

為病人提供的藥物：阿黴素
藥物別名：Adria, ADRIAMYCIN®, Dox
For the Patient: DOXOrubicin
Other names: Adria, ADRIAMYCIN®, Dox



- 阿黴素 (DOXOrubicin，英文讀音 dox-oh-ROO-biss-in) 是一種用來醫治多類癌症的藥物。這是注射入靜脈的紅色液體。
DOXOrubicin (dox-oh-ROO-biss-in) is a drug that is used to treat many types of cancers. It is a red liquid that is injected into a vein.
- 如果你曾經對 DOXOrubicin, DAUNOrubicin, epirubicin, IDArubicin, mitomycin 或 mitoXANTRONE 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 DOXOrubicin, DAUNOrubicin, epirubicin, IDArubicin, mitomycin or mitoXANTRONE before treatment begins.
- 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.
- 其他藥物，例如 digoxin (LANOXIN®) 和 cycloSPORINE (NEORAL®, SANDIMMUNE®) 可能會與阿黴素產生相互作用。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 digoxin (LANOXIN®) and cycloSPORINE (NEORAL®, SANDIMMUNE®) may **interact** with DOXOrubicin. Tell your doctor if you are taking this/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)似乎不會影響阿黴素的安全性能或效用。
The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of DOXOrubicin.
- 阿黴素可能導致男性不育或女性停經。如果您計劃生育，請在接受阿黴素治療前，先與醫生討論此事。
DOXOrubicin may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with DOXOrubicin.
- 阿黴素可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在使用阿黴素治病期間，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。女性在使用阿黴素治病期間，切勿餵哺母乳。
DOXOrubicin may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with DOXOrubicin. 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**他們您正使用阿黴素治病。
Tell doctors or dentists that you are being treated with DOXOrubicin before you receive any treatment from them.

血球數量的變化

Changes in blood counts

這藥物可能引致您的血球數量短暫出現變化，在進行血液測試後，您的醫生會慎重地跟進這些變化。在若干情況下，可能需要調校您的治療。

This drug may cause temporary changes in your blood counts. Your doctor will be following these changes carefully by performing blood tests. Adjustment of your treatment may be needed in certain circumstances.

血球數量 BLOOD COUNTS	控制方法 MANAGEMENT
<p>正常的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>Normal white blood cells protect your body by fighting bacteria (germs) that cause infection.</p> <p>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：</p> <p>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.

血球數量 BLOOD COUNTS	控制方法 MANAGEMENT
<p>正常的血小板數目幫助您在受傷(例如割傷)時，血液得以凝固。當血小板數目偏低，您可能較易出現瘀斑或出血。</p> <p>Normal platelets help your blood to clot normally after an injury (e.g., cut). When the platelet count is low you may be more likely to bruise or bleed.</p>	<p>預防發生出血問題，請注意以下各點：</p> <p>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。</p> <p>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.

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
如果阿黴素漏到皮層，會使皮膚灼熱。 DOXOrubicin burns if it leaks under the skin.	如果當您正在接受藥物時感到灼熱，刺痛或任何其他變化， 立即 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.
在接受治療 1 至 2 天後，尿液可能呈粉紅或紅色。 Your urine may be pink or reddish for 1-2 days after your treatment.	這是意料中事，因為阿黴素是紅色的，它會從尿液排出。 This is expected as DOXOrubicin is red and is passed in your urine.
當您接受治療後，可能出現噁心及嘔吐，這些情況一般在 24 小時內便消失。 Nausea and vomiting may occur after your treatment and usually ends within 24 hours.	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。 You may be given a prescription for antinausea 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. <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》(Food Choices to Help Control Nausea)* 所載建議。 Try the ideas in Food Choices to Help Control Nausea.*
在施針的部位，可能出現疼痛或觸痛。 Pain or tenderness may occur where the needle was placed.	<ul style="list-style-type: none"> ● 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.
可能出現腹瀉。 Diarrhea may occur.	如果腹瀉造成問題： If diarrhea is a problem: <ul style="list-style-type: none"> ● 喝大量飲料。 Drink plenty of fluids. ● 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》(Food Ideas to Help with Diarrhea During Chemotherapy)* 所概列的高纖維食物。 Avoid high fibre foods as outlined in Food Ideas to Help with Diarrhea During Chemotherapy.*

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>接受治療之後，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。 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。 嘗試仿效《化療期間口腔疼痛的食物選擇》(<i>Food Ideas for a Sore Mouth During Chemotherapy</i>)*所載建議。 <p>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.</p> <p>Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day.</p> <p>Try the ideas in <i>Food Ideas for a Sore Mouth During Chemotherapy</i>.*</p>
<p>在治療期間，出現脫髮現象屬於常見，可能在接受治療數日或星期內，便開始脫髮。您的頭髮可能變得稀薄，或變成禿頭。您的頭皮會感到脆弱。您的面部和身體上的毛髮可能亦會脫掉。當您停止療程後，或有時在接受不同療程之間，毛髮便會回復生長，但顏色及髮質可能會有所改變。</p> <p>Hair loss is common and may begin within a few days or weeks of treatment. Your hair may thin or you may become totally bald. Your scalp may feel tender. You may lose hair on your face and body. Your hair will grow back once your treatments are over and sometimes between treatments. Colour and texture may change.</p>	<p>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。您也可以：</p> <p>Refer to <i>For the Patient: Hair Loss Due to Chemotherapy</i>.* You may also want to:</p> <ul style="list-style-type: none"> 在頭皮上塗抹礦物油，以減少痕癢。 如您的睫毛和眉毛脫掉，請帶上闊邊帽子和眼鏡，免使眼睛遭受塵埃和砂礫侵擾。 <p>Apply mineral oil to your scalp to reduce itching. If you lose your eyelashes and eyebrows, protect your eyes from dust and grit with a broad-rimmed hat and glasses.</p>
<p>您身體的一些部位，例如：指甲、腳底或手掌上的皮膚，或會變黑。</p> <p>Your skin may darken in some areas such as your nails, soles or palms.</p>	<p>當您停止阿黴素的療程後，這些情況便會慢慢地回復正常。</p> <p>This will slowly return to normal once you stop treatment with DOXOrubicin.</p>
<p>食慾欠佳和體重減輕，是常見現象。即使停止阿黴素的療程後，亦會維持一段長時間。</p> <p>Loss of appetite and weight loss are common and may persist long after discontinuation of DOXOrubicin.</p>	<ul style="list-style-type: none"> 嘗試仿效《提高食慾的食物選擇》(<i>Food Ideas to Help with Decreased Appetite</i>)* 所載建議。 <p>Try the ideas in <i>Food Ideas to Help with Decreased Appetite</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**心臟問題**，例如心跳急促或心跳不規則、胸痛、胸壓感、氣促或呼吸困難、足踝腫脹或昏眩。
Signs of **heart problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty breathing, swelling of ankles or fainting.
- 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、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、尿中或糞便中帶血、皮膚出現小紅點、多處有瘀斑。
Signs of **bleeding problems** such as black, tarry stools; blood in urine or stools; 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.

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:

- 在曾經接受電療的部位，**皮膚**出現**嚴重反應**。
Severe **skin reaction** where you have had radiation.
- 出現**痛風症**徵象，例如關節痛。
Signs of **gout** such as joint pain.
- **視力產生變化**。
Changes in eyesight.
- **皮膚紅疹或痕癢**。
Skin rash or itching.

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 :

- 噁心、嘔吐或腹瀉情況不受控制。
Uncontrolled nausea, vomiting or diarrhea.
- 容易出現瘀斑或輕微出血。
Easy bruising or minor 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 your lips, tongue, mouth or throat.

如果尙有其他問題，請告知醫生！
REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
