



病人閱讀資料：西妥昔注射

其他名稱：愛必妥

For the Patient: Cetuximab Injection

Other names: ERBITUX®

- **西妥昔**是一種用作醫治部分類型癌症的藥物。它是單克隆抗體，一種專門對抗和干擾癌症細胞生長的蛋白質，是注入靜脈的透明液體。
Cetuximab (se tux' i mab) is a drug that is used to treat some types of cancer. 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.
- 在未注射西妥昔之前，如果您曾經對西妥昔或其他抗體治療產生異常或**過敏反應**，您應告訴醫生。
Tell your doctor if you have ever had an unusual or **allergic reaction** to cetuximab or other antibody treatment before receiving cetuximab.
- 在每次治療之前，可能要先進行**驗血**。視乎驗血結果和/或其他副作用，您接受化療的份量和時間可能有所更改。
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.
- **飲少量酒**似乎不會影響西妥昔的安全性或效用。
The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of cetuximab.
- 西妥昔可能損害精子，在懷孕期間使用，亦有可能會傷害嬰兒。在接受西妥昔治療期間，最好進行**節育**。如果您或您的伴侶懷孕，您應立即通知醫生。治療期間請勿母乳餵養。
Cetuximab may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with cetuximab. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- 在接受醫生、牙醫及其他衛生專業人士的任何治療之前，請**告訴**他們您正接受西妥昔治療。
Tell doctors, dentists, and other health professionals that you are being treated with cetuximab before you receive any treatment from them.

以下圖表按次序列舉可能出現的副作用，包括幫助治理這些副作用的建議。

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

副作用 SIDE EFFECTS	治理 MANAGEMENT
<p>在第一次注入西妥昔時，通常會出現發冷、發熱和腫脹。您可能也會感覺顫抖、呼吸困難、暈眩、頭痛或嘶啞。其後的治療出現反應的情況比較少見。</p> <p>Chills, fever, and swelling commonly occur during the first cetuximab infusion. You may also experience shivering, problems breathing, dizziness, headache, or hoarseness. Reactions are less common with later treatments.</p>	<p>在治療時期間如果出現反應，請立即告訴您的醫生或護士。</p> <p>Tell your nurse or doctor immediately if you have a reaction during your treatment.</p> <ul style="list-style-type: none"> • 可能會暫時停用西妥昔，稍後才較慢地恢復使用。 Your cetuximab may be temporarily stopped and then given more slowly. • 可能給您其他藥物治療這些反應。 You may be given other drugs to treat the reaction.
<p>針口可能出現痛楚或壓痛。</p> <p>Pain or tenderness may occur where the needle was placed.</p>	<p>用冷敷或冷水浸泡，每次十五至二十分鐘，每天重複數次。</p> <p>Apply cool compresses or soak in cool water for 15-20 minutes several times a day.</p>
<p>治療後可能產生噁心和嘔吐。</p> <p>Nausea and vomiting may occur after your treatment.</p>	<p>您可能收到抗嘔心藥處方，讓您在接受化療之前和/或在家中服用。噁心症狀是預防勝於治療的。因此，請嚴謹依照指示。</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"> • 飲大量水或其他飲料。 Drink plenty of fluids. • 經常進行少份量的飲食。 Eat and drink often in small amounts. • 嘗試列舉在《幫助控制嘔心的食物選擇》* (<i>Food Choices to Help Control Nausea</i>.*)的建議。 Try the ideas in <i>Food Choices to Help Control Nausea</i>.*

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<p>皮膚反應，例如粉刺、皮疹、乾燥、或痕癢的情況普遍。</p> <p>Skin reactions such as acne, rash, dryness or itchiness commonly occur.</p>	<ul style="list-style-type: none"> • 在治療期間及隨後的兩個月內，避免直接接觸陽光和到美膚院曬黑。 <p>Avoid direct sunlight and tanning salons during treatment and for 2 months following treatment.</p> <ul style="list-style-type: none"> • 在晴天的日子到戶外時，要戴帽，穿著長袖上衣和長褲。 <p>Wear a hat, long sleeves, and long pants outside on sunny days.</p> <ul style="list-style-type: none"> • 使用可以同時阻擋A和B紫外線並含有至少30防曬係數 (SPF) 的防曬霜。在未接觸陽光前三十分鐘，使用充足份量。每兩小時和游泳後重複使用一次。 <p>Wear a sunscreen that blocks both UVA and UVB and has a sun protection factor (SPF) of at least 30. Apply liberally, 30 minutes before exposure. Reapply every 2 hours and after swimming.</p> <ul style="list-style-type: none"> • 請參看《您對抗太陽敏感的藥物和防曬霜》* (<i>Your Medication Sun Sensitivity and Sunscreens*</i>) 或《卑詩健康指南》手冊 (<i>BC Health Guide</i>)，閱讀更多資料。 <p>Refer to <i>Your Medication Sun Sensitivity and Sunscreens*</i> or the <i>BC Health Guide</i> for more information</p> <ul style="list-style-type: none"> • 如果皮膚反應持續或惡化，請打電話給您的醫生。否則請緊記在下次看醫生時提出。 <p>If skin reaction persists or get worse, call your doctor. Otherwise, be sure to mention it at your next visit.</p>
<p>有時可能出現腹瀉。</p> <p>Diarrhea may sometimes occur.</p>	<p>如果出現腹瀉問題，您應該：</p> <p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> • 飲大量水或其他飲料。 <p>Drink plenty of fluids.</p> <ul style="list-style-type: none"> • 經常進行少份量的飲食。 <p>Eat and drink often in small amounts.</p> <ul style="list-style-type: none"> • 避免進食列舉在《幫助您舒緩化療期間腹瀉的食品心得》* (<i>Food Ideas to Help with Diarrhea During Chemotherapy.*</i>)的高纖維食物。 <p>Avoid high fibre foods as outlined in <i>Food Ideas to Help with Diarrhea During Chemotherapy.*</i></p>

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<p>有時可能出現便秘。</p> <p>Constipation may sometimes occur.</p>	<ul style="list-style-type: none"> • 如果可以的話便做運動。 Exercise if you can. • 飲大量水或其他飲料。 Drink plenty of fluids. • 嘗試列舉在《處理便秘的建議》* (<i>Suggestions for Dealing with Constipation.*</i>)的建議。 Try ideas in <i>Suggestions for Dealing with Constipation.*</i>
<p>有時可能會增加骨骼疼痛。</p> <p>Increased bone pain may sometimes occur.</p>	<p>如果痛楚輕微或溫和，可每四至六小時服用对乙酰氨基酚 (acetaminophen)，（例如 TYLENOL®），每天最多 4克 (4000毫克) 或服用異丁苯丙酸（常用名布洛芬）ibuprofen，（例如 ADVIL®）。如果痛楚影響活動，您便要告訴醫生。</p> <p>You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day or ibuprofen (e.g., ADVIL®) for mild to moderate pain. Tell your doctor if the pain interferes with your activity.</p>
<p>有時可能出現頭痛。</p> <p>Headache may sometimes occur.</p>	<p>需要時，可每四至六小時服用对乙酰氨基酚，例如 TYLENOL®，每天最多4克 (4000毫克)。</p> <p>Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.</p>
<p>可能指甲/趾甲出現變化，特別是拇指或拇趾。</p> <p>Nail changes, especially of the big toes and thumbs, may occur.</p>	<p>如果指甲/趾甲出現輕微或溫和的痛楚，可每四至六小時服用对乙酰氨基酚（例如 TYLENOL®），每天最多 4克 (4000毫克)，或服用布洛芬（例如ADVIL®）。如果痛楚影響活動，您便要告訴醫生。否則請緊記在下次看醫生時提出。</p> <p>If nails are painful, you may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day or ibuprofen (e.g., ADVIL®) for mild to moderate pain. Tell your doctor if the pain interferes with your activity. Otherwise, be sure to mention it at your next visit.</p>
<p>如困您體內積水過量，手、足、或小腿有時可能出現腫脹。</p> <p>Swelling of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.</p>	<p>如果出現腫脹問題，您應該：</p> <p>If swelling is a problem:</p> <ul style="list-style-type: none"> • 坐下時舉高雙足。 Elevate your feet when sitting. • 避免穿著緊身衣服。 Avoid tight clothing.

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<p>您可能會失眠。</p> <p>You may have trouble sleeping.</p>	<ul style="list-style-type: none"> • 如果失眠情況持續，您應告訴醫生。 Talk to your doctor if you continue to have trouble sleeping. • 當您停用西妥昔後，便會回復正常。 This will return to normal when you stop taking cetuximab.
<p>食慾不振及體重下降是常見現象。</p> <p>Loss of appetite and weight loss are common.</p>	<p>嘗試列舉在《解決食慾下降問題的食物建議》* (<i>Food Ideas to Help with Decreased Appetite.*</i>) 的建議。</p> <p>Try the ideas in <i>Food Ideas to Help with Decreased Appetite.*</i></p>
<p>您可能感覺疲倦及缺乏活力。</p> <p>Tiredness and lack of energy may occur.</p>	<ul style="list-style-type: none"> • 當您感覺疲倦時。請勿駕車或操作機器。 Do not drive a car or operate machinery if you are feeling tired. • 嘗試列舉在《您的能源儲存庫：患癌者怎樣處理疲勞》* (<i>Your Bank to Energy Savings: How People with Cancer Can Handle Fatigue.*</i>)的建議。 Try the ideas in <i>Your Bank to Energy Savings: How People with Cancer Can Handle Fatigue.*</i>
<p>用西妥昔而造成脫髮的情況罕見。縱使脫髮，一旦停用西妥昔治療之後，頭髮便會回復生長，但髮色和髮質可能會變。</p> <p>Hair loss is rare with cetuximab. If you lose hair, it will grow back once you stop treatment with cetuximab. Colour and texture may change.</p>	<p>如果脫髮問題出現，請參閱《病者必讀：化療造成脫髮》* (<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>

*請向您的化療護士或藥劑師索取一份相關治理資料。(若干讀物可能沒有中文譯本。)

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

如果以下情況出現，請立即看醫生或尋求緊急援助:

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

- 接受治療不久便出現**過敏反應**的跡象，例如發熱、暈眩、心跳加速、面部腫脹、發冷或呼吸困難。
Signs of an **allergic reaction** soon after a treatment including fever, dizziness, fast heart beat, face swelling, chills or breathing problems.
- 出現**心臟或肺部問題**跡象，例如心跳加速或不均、胸口痛、胸口有壓力、**氣促**或呼吸困難、足部或腿部腫脹、或昏厥。
Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, **shortness of breath** or difficulty in breathing, swelling of feet or lower legs, or fainting.
- **痙攣或失去知覺**。
Seizures or loss of consciousness.

- 出現**感染**跡象，例如發熱(口探體溫計超過華氏 100°或攝氏 38°), 發抖地發冷、嚴重喉痛、咳嗽時咳出物體(濃或青色的痰)、尿液混濁或惡臭、又或者是痛楚、壓痛或紅腫的皮膚傷口或瘡。
Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores.

如果以下情況出現，請儘快(在辦公時間)看醫生:

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

- 嚴重的並且出現痛、紅或腫的**皮膚反應**，包括指甲/趾甲周圍的部位。
Severe **skin reaction**, including the area around the nails that is painful, red, or swollen.
- 異常的**疲倦**或軟弱無力。
Unusual **tiredness** or weakness.
- 出現**肝臟問題**跡象，例如眼睛或皮膚變黃、糞便呈白色或泥土色。
Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- 出現**腎臟問題**跡象，例如腰部或兩側痛楚、足部或腿部腫脹。
Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- 足部或手部**麻木或刺痛**。
Numbness or tingling in feet or hands.
- **視力改變**、眼痛、對光線敏感、或眼睛嚴重發紅。
Changes in eyesight, eye pain, sensitivity to light, or severe eye redness.

如果以下情況持續或令您困擾，請向醫生查詢:

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

- 不受控制的嘔心、嘔吐、腹瀉、便秘、食慾不振、或體重下降。
Uncontrolled nausea, vomiting, diarrhea, constipation, loss of appetite or weight loss.
- 口乾或容易口渴。
Dry mouth or increased thirst.
- 頭痛或其他不受對乙酰氨基酚，例如 TYLENOL® 控制的痛楚。
Headache or other pain not controlled with acetaminophen (e.g., TYLENOL®).
- 您的嘴唇、舌頭、口腔或喉嚨發紅、腫脹，痛楚或生瘡。
Redness, swelling, pain, or sores on your lips, tongue, mouth, or throat.
- 皮疹或皮膚乾燥和痕癢。
Skin rash or dry, itchy skin.

