

為病人提供的藥物：卡鉑帝
藥物別名：PARAPLATIN®, PARAPLATIN-AQ®
For the Patient: Carboplatin
Other names: PARAPLATIN®, PARAPLATIN-AQ®



- **卡鉑帝 (Carboplatin)** (英文讀音 KAR-boe-plat-in) 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。
Carboplatin (KAR-boe-plat-in) is a drug that is used to treat many kinds of cancers. It is a clear liquid that is injected into a vein.
- 在開始接受卡鉑帝治療之前，如果你曾經對順鉑 [(cisplatin) (PLATINOL®, PLATINOL-AQ®)]或甘露醇(mannitol)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 cisplatin (PLATINOL®, PLATINOL-AQ®) or mannitol before starting carboplatin treatment.
- 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，例如癲能停 [(phenytoin) (DILANTIN®)] 和華法林 [warfarin (COUMADIN®)]可能會與卡鉑帝**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。在開始使用任何新藥物時，請向醫生或藥劑師查詢。
Other drugs such as phenytoin (DILANTIN®) and warfarin (COUMADIN®) may **interact** with carboplatin. 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)似乎不會影響卡鉑帝的安全性能或效用。
The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of carboplatin.
- 卡鉑帝可能導致男性**不育**或女性**停經**。如果您計劃生育，請在接受卡鉑帝治療前，先與醫生討論此事。
Carboplatin may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with carboplatin.
- 卡鉑帝可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在使用卡鉑帝治病期間，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。女性在使用卡鉑帝治病期間，切勿餵哺母乳。
Carboplatin may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with carboplatin. 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卡鉑帝治病。
Tell doctors or dentists that you are being treated with carboplatin 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 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"> 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 Control Nausea</i>)* 所載建議。 Try the ideas in <i>Food Choices to Control Nausea</i>.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>在接受治療之後 3 星期，您的血小板會減少。當您完成最後療程 4 至 5 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 3 weeks after your treatment. They usually return to normal 4-5 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，嘗試先服用乙醯氨基酚 [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.
<p>在接受治療之後 3 至 4 星期，您的白血球細胞會減少。當您完成最後療程 5 星期後，通常它們便會回復正常。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 3-4 weeks after your treatment. They usually return to normal 5 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. ● 小心護理皮膚和口腔。 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，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>可能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》(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>當您以卡鉑帝治病期間，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。 Hair loss is rare with carboplatin. Your hair will grow back once you stop treatment with carboplatin. Colour and texture may change.</p>	<ul style="list-style-type: none"> • 使用溫和洗髮液及柔軟髮刷。 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.
<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.

如果您有以下症狀，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、疼痛或小便時感到灼熱。
Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer); chills; cough; pain or burning when you pass urine.
- 出現**出血問題**，例如黑色糞便、尿中帶血、皮膚出現小紅點。
Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin.
- 當您接受治療之後，迅即出現**過敏反應**，包括暈眩、心跳急促、面部和舌頭腫脹或呼吸問題。
Signs of an **allergic reaction** soon after a treatment including dizziness, fast heart beat, face and tongue swelling or breathing problems.

