

為病人提供的藥物：順鉑

藥物別名：PLATINOL®， PLATINOL-AQ®

For the Patient: Cisplatin

Other names: PLATINOL®, PLATINOL-AQ®



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- 順鉑(CISplatin, 英文讀音 sis-PLAT-in) 是一種用來醫治多類癌症的藥物。這是注射入靜脈的透明液體。
CISplatin (sis-PLAT-in) is a drug that is used to treat many types of cancers. It is a clear liquid that is injected into a vein.
- 如果你曾經對順鉑 [(cisplatin) (PLATINOL®, PLATINOL-AQ®)]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 CISplatin.
- 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.
- 您的醫生可能要求您在接受治療當天早上喝水(2 至 3 杯)。在治療之後，您的醫生可能要求您喝大量飲料每天 8 至 12 杯)。這樣可防止腎病。
Your doctor may ask you to drink water on the morning of your treatment (2-3 cups). Following your treatment your doctor may ask you to **drink** plenty of liquids (8-12 cups a day). This helps prevent kidney problems.
- 您的醫生可能要求您在在接受治療之前及治療期間不同期間，接受聽力測試。這樣有助檢測聽力問題。
Your doctor may ask you to take a **hearing test** before and at various times during your treatment with CISplatin. This helps to detect hearing problems.
- 其他藥物，例如注射入靜脈的抗生素(例如： tobramycin, vancomycin) 及 furosemide (LASIX®), phenytoin (DILANTIN®)和 pyridoxine 可能會與順鉑產生相互作用。如果您正服用這些藥物或任何其他藥物，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。在開始使用任何新藥物時，請向醫生或藥劑師查詢。
Other drugs such as some antibiotics given by vein (e.g., tobramycin, vancomycin), and furosemide (LASIX®), phenytoin (DILANTIN®) and pyridoxine may **interact** with CISplatin. 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)似乎不會影響順鉑的安全性能或效用。
The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of CISplatin.

- 順鉑可能導致男性不育或女性停經。如果您計劃生育，請在接受順鉑治療前，先與醫生討論此事。
CISplatin may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with CISplatin.
- 順鉑可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在使用順鉑治病期間，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。女性在使用順鉑治病期間，切勿餵哺母乳。
CISplatin may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with CISplatin. 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，請告訴他們您正使用順鉑治病。
Tell doctors or dentists that you are being treated with CISplatin 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 table 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>當您接受治療之後，可能出現<u>過敏反應</u>，反應包括暈眩、神志不清及喘鳴。 Allergic reactions may rarely occur. Signs of an allergic reaction are dizziness, confusion and wheezing. 這種反應在接受順鉑治療後立即、或數小時後，在接受第一劑或許多劑順鉑治療後，便會有此反應。 This reaction occur immediately or several hours after receiving CISplatin. This reaction can occur after the first dose of CISplatin or after many doses of CISplatin.</p>	<p>如果當您正在接受順鉑治療時，出現這情況，請告知護士。如果當您離開診所時發生這情況，立即聯絡您的癌症醫生。 Tell your nurse if this happens while you are receiving CISplatin or contact your oncologist immediately if this happens after you leave the clinic.</p>
<p>如果順鉑漏到皮層，會使皮膚<u>灼熱</u>。 CISplatin burns if it leaks under the skin.</p>	<p>如果當您正在接受藥物時感到灼熱，刺痛或任何其他變化，<u>立即</u>告知護士或醫生。 Tell your nurse or doctor immediately if you feel burning, stinging, or any other change while the drug is being given.</p>
<p>在施針的部位，可能出現<u>疼痛或觸痛</u>。 Pain or tenderness may occur where the needle was placed.</p>	<p>使用冷敷法或在冷水浸泡 15 至 20 分鐘，一日數次。 Apply cool compresses or soak in cool water for 15-20 minutes several times a day.</p>

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<p>當您接受治療後，可能出現噁心及嘔吐，並可能持續 24 小時。有些病人的噁心情況為時較長(例如：噁心及嘔吐較遲出現)</p> <p>Nausea and vomiting may occur after your treatment and may last for up to 24 hours. Nausea may last longer for some patients (i.e. delayed nausea and vomiting).</p>	<p>您會獲處方止嘔藥，在接受化療之前及/或在家服用。預防總勝於治療。因此，請嚴格遵照指示。</p> <p>You will 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. ● 飲食方面，宜量小多餐。 Eat and drink often in small amounts. ● 嘗試仿效《控制噁心的食物選擇》(<i>Food Choices to Help Control Nausea</i>)* 所載建議。 Try the ideas in <i>Food Choices to Help Control Nausea</i>.* <p>您的醫生可能以不同方法控制較遲出現的噁心和嘔吐情況。如果出現這個情況，緊記通知醫生。 Your doctor may manage delayed nausea and vomiting differently. Be sure to let your doctor know if you experience this.</p>
<p>可能出現腹瀉。 Diarrhea may occur.</p>	<p>如果腹瀉造成問題： If diarrhea is a problem:</p> <ul style="list-style-type: none"> ● 喝大量飲料。 Drink plenty of liquids. ● 飲食方面，宜量小多餐。 Eat and drink often in small amounts. ● 避免進食《對化療期間腹瀉有幫助的食物選擇》(<i>Food Ideas to 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>在接受治療之後 2 至 3 星期，您的白血球細胞會減少。當您完成最後療程 6 星期後，通常它們便會回復正常。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。</p> <p>Your white blood cells will decrease 2–3 weeks after your treatment. They usually return to normal 6 weeks 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.</p>	<p>預防受到病菌感染，請注意以下各點： To help prevent infection:</p> <ul style="list-style-type: none"> ● 經常洗手，如廁後，緊記必須洗手。 Wash your hands often and always after using the bathroom. ● 護理皮膚和口腔。 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，立即致電醫生。 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.

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<p>在接受治療之後 2 至 3 星期，您的血小板會減少。當您完成最後療程 6 星期後，通常它們便會回復正常。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。</p> <p>Your platelets may decrease 2-3 weeks after your treatment. They usually return to normal 6 weeks after your last treatment. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</p>	<p>預防發生出血問題，請注意以下各點： To help prevent bleeding problems:</p> <ul style="list-style-type: none"> 嘗試避免造成瘀傷、割傷或燙傷。 Try not to bruise, cut, or burn yourself. 清潔鼻子時，輕柔地擤鼻子，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. <p>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.</p> <ul style="list-style-type: none"> 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，嘗試先服用乙醯氨酚 [acetaminophen，例如：撲熱息痛(TYLENOL®)]，但偶爾服用布洛芬(ibuprofen)亦可以接受。 For minor pain, try acetaminophen (e.g., TYLENOL®) first, but occasional use of ibuprofen may be acceptable.
<p>接受治療數日之後，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。</p> <p>Sore mouth may occur a few days after 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.</p>	<ul style="list-style-type: none"> 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. 嘗試仿效《化療期間口腔疼痛的食物選擇》(Food Ideas for a Sore Mouth During Chemotherapy)*所載建議。 Try the ideas in <i>Food Ideas for a Sore Mouth During Chemotherapy</i>.*

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>當您服用順鉑期間，出現脫髮現象屬於罕見。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 CISplatin. If there is hair loss your hair will grow back once you stop treatment with CISplatin. Colour and texture may change.</p>	<p>如果脫髮是個問題，請參閱《病人須知：因化療而造成脫髮》(<i>For the Patient: Hair Loss Due to Chemotherapy</i>)*所載建議。</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.

如果您有以下症狀，請向醫生求診或立即緊急求救：

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

- 出現**感染**徵象，例如發熱(口腔探熱器超過華氏 100°或攝氏 38°)、發冷顫、咳嗽、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**徵象，例如黑色糞便、尿中帶血、皮膚出現小紅點、多處有瘀斑。
Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin, extensive bruising.
- 當您接受治療之後，迅即出現**過敏反應**(罕見情況)，包括暈眩、心跳急促、面部腫脹或呼吸問題。
Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heart beat, face swelling or breathing problems.
- 出現**中風**徵象，例如突然感到嚴重頭痛、視力變化、言語不清、失去協調能力、手臂或腿部無力或麻痺。
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**的情況，靜脈觸痛或硬化、小腿觸痛和腫脹，突然出現咳嗽、胸痛或氣促。
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.
- **抽筋或失去知覺。**
Seizures or loss of consciousness.

如果您有以下症狀，請盡快(在辦公時間)向醫生求診：

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

- 肌肉軟弱無力。
Muscle weakness.
- 出現**腎病問題**徵象，例如腰部或側身疼痛、雙腳或小腿腫脹。
Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- 噁心、嘔吐或腹瀉情況不受控制。
Uncontrolled **nausea, vomiting or diarrhea.**

如果持續有任何以下症狀或使您感到不適，請向醫生求診：

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

- 容易出現瘀斑或出血。
Easy bruising or bleeding.
- 在施針的部位發紅、腫脹、疼痛或潰爛。
Redness, swelling, pain or sores where the needle was placed.
- 在嘴唇、舌頭、口腔或喉嚨發紅、腫脹、疼痛或潰爛。
Redness, swelling, pain or sores on you lips, tongue, mouth or throat.
- 耳鳴或聽力有困難。
Ringing in your ears or hearing problems.
- 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.
- 皮膚紅疹或痕癢。
Skin rash or itching.
- 手或腳麻痺或刺痛、或腿部抽搐疼痛。
Numbness or tingling in feet or hands or painful leg cramps.

**如果尚有其他問題，請告知醫生！
REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR**
