

為病人提供的藥物：洛莫司汀膠囊

藥物別名：CCNU, CeeNU®

For the Patient: Lomustine Capsules

Other names: CCNU, CeeNU®



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- 洛莫司汀(Lomustine，英文讀音loe mus' teen) 是一種用來醫治多類癌症的藥物。這是口服膠囊藥片。
Lomustine (loe mus' teen) is a drug that is used to treat many types of cancer. It is a capsule that you take by mouth.
- 在服食洛莫司汀之前，如果您曾經對洛莫司汀有異常或過敏反應，請告訴醫生。
Tell your doctor if you have ever had an unusual or **allergic reaction** to lomustine before taking lomustine.
- 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.
- 您必須完全按醫生指示來服用洛莫司汀。請確保您明白有關指示。為使您得到正確劑量，您可能獲給予超過一劑強度的藥物。藥劑師給您的容器內，可能有兩個或以上不同種類和顏色的膠囊。
It is important to **take** lomustine exactly as directed by your doctor. Make sure you understand the directions. You may be given capsules of more than one strength to make the right dose. There may be two or more different types and colours of capsules in the container given to you by the pharmacist.
- 除非您的醫生給您其他指示，否則請在睡前空腹以一杯清水，一劑服用全部膠囊。
Unless your doctor gives you other directions, **take** all the capsules as a single dose at bedtime, on an empty stomach, with a glass of water.
- 如果您把服食的一劑洛莫司汀嘔出，請在辦公時間內致電醫生，請教醫生意見。您會獲告知是否需服食另一劑藥。
If you **vomit** the dose of lomustine, call your doctor during office hours for advice. You will be told whether you need to take another dose.
- 其他藥物可能會與洛莫司汀產生相互作用。在開始服用任何其他新藥物時，請向醫生或藥劑師查詢。
Other drugs may **interact** with lomustine. Check with your doctor or pharmacist before you start taking any new drugs.

- **飲酒(少量)**似乎不會影響洛莫司汀的安全性能或效用。
The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of lomustine.
- 洛莫司汀可能導致**男性不育**或**女性停經**。如果您計劃生育，請在接受洛莫司汀治療前，先與醫生討論此事。
Lomustine may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with lomustine.
- 洛莫司汀可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在使用洛莫司汀治病期間，最好同時使用**避孕措施**。如果您或您的伴侶懷孕，請立即通知醫生。女性在使用洛莫司汀治病期間，切勿餵哺母乳。
Lomustine may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with lomustine. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- 洛莫司汀應**存放在**小孩難以觸及的地方，並且存放於室溫下，遠離高溫、強光和潮濕之處。
Store lomustine capsules out of the reach of children, at room temperature, away from heat, light, and moisture.

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>當您接受治療後，可能出現噁心及嘔吐，並可能持續 24 小時。 Nausea and vomiting may occur after your treatment and may last for 24 hours.</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。 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 fluids. ● 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>.*

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>在接受治療之後 5 至 6 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。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 may decrease 5-6 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. ● 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。 <p>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.</p>

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>在接受治療之後 4 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 4 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.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<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 sometimes 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。 <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> <ul style="list-style-type: none"> ● 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。 <p>Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day.</p> <ul style="list-style-type: none"> ● 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>Try the ideas in <i>Food Ideas for a Sore Mouth during Chemotherapy</i>.*</p>
<p>有時出現食慾欠佳和體重減輕。即使停止洛莫司汀的療程後，亦可能維持一段時間。</p> <p>Loss of appetite and weight loss sometimes occur, and may persist after discontinuation of lomustine.</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>
<p>當您服用洛莫司汀期間，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 lomustine. Your hair will grow back once you stop treatment with lomustine. 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。 <p>Use a gentle shampoo and soft brush.</p> <ul style="list-style-type: none"> ● 小心使用噴髮劑、漂髮劑、染髮劑和電髮劑。 <p>Care should be taken with use of hair spray, bleaches, dyes, and perms.</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，請停服洛莫司汀，並向醫生求診或立即緊急求救：

STOP TAKING LOMUSTINE AND 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、嚴重喉嚨痛、咳吐 (咳出濃厚或綠色痰)、尿液混濁或發臭、疼痛、觸痛或皮膚有紅腫傷口或潰爛。
- Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; cough, 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.

- 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、多處出現瘀斑。
Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- 連番嘔吐，在接受化療後不能吞下流質和藥物。
Repeatedly **vomiting** and cannot keep liquids and medications down after chemotherapy.

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**肺病問題**徵象，例如氣促、喘鳴或咳嗽。
Signs of **lung problems** such as shortness of breath, wheezing or coughing.
- 出現**肝病問題**徵象，例如眼睛或皮膚發黃、糞便呈白色或黃泥色。
Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- 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.
- 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.
- **視力產生變化。**
Changes in eyesight.
- **暈眩或走路困難。**
Dizziness or trouble walking.

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.
- 食慾減少或體重減輕。
Decreased appetite or weight loss.
- 容易出現瘀斑或輕微出血。
Easy bruising or minor bleeding.
- 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.
- 皮膚出疹或痕癢。
Skin rash or itching.

如果尚有其他問題，請告知醫生！

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
