

為病人提供的藥物：甲基苄/鹽酸丙卡巴

藥物別名：MATULANE®

For the Patient: Procarbazine

Other names: MATULANE®



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- **甲基苄/鹽酸丙卡巴**(Procarbazine，英文讀音 proe kar' ba zeen)是一種用來醫治多類癌症的藥物。這是口服膠囊藥片。
Procarbazine (proe kar' ba zeen) is a drug that is used to treat many types of cancer. It is a capsule that you take by mouth.
- 在服食甲基苄之前，如果您曾經對甲基苄有異常或**過敏反應**，請告訴醫生。
Tell your doctor if you have ever had an unusual or **allergic reaction** to procarbazine before taking procarbazine.
- 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**甲基苄。請確定您明白有關指示。您可以連同食物一同服食甲基苄，也可以空腹用一杯水或果汁服食。除非您的醫生給您其他指示，否則請在睡前空腹一劑服用每天的藥。
It is important to **take** procarbazine exactly as directed by your doctor. Make sure you understand the directions. Procarbazine may be taken with food or on an empty stomach with a glass of water or juice. Take the daily dose all at once at bedtime unless you are told otherwise by your doctor.
- 如果您**錯過服食一劑**甲基苄，請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 procarbazine, call your doctor during office hours to ask about making up the missed dose.
- 如果您服食甲基苄後1小時內**嘔吐**，請勿服食第二劑，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 procarbazine 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，例如咳藥和傷風藥、若干抗抑鬱藥、抗過敏或減輕體重藥，**可能會與甲基苄產生相互作用**。如果您正服用這些藥物或其他藥物，請告訴醫生，因為或者需要更改您的劑量。
在開始服用或停用任何其他藥物時，請向醫生或藥劑師查詢。
Other drugs such as cough and cold products, certain antidepressants, and allergy and weight reducing remedies may **interact** with procarbazine. Tell your doctor if you are taking these or any

other drugs as your dose may need to be changed. Check with your doctor or pharmacist before you start or stop taking any other drugs.

- 在服用甲基苄期間，**避免飲酒**。如果您在服用甲基苄期間飲酒，您可能會感到潮熱、頭痛、噁心和嘔吐、及/或暈眩。飲用若干類酒精飲品，例如紅酒、威末酒（又稱苦艾酒）、生啤，您可能會血壓上升。飲用非酒精類飲品，亦應小心。

Avoid drinking alcohol while taking procarbazine. You may experience flushing, headache, nausea and vomiting, and/or dizziness if you drink alcohol while taking procarbazine. You may also experience a rise in blood pressure with certain alcoholic beverages such as red wines, vermouth, and tap/draft beer. Use caution with non-alcoholic beverages.

- 在服用甲基苄期間，**請勿吸煙**。因為對於吸煙的人，甲基苄可能會提高罹患肺癌的風險。
Do not smoke while taking procarbazine as procarbazine may increase the risk of developing lung cancer in people who smoke.

- 避免進食含有酪胺的**若干類食物**，因為它們可能會與甲基苄產生相互作用。這些食物可能引致頭痛、潮熱、心跳加速或心跳不規則、噁心和嘔吐或血壓劇升。只宜吃**新鮮**食品，特別是如果食物含有肉類、魚類或家禽類。避免進食陳舊、腐壞、發酵或醃製的食物。在服用甲基苄期間，在以下食物類別中，應避免進食以下製品：

Avoid **certain foods** which contain tyramine as they may interact with procarbazine. These foods may cause headache, flushing, fast or uneven heartbeat, nausea and vomiting, or a significant rise in blood pressure. Eat only **fresh** foods, especially if they have meat, fish, or poultry in them. Avoid foods that are aged, spoiled, fermented, or pickled. Avoid the following products in these food categories while taking procarbazine:

- **奶製品**：任何過期或未經巴氏殺菌的奶製品、所有芝士（奶油芝士、茅屋芝士或里考塔（即「再烹調」）芝士除外）。
Milk products: Any outdated or non-pasteurized dairy products, all cheeses other than cream cheese, cottage cheese, or ricotta cheese.
- **穀類**：任何包含芝士的穀類食品。
Grains: any containing cheese
- **肉類、魚類、家禽類**：乾及發酵過的香腸（例如：意大利蒜味腸、辣味紅腸）、煙燻或醃製魚、並非鮮製的肉類和家禽、任何含有肉類、魚類或家禽的剩餘食物。
Meat, fish, poultry: dry fermented sausages (e.g., salami, pepperoni), smoked or pickled fish, non-fresh meat and poultry, any leftover food containing meat, fish, or poultry
- **水果和蔬菜**：任何過熟、腐壞或發酵的水果或蔬菜、蠶豆、過熟的牛油果、德國酸菜。
Fruits and vegetables: any overripe, spoiled or fermented fruit or vegetable, fava or broad beans, overripe avocado, sauerkraut
- **湯類**：任何含有肉類提取物或芝士的湯類。
Soups: any containing meat extracts or cheese
- **脂肪及油**：含有肉類提取物的肉汁和醬汁。
Fats and oils: gravies and sauces containing meat extracts

- **其他食品**：豆腐和豆製品、蛋白質補充劑、肉類提取物(例如：BOVRIL®、OXO®, MARMITE®)、酵母提取物(例如：MARMITE®、VEGEMITE®、啤酒酵母)
Other: tofu and soy products, protein dietary supplements, meat extracts (e.g., BOVRIL®, OXO®, MARMITE®), yeast extracts (e.g., MARMITE®, VEGEMITE®, brewers yeast)

如需進一步資料，請向您的**營養師**查詢。

For further information, talk to your **dietitian**.

- 在停止服用甲基苄後，再繼續遵守有關藥物、酒精和食物的禁忌一個星期。
Follow the drug, alcohol, and food warnings for **a further week** after you stop taking procarbazine.
- 甲基苄可能導致男性不育或女性停經。如果您計劃生育，請在接受甲基苄治療前，先與醫生討論此事。
Procarbazine may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with procarbazine.
- 甲基苄可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在使用甲基苄治病期間，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。女性在使用甲基苄治病期間，切勿餵哺母乳。
Procarbazine may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with procarbazine. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- 甲基苄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 procarbazine capsules out of the reach of children, at room temperature, away from heat, light, and moisture.
- 在接受醫生、牙醫或其他醫護人員治療之前，請告訴他們您正服用甲基苄治病。
Tell doctors, dentists, and other health professionals that you are being treated with procarbazine 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>當您接受甲基苄治療後，可能出現嘔心及嘔吐，這情況可能持續24小時。當您的身體適應了甲基苄後，情況一般會在數天內有所改善。</p> <p>Nausea and vomiting may occur after your treatment and may last for 24 hours. This usually improves within a few days as your body adjusts to procarbazine.</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，請嚴格遵照止嘔藥的處方指示。</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 fluids. ● 飲食方面，宜量少多餐。 Eat and drink often in small amounts. ● 嘗試仿效《控制嘔心的食物選擇》(Food Choices to Help Control Nausea)* 所載建議。 Try the ideas in <i>Food Choices to Help Control Nausea</i>.*
<p>在接受治療之後2至4星期，您的白血球細胞會減少。當您完成最後療程4至6星期後，通常它們便會回復正常。正常的白血球細胞抵抗引起感染的病菌，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 2-4 weeks after your treatment. They usually return to normal 4-6 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：</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，您應停止服用甲基苄，並立即致電醫生。 Stop taking procarbazine and 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>在接受治療之後2至4星期，您的血小板會減少。當您完成最後療程4至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 2-4 weeks after your treatment. They usually return to normal 4-6 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：</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®))</p> <p>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®)]，每天最多服用4克(4000毫克)。但偶爾服用布洛芬(ibuprofen)亦可以接受。 For minor pain, try acetaminophen (e.g., TYLENOL®) first, to a maximum of 4 g (4000 mg) per day, but occasional use of ibuprofen may be acceptable.
<p>有時可能出現皮膚紅疹。 Skin rashes may sometimes occur.</p>	<p>致電您的醫生。 Call your doctor.</p>

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>在一些部位，例如手、手肘和膝部，皮膚可能變黑。 Your skin may darken in some areas such as your hands, elbows, and knees.</p>	<p>當您停止甲基苄療程後，情況便會慢慢回復正常。 This will slowly return to normal once you stop treatment with procarbazine.</p>
<p>您的皮膚可能較平常容易曬傷。 Your skin may sunburn more easily than usual.</p>	<ul style="list-style-type: none"> 欲取得更多資料，參考《對陽光敏感的藥物和防曬劑》(<i>Your Medication Sun Sensitivity and Sunscreens</i>)* 或《卑詩健康指南》(<i>BC Health Guide</i>)。 經接觸陽光後，如果您嚴重受到曬傷或出現皮膚反應例如：痕癢、紅疹或腫脹，請聯絡醫生。 <p>After sun exposure, if you have a severe sunburn or skin reaction such as itching, rash, or swelling, contact your doctor.</p>
<p>當您服用甲基苄期間，出現脫髮現象屬於罕見。當您停止甲基苄療程後，頭髮便會回復生長，但頭髮的顏色及髮質可能會有所改變。 Hair loss is rare with procarbazine. If you lose hair, it will grow back once you stop treatment with procarbazine. 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。 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，請停服**甲基苄**，並向醫生求診或立即緊急求救：

STOP TAKING PROCARBAZINE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- 出現**嚴重高血壓**徵象，例如：嚴重胸痛、瞳孔放大、心跳加快或減慢、劇烈頭痛、眼睛對光線敏感、流汗增多、皮膚濕冷、頸部僵硬疼痛。
Signs of **serious high blood pressure** such as severe chest pain, enlarged pupils, fast or slow heartbeat, severe headache, eyes sensitive to light, increased sweating, clammy skin, or stiff and sore neck.
- 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、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; 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.
- 出現**血凝塊**的徵象，例如靜脈觸痛或硬化、小腿腫脹及觸痛，突然咳嗽、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.
- 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、心跳不規則、胸痛或胸壓感。
Signs of **heart problems** such as fast or uneven heartbeat, chest pain, or chest pressure.
- **抽筋或失去知覺。**
Seizures or loss of consciousness.
- 連番嘔吐，不能吞下流質或藥物。
Repeated **vomiting** and cannot keep fluids or medications down.

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.
- 皮膚出疹或痕癢。
Skin rash or itching.
- 視力產生變化。
Changes in eyesight.
- **聽覺有問題。**
Hearing problems.
- **暈眩、神智混亂或走路困難。**
Dizziness, confusion, or trouble walking.
- 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.
- 長期咳嗽或氣促。
Chronic cough or shortness of breath.
- **喉嚨或口腔愈加潰爛**，以致難於吞嚥。
Increased **sore throat or mouth** that makes it difficult to swallow comfortably.

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、體重減輕、便秘或腹瀉情況，不能控制。
Uncontrolled nausea, vomiting, weight loss, constipation, or diarrhea.
- 即使服用乙醯氨酚(acetaminophen)，仍不能控制頭痛或疼痛。
Headache or pain not controlled with acetaminophen (e.g., TYLENOL®).
- 手腳麻痺或刺痛。
Numbness or tingling in feet or hands.
- 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.
- 手、腳或小腿腫脹。
Swelling of hands, feet, or lower legs.
- 睡眠困難。
Trouble sleeping.

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