

為病人提供的藥物：依託泊西注射劑

藥物別名：VEPESID®, VP-16

For the Patient: Etoposide Injection

Other names: VEPESID®, VP-16



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- 依託泊西 (**Etoposide**，英文讀音 ee-TOP-aw-side) 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。
Etoposide (ee-TOP-aw-side) is a drug that is used to treat many types of cancers. It is a clear liquid that is injected into a vein.
- 在開始接受依託泊西治療之前，如果您曾經對依託泊西有異常或**過敏反應**，請告訴醫生。
Tell your doctor if you have ever had an unusual or **allergic reaction** to etoposide before taking etoposide.
- 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atovaquone (MEPRON®)、warfarin (COUMADIN®)、glucosamine 和St John's Wort 可能會與依託泊西**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。在開始服用任何新藥物時，請向醫生或藥劑師查詢。
Other drugs such as atovaquone (MEPRON®), warfarin (COUMADIN®), glucosamine and St John's Wort may **interact** with etoposide. 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)似乎不會影響依託泊西的安全性能或效用。
The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of etoposide.
- 依託泊西可能導致男性**不育**或女性**停經**。如果您計劃生育，請在接受依託泊西治療前，先與醫生討論此事。
Etoposide may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with etoposide.

- 依託泊西可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在服用依託泊西治病期間，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。女性在服用依託泊西治病期間，切勿餵哺母乳。

Etoposide may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with etoposide. 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**他們您正使用依託泊西治病。
Tell doctors or dentists that you are being treated with etoposide 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
在接受依託泊西靜脈注射期間，或剛接受注射後，在 罕見 的情況下，可能出現 過敏反應 。過敏反應徵象可能包括：胸部不適、氣促、頭昏眼花和潮熱。 Allergic reactions may rarely occur during or immediately following administration of IV etoposide. Signs of an allergic reaction may include: chest discomfort, shortness of breath, light headedness and flushing.	如果當您正在接受依託泊西治療時，出現這些情況或任何其他副作用，請 立即 告知護士或醫生。 Tell your nurse or physician immediately if you experience these or any other side effects while receiving your etoposide.
如果依託泊西漏到皮層，會使皮膚 灼熱 。 Etoposide 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.
在接受依託泊西靜脈注射期間，可能感到 暈眩 或感到昏厥。 Dizziness or feeling faint may occur during administration of IV etoposide.	<ul style="list-style-type: none"> • 立即告知護士或醫生。 Tell your nurse or doctor immediately. • 躺下或坐下來，把雙腳提高。 Lie down or sit with your feet elevated.

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<p>當您接受治療後，可能出現噁心及嘔吐。許多人感到少許噁心，甚至沒有出現噁心情況。</p> <p>Nausea and vomiting may occur after your treatment. Many people have little or no nausea.</p>	<p>您可能獲處方止嘔藥，並在接受化療之前及/或在家服用。預防總勝於治療。因此，請嚴格遵照指示。</p> <p>You 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. • 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 Control Nausea) 所載建議。 Try the ideas in <i>Food Choices to Control Nausea</i>.
<p>在您開始接受治療7至14天之後，您的白血球細胞會減少。當您完成最後療程3星期後，通常它們便會回復正常。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>Your white blood cells will decrease 7-14 days after your treatment. They usually return to normal 3 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. • 護理您的皮膚和口腔。 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，應立即致電醫生。 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.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>在您開始接受治療之後9至16天，您的血小板數目可能減少。當您完成最後療程3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。您可能較平時更易出現瘀斑或出血。</p> <p>Your platelets may decrease 9-16 days after your treatment. They usually return to normal 3 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。</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任何藥物(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.

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<p>出現脫髮現象屬於常見，並且可能在接受治療數天或數星期內，便開始脫髮。您的頭髮可能變得稀薄，或可能變成禿頭。您的頭皮可能感到脆弱。您的面部和身體上的毛髮可能亦會脫落。當您停止療程，或在療程前後，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>	<ul style="list-style-type: none"> ● 使用溫和的洗髮液及柔軟髮刷。 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. ● 在寒冷天氣，用帽子、圍巾或假髮保護您的頭皮。一些延伸醫療保險計劃，會支付假髮的部份費用。 Protect your scalp with a hat, scarf or wig in cold weather. Some extended health plans will pay part of the cost of a wig. ● 在陽光普照的日子，蓋著您的頭部或塗上防曬用品。 Cover your head or apply sunblock on sunny days. ● 在頭皮上塗抹礦物油，以舒緩痕癢。 Apply mineral oil to your scalp to reduce itching. ● 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。 If you lose your eyelashes and eyebrows, protect your eyes from dust and grit with a broad-rimmed hat and glasses.
<p>可能出現食慾欠佳和體重減輕。 Loss of appetite and weight loss may occur.</p>	<ul style="list-style-type: none"> ● 嘗試仿效《高能量高蛋白的食物建議》(High Energy High Protein Ideas) 和《按高能量高蛋白的食物建議健康進食》(Healthy Eating Using High Energy, High Protein Foods)所載建議。 Try the ideas in <i>High Energy High Protein Ideas</i> and in <i>Healthy Eating Using High Energy, High Protein Foods</i>.
<p>味覺可能改變。 Taste alteration may occur.</p>	<ul style="list-style-type: none"> ● 嘗試仿效《針對味覺及嗅覺改變的食物建議》(Food Ideas to Cope with Taste and Smell Changes) 所載建議。 Try the ideas in <i>Food Ideas to Cope with Taste and Smell Changes</i>.
<p>可能出現腹瀉。 Diarrhea may occur.</p>	<p>如果有腹瀉問題，請注意以下各點： 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《在化療期間控制腹瀉的食物選擇》(Food Ideas to Help With Diarrhea During Chemotherapy) 所概列的高纖維食物。 Avoid high fibre foods as outlined in <i>Food Ideas to Help With Diarrhea During Chemotherapy</i>.

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<p>有時可能出現便秘。 Constipation may occur.</p>	<ul style="list-style-type: none"> • 如果可以，做些體能運動。 Exercise if you can. • 喝大量飲料(每天8杯)。 Drink plenty of fluids (8 cups a day). • 嘗試仿效《解決便秘問題的建議》 (<i>Suggestions for Dealing with Constipation</i>)所載建議。 Try ideas in <i>Suggestions for Dealing with Constipation</i>.
<p>可能普遍出現疲倦及欠缺精力。 Tiredness and lack of energy may occur.</p>	<ul style="list-style-type: none"> • 如果您感到疲倦，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》(<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>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.</p>	<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.

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<p>接受治療數天後，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，開成漱口水，每日漱口數次。 Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day. • 嘗試軟而清淡的食物，例如布丁、奶昔和忌廉湯。 Try soft, bland foods like puddings, milkshakes and cream soups. • 避免辛辣、爽脆或酸性食物，以及極熱或冰冷食品。 Avoid spicy, crunchy or acidic food, and very hot or cold foods. • 嘗試仿效兩份簡介：《容易咀嚼食物的食譜》(<i>easy to chew recipes</i>)及《軟而濕潤的食物建議》(<i>soft, moist food ideas</i>)所載的食物建議。 Try ideas in the two handouts; <i>easy to chew recipes</i> and <i>soft, moist food ideas</i>

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、咳嗽，喉嚨痛、在小便時感到疼痛或灼熱，身體有任何部位發紅、疼痛或腫脹，身體有任何部位出現潰爛。
Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer); chills; cough; sore throat; pain or burning when you pass urine; redness, pain or swelling of any area of your body; sores forming anywhere on your body.
- 出現**出血問題**，例如黑色糞便、尿中帶血、皮膚出現小紅點、多處出現瘀斑。
Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin, extensive bruising.

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:

- 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.
- 手或腳**麻痺**或刺痛。
Numbness or tingling in feet or hands.

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.
- 在施針的部位出現紅腫、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.
- 皮膚紅疹或痕癢。
Skin rash or itching.

如果尚有其他問題，請告知醫生！

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
