

患者服用的处方药：索拉非尼（Sorafenib）

商品名：多吉美（NEXAVAR®）

For the patient: Sorafenib

Other names: NEXAVAR®



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- **索拉非尼（Sorafenib，英文读音：so-RA-fe-nib）** 是用于治疗多种癌症的药物，它是口服片剂。
- **Sorafenib** (so-RA-fe-nib) is a drug that is used to treat many types of cancer. It is a tablet that you take by mouth.
- 在每次治疗之前，可能先要**验血**。患者接受化疗的剂量和时间，可能会根据检查结果和（或）其他副作用的情况而作相应的改动。
- 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.
- 患者务必要完全遵照医嘱**服用**索拉非尼，并确定自己明白了服用说明。
- It is important to **take** sorafenib exactly as directed by your doctor. Make sure you understand the directions.
- 要**空腹服用**索拉非尼。如果患者空腹服药后感到恶心，尝试在服药时，吃小量的**低脂**食物。
- **Take** sorafenib on an **empty** stomach. If you get nauseated from taking it on an empty stomach, try a small **low-fat** meal with it.
- 如果**漏服了一剂**索拉非尼，漏服的时间是在**6**小时以内，应尽快补服；如果漏服的时间超过**6**小时，则无需补服，按正常服药的时间继续吃药。
- If you **miss a dose** of sorafenib, take it as soon as you can if it is within 6 hours of the missed dose. If it is over 6 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- 如果服药后**30**分钟内，患者把吞下的药**吐**出来了，请再重新服药，并将这一情况告诉医生，因为今后用药可能要加止吐药。
- If you **vomit** the dose of sorafenib within 30 minutes of taking it, repeat the dose. Let your doctor know as a medication to prevent nausea may be required for future doses.
- 其他药，如：法令（**warfarin**，又名：**COUMADIN®**），可能会与索拉非尼发生**相互作用**。如果患者正在服用这种药或任何其他药，则要告诉医生，因为患者可能需要做其他的验血检查，或者可能需要更改患者的用药剂量。请在开始服用任何新药之前，向医生或药剂师查询。
- Other drugs such as warfarin (COUMADIN®) may **interact** with sorafenib. Tell your doctor if you are taking this 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.
- **饮酒**（少量）似乎不影响索拉非尼的安全性或药效。
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of sorafenib.

- 索拉非尼是否会使男性**不育**或女性**绝经**，尚不得而知。如果患者计划要孩子，在用索拉非尼治疗之前，请向医生咨询。
- It is not known if sorafenib causes **sterility** in men or **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with sorafenib.
- 索拉非尼可能会破坏精子，如果女性在怀孕期间服用，可能会伤害胎儿。在服用索拉非尼治疗时，最好要**避孕**。如果患者或患者的伴侣怀孕了，应立即告诉医生。在治疗期间，切勿哺乳喂养。
- Sorafenib may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with sorafenib. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- 要将索拉非尼**存放**在儿童无法触及的地方，并置于室温下，避热、避光、防潮。
- **Store** sorafenib tablets out of the reach of children, at room temperature, away from heat, light, and moisture.
- 患者在接受医生、牙医和其他医疗专业人员治疗之前，要**告诉**他们自己正在服用索拉非尼。
- **Tell** doctors, dentists, and other health professionals that you are being treated with sorafenib before you receive any treatment from them.
- 如果患者要**做大手术**（例如：关节置换术），则要告诉手术医生自己正在服用索拉非尼，在手术前，患者可能至少要停药**2周**。只有当医生告诉患者其伤口已经愈合了，才可恢复用药。
- If you are planning to have **major surgery** (e.g., joint replacement), tell your surgeon that you are taking sorafenib. You may need to stop taking sorafenib at least 2 weeks prior to surgery. Restart it only after your doctor says your wounds have healed.

下方的表格列出了各种副作用，它们是按照可能会出现的顺序排列的，并且提供了有助于控制副作用的方法。

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
有时可能会出现 <b>皮疹、皮肤干燥或瘙痒</b> 。 <b>Skin rashes, dryness or itching</b> may sometimes occur.	<ul style="list-style-type: none"> <li>● 穿宽松棉质的衣服。</li> <li>● Wear loose cotton clothes.</li> <li>● 搽含有尿素成分的乳液可能会有帮助，特别是如果皮肤非常干燥时（例如：<b>UREMOL®、URISEC®</b>）</li> <li>● Urea-containing lotions may be helpful, particularly if the skin is very dry (e.g., UREMOL®, URISEC®)</li> <li>● 如果感觉非常不适，请打电话找医生。</li> <li>● If very irritating, call your doctor.</li> <li>● 否则的话，在复诊时要告诉医生。</li> <li>● Otherwise, make sure to mention it at your next visit.</li> </ul>

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>在服用索拉非尼治疗期间，有时候可能会出现<b>手足皮肤反应</b>，患者的手掌和脚底可能会有刺痛感、发红、麻木、疼痛或肿胀，皮肤也可能会变得干燥或发痒，如果出水泡、感到剧痛或出现溃疡，患者可能无法从事正常的日常活动。</p> <p><b>Hand-foot skin reaction</b> may sometimes occur during sorafenib treatment. The palms of your hands and soles of your feet may tingle, become red, numb, painful, or swollen. Skin may also become dry or itchy. You may not be able to do your normal daily activities if blisters, severe pain, or ulcers occur.</p>	<ul style="list-style-type: none"> <li>● 避免穿太紧的鞋，避免受力摩擦手和脚，例如：干粗重活引起的。</li> <li>● Avoid tight-fitting shoes or rubbing pressure to hands and feet, such as that caused by heavy activity.</li> <li>● 避免佩戴很紧的珠宝首饰。</li> <li>● Avoid tight-fitting jewellery.</li> <li>● 用温水清洗手脚，轻拍使其干燥。避免使用热水。</li> <li>● Clean hands and feet with lukewarm water and gently pat to dry; avoid hot water.</li> <li>● 常用并多用含羊毛脂的乳霜（例如：BAG BALM®、 UDDERLY SMOOTH®）搽于手脚。</li> <li>● Apply lanolin-containing creams (e.g., BAG BALM®, UDDERLY SMOOTH®) to hands and feet, liberally and often.</li> <li>● 如果患者出现手脚皮肤任何反应症状，要在复诊时，告诉癌症科的医生或护士，因为可能需要调整药物剂量。</li> <li>● Tell your cancer doctor or your nurse at the next visit if you have any signs of hand-foot skin reaction as your dose may need to be changed.</li> </ul>
<p>有时可能会出现<b>腹泻</b>。</p> <p><b>Diarrhea</b> may sometimes occur.</p>	<p>如果腹泻，请注意以下几点：</p> <p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> <li>● 要喝大量的流质食物。</li> <li>● Drink plenty of fluids.</li> <li>● 常以小量饮食。</li> <li>● Eat and drink often in small amounts.</li> <li>● 《化疗期间腹泻时应吃的食物》（<i>Food Ideas to Help with Diarrhea During Chemotherapy</i>）书中所列的高纤维食物，应避免进食。*</li> <li>● Avoid high fibre foods as outlined in <i>Food Ideas to Help with Diarrhea During Chemotherapy</i>.*</li> </ul>

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<p>有时可能会出现便秘。 <b>Constipation</b> may sometimes occur.</p>	<ul style="list-style-type: none"> <li>● 可能的话，要运动。</li> <li>● Exercise if you can.</li> <li>● 要喝大量的流质食物。</li> <li>● Drink plenty of fluids.</li> <li>● 尝试《应对便秘的建议》（<i>Suggestions for Dealing with Constipation</i>）书中介绍的方法。*</li> <li>● Try ideas in <i>Suggestions for Dealing with Constipation</i>.*</li> </ul>
<p>服用索拉非尼引起恶心的反应并不常见。 <b>Nausea</b> does not usually occur with sorafenib.</p>	
<p>有时可能会出现头痛或疼痛。 <b>Headache or pain</b> may sometimes occur.</p>	<p>需要的话，每隔 4-6 小时，服用醋氨酚（acetaminophen，如：扑热息痛〈TYLENOL®〉），每天剂量不超过 4 克（4000 毫克）。</p> <p>Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.</p>
<p>在治疗期间，患者的白血球可能会减少。白血球可抵御引起感染的病菌，从而保护身体健康，当白血球数目较低时，患者较易染上疾病。 Your <b>white blood cells</b> may decrease during your treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, <b>you are at greater risk of having an infection.</b></p>	<p>为了预防感染疾病，请注意以下几点： To help prevent infection:</p> <ul style="list-style-type: none"> <li>● 经常洗手，入厕后，始终要洗手。</li> <li>● Wash your hands often and always after using the bathroom.</li> <li>● 避免到人群中去，避免接触病人。</li> <li>● Avoid crowds and people who are sick.</li> <li>● 一旦出现生病症状，例如：发烧（口腔测量的体温超过华氏 100°或摄氏 38°）、畏寒、咳嗽或小便时有烧灼感，请<b>立即</b>停止服用索拉非尼并打电话找医生。</li> <li>● Stop taking sorafenib and call your doctor <b>immediately</b> 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.</li> </ul>

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<p>在治疗期间，患者的血小板可能会减少。受伤时，血小板可有助于血液凝结。患者可能会较平常更易出现瘀青或出血。</p> <p>Your <b>platelets</b> may decrease during your treatment. Platelets help to make your blood clot when you hurt yourself. <b>You may bruise or bleed more easily than usual.</b></p>	<p>为了防止出血，请注意以下几点： To help prevent bleeding problems:</p> <ul style="list-style-type: none"> <li>● 尽量避免瘀青、割伤或烫伤。</li> <li>● Try not to bruise, cut, or burn yourself.</li> <li>● 轻柔地擤鼻子，清洁鼻孔，切勿挖鼻孔。</li> <li>● Clean your nose by blowing gently. Do not pick your nose.</li> <li>● 避免便秘。</li> <li>● Avoid constipation.</li> <li>● 用软性牙膏轻柔地刷牙，因为患者的牙龈可能较易出血，保持良好的口腔卫生。</li> <li>● Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene.</li> </ul> <p>某些药物，例如：ASA（如：阿斯匹林〈ASPIRIN®〉）或布洛芬（ibuprofen，如：雅维〈ADVIL®〉），可能会增加出血的风险。</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"> <li>● 切忌停止服用医生开的任何药（例如：用于治疗心脏病的ASA）。</li> <li>● Do not stop taking any medication that has been prescribed by your doctor (e.g., <b>ASA for your heart</b>).</li> <li>● 对于轻微的疼痛，先试用醋胺酚（如：扑热息痛〈TYLENOL®〉），偶尔服用布洛芬也可以。</li> <li>● For minor pain, try acetaminophen (e.g., TYLENOL®) first, but occasional use of ibuprofen may be acceptable.</li> </ul>
<p>有时可能会出现疲倦并且乏力。 <b>Tiredness</b> and lack of energy may sometimes occur.</p>	<ul style="list-style-type: none"> <li>● 如果感到很累，切勿开车或操作机器。</li> <li>● Do not drive a car or operate machinery if you are feeling tired.</li> <li>● 尝试《保存体力：癌症患者如何应对疲乏》（<i>Your Bank of Energy Savings: How People with Cancer Can Handle Fatigue</i>）书中介绍的方法。*</li> <li>● Try the ideas in <i>Your Bank of Energy Savings: How People with Cancer Can Handle Fatigue</i>.*</li> </ul>

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服用索拉非尼，有时可能会出现 <b>脱发</b> 。 <b>Hair loss</b> sometimes occurs with sorafenib.	<ul style="list-style-type: none"> <li>● 使用软性的洗发液和软刷。</li> <li>● Use a gentle shampoo and soft brush.</li> <li>● 应小心使用喷发剂、漂发剂、染发剂和烫发剂。</li> <li>● Care should be taken with use of hair spray, bleaches, dyes, and perms.</li> </ul>
手指或脚指有时可能会出现 <b>麻木或刺痛</b> 。 <b>Numbness or tingling of the fingers or toes</b> may sometimes occur.	<ul style="list-style-type: none"> <li>● 在处理尖锐、热或冷的物品时，应小心谨慎。</li> <li>● Be careful when handling items that are sharp, hot or cold.</li> <li>● 尤其是如果患者出现难以扣纽扣、书写或捡起小件物品的情况，在复诊时，应告诉医生。</li> <li>● Tell your doctor at your next visit, especially if you have trouble with buttons, writing, or picking up small objects.</li> </ul>
有时可能会出现 <b>高血压</b> ，这项反应在开始治疗后会很快出现。 <b>High blood pressure</b> may sometimes occur. This can happen very quickly after starting treatment.	在复诊时，会检查患者的血压。 Your blood pressure will be checked during your visits to your doctor. <ul style="list-style-type: none"> <li>● 可能会要求患者在复诊之间的时间内，经常测量自己的血压。</li> <li>● You may be asked to check your blood pressure frequently between visits.</li> <li>● 如果血压较高，医生可能会为患者开药。</li> <li>● Your doctor may give you medication if your blood pressure is high.</li> <li>● 如果患者已经在服用降压药，应告诉医生，医生可能要调整剂量。</li> <li>● Tell your doctor if you are already on blood pressure medication. Your doctor may have to adjust your dose.</li> </ul>

\*请向化疗护士或药剂师索取一本。

\*Please ask your chemotherapy nurse or pharmacist for a copy.

如果患者出现以下情形，请停止服用索拉非尼并看医生，或者立即紧急求救，其中包括：

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

- 中风体征，例如：突然剧烈头痛、视觉改变、口齿不清、失去协调能力、手臂或大腿无力或麻木。
- Signs of a **stroke** such as sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg.

- **感染**体征，例如：发烧（口腔测量的体温超过华氏 100°或 38°），恶寒战栗、喉咙剧痛、痰咳（咳出浓痰或绿痰），小便混浊发臭，伤口疼痛、触痛或肿胀皮肤发红或溃疡。
- 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.
- **出血**体征，例如：大便呈漆黑色、尿血、皮肤出现小红点、大面积瘀青。
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- **血凝**结体征，例如：静脉触痛或发硬、腿肚肿胀并有触痛感、突然咳嗽、胸痛或呼吸急促。
- 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.
- **心脏或肺部问题**体征，例如：心跳加快或心律不齐、胸痛、胸闷、呼吸急促或呼吸困难、踝关节肿胀或眩晕。
- Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of ankles, or fainting.

如果患者出现以下情形，请尽快看医生（在办公时间内），其中包括：

**SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:**

- **肝部问题**体征，例如：眼睛或皮肤发黄、大便呈白色或土色。
- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- **脚或手麻木或刺痛。**
- **Numbness or tingling** in feet or hands.
- **皮疹或皮肤发痒。**
- **Skin rash or itching.**
- **贫血**体征，例如：异常疲倦或虚弱。
- Signs of **anemia** such as unusual tiredness or weakness.
- 服用醋氨酚（如：扑热息痛〈TYLENOL®〉）后，**头痛或疼痛**仍无法止痛。
- **Headache or pain** not controlled with acetaminophen (TYLENOL®).

如果以下任何情形持续出现，或者困扰患者时，请向医生咨询，其中包括：

**CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:**

- 容易瘀青或轻微出血。
- Easy bruising or minor bleeding.
- 嘴唇、舌头、口腔或咽喉发红、肿胀、疼痛或溃疡。
- Redness, swelling, pain, or sores on your lips, tongue, mouth, or throat.
- 皮疹或皮肤发痒。
- Skin rash or itching.
- 阳痿（无性功能）
- Impotence (loss of sexual ability)
- 体重减轻或进食有困难。
- Weight loss or trouble eating.

要告诉医生的其他问题

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR

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