

為病人提供的藥物：馬法蘭藥片

藥物別名：ALKERAN®

For the Patient: Melphalan tablets

Other names: ALKERAN®



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- 馬法蘭(Melphalan, 英文讀音 MEL-fa-lan) 是一種用來醫治多類癌症的藥物。這是口服藥片。
Melphalan (MEL-fa-lan) is a drug that is used to treat many types of cancer. It is a tablet that you take by mouth.
- 在服食馬法蘭之前，如果您曾經對馬法蘭或 chlorambucil 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 melphalan or chlorambucil before taking melphalan.
- 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馬法蘭。請確保您明白有關指示。
It is important to **take** melphalan exactly as directed by your doctor. Make sure you understand the directions.
- 請在進食前至少 1 個小時或進食後 2 個小時空腹服食馬法蘭。每天均在相同時間，以一滿杯清水服藥。如果這樣使您胃部不適，您可以在進食時，一同服食馬法蘭。並在下次見您的醫生時，告知醫生。
Take melphalan on an **empty stomach**, at least 1 hour before or 2 hours after eating. Take it with a full glass of water, at the same time each day. If this upsets your stomach, you may take melphalan with food and tell your doctor at your next visit.
- 不要嚼碎或壓碎馬法蘭藥片。要整片藥片吞服。
Do not chew or crush melphalan tablets. **Swallow whole.**
- 如果您錯過服食一劑馬法蘭，請盡快在 12 小時內補服。如果錯過服食的時間超過 12 小時，則不用服食已漏服的劑量，繼續按照平常的服藥時間服食。您可以在辦公時間內致電醫生，詢問有關如何彌補漏服的劑量。
If you **miss a dose** of melphalan, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times. Call your doctor during office hours to ask about making up the missed dose.

- 如果您服食馬法蘭 1 小時內嘔吐，不要服另一劑。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 melphalan within 1 hour of taking it, do not take a second dose. Call your doctor during office hours for advice. You will be told whether you need to take another dose.

- 其他藥物，例如 cimetidine 和 digoxin (LANOXIN®) 可能會與馬法蘭產生相互作用。

如果您正服用這些藥物或其他藥物，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 cimetidine and digoxin (LANOXIN®) may **interact** with melphalan. 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.

- 在接受任何防疫注射前，先與醫生商討。

Talk to your doctor before receiving any **immunizations**.

- 飲酒(少量)似乎不會影響馬法蘭的安全性能或效用。

The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of melphalan.

- 馬法蘭可能導致男性不育或女性停經。如果您計劃生育，請在接受馬法蘭治療前，先與醫生討論此事。

Melphalan may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with melphalan.

- 馬法蘭可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在使用馬法蘭治病期間，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。女性在使用馬法蘭治病期間，切勿餵哺母乳。

Melphalan may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with melphalan. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.

- 馬法蘭應存放於雪櫃(冰箱)內，而且是小孩難以觸及的地方。

Store melphalan tablets in the refrigerator, out of the reach of children.

- 在接受醫生或牙醫治療之前，請告訴他們您正服用馬法蘭治病。

Tell doctors or dentists that you are being treated with melphalan before you receive any treatment from them.

血球數量的變化

Changes in blood counts

馬法蘭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。

Melphalan 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. 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.• 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.

<p style="text-align: center;">血球數量 BLOOD COUNTS</p>	<p style="text-align: center;">控制方法 MANAGEMENT</p>
<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。 Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. <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.

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。大部份人只有輕微或沒有噁心的情況。</p> <p>Nausea and vomiting may occur after your treatment and may last for 24 hours. Most 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，請嚴格遵照止嘔藥的處方指示。</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 closely the directions for the anti-nausea prescription.</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>.*
<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。 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。 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>有時可能出現疲倦及欠缺精力。 Tiredness and lack of energy may sometimes 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》(Your Bank to Energy Savings: How People with Cancer Can Handle Fatigue)*所載建議。 Try the ideas in <i>Your Bank to Energy Savings: How People with Cancer Can Handle Fatigue</i>.*
<p>當您服用馬法蘭期間，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。服食高劑量的人，才較普遍出現脫髮現象。 Hair loss is rare with melphalan. Your hair will grow back once you stop treatment with melphalan. Colour and texture may change. Hair loss is more common with higher doses.</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.

*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，請停服馬法蘭，並向醫生求診或立即緊急求救：

STOP TAKING MELPHALAN 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.
- 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**心臟問題**，例如心跳急促或心跳不規則。
Signs of **heart problems** such as fast or uneven heartbeat.
- **抽筋或失去知覺。**
Seizures or loss of consciousness.

- 出現**低血壓**徵象，例如頭昏眼花、暈眩或昏厥。
Signs of **low blood pressure** such as light-headedness, dizziness, or fainting.
- 出現**肺病問題**徵象，例如咳嗽、氣促、呼吸困難及/或有所改變。
Signs of **lung problems** such as cough, shortness of breath, difficulty and/or change in breathing.

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.
- 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**痛風症**徵象，例如關節痛。
Signs of **gout** such as joint pain.
- 出現**膀胱問題**徵象，例如小便方面的變化、感到疼痛灼熱、出血或腹部疼痛。
Signs of **bladder problems** such as changes in urination, painful burning sensation, presence of blood, or abdominal pain.
- **喉嚨或口腔疼痛**，以致難於吞嚥。
Sore throat or mouth that makes it difficult to swallow comfortably.
- 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、食慾不振或腹瀉情況不受控制。
Uncontrolled nausea, vomiting, loss of appetite, or diarrhea.
- 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

