸短促或呼吸困難、足踝腫脹或感到暈眩。
- Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty breathing, swelling of ankles or fainting.
- 出現**出血問題**，例如黑色油狀糞便、尿中帶血、皮膚出現小紅點、大量瘀痕等。
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin, extensive bruising.
- 流血持續不止，例如**流鼻血**超過 20 分鐘。
- Persistent bleeding, such as **nosebleeds** lasting more than 20 minutes.
- 突然**腹痛**或敏感易痛
- Sudden **abdominal pain** or tenderness.
- 嚴重而無法制止的**頭痛**，或者同時出現嘔吐、神智混亂或視力轉變等情況。
- Severe **headache** that does not go away, or occurs with vomiting, confusion or changes in eyesight.
- **突發性發作（癲癇）**
- **Seizures**

如果你有以下症狀，盡快（在辦公時間內）向醫生求診：

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- 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.
- 出現**腎病**徵象，例如足部或下腿腫脹。
- Signs of **kidney problems** such as swelling of feet or lower legs.
- 無法或難於治癒的**潰瘍**。
- **Sores** that do not heal or are slow to heal.
- **視力轉變**。
- **Changes in eyesight.**

如果持續有任何以下症狀或使你感到不適，請向醫生求診：

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- 噁心、嘔吐、便秘或腹痛等情況不受控制。
- Uncontrolled nausea, vomiting, diarrhea, or abdominal pain.
- 情緒或記憶改變，或無法入睡。
- Changes in mood or memory, or trouble sleeping.
- 容易有瘀傷或輕微流血。
- Easy bruising or minor bleeding.
- 嘴唇、舌頭、口部或喉嚨紅腫、疼痛或潰瘍。
- Redness, swelling, pain or sores on your lips, tongue, mouth or throat.
- 流鼻水（但無其他傷風跡象）或鼻塞且無法舒緩，或者鼻出血或結痂。
- Runny or stuffy nose (without other cold symptoms) that does not go away, or occurs with bleeding or crusting of the nose.
- 皮膚出疹或發癢。
- Skin rash or itching.

如果尚有其他問題，請告知醫生！

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
