

為病人提供的藥物：瘤克寧錠

藥物別名：LEUKERAN®

For the Patient: Chlorambucil

Other names: LEUKERAN®



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- 瘤克寧錠(Chlorambucil，英文讀音 klor-AM-byoo-sil) 是一種用來醫治多類癌症的藥物。這是口服藥片。
Chlorambucil (klor-AM-byoo-sil) is a drug that is used to treat many types of cancer. It is a tablet that you take by mouth.
- 在服食瘤克寧錠之前，如果你曾經對瘤克寧錠或任何藥物有異常或過敏反應，請告訴醫生。
Tell your doctor if you have ever had an unusual or **allergic reaction** to chlorambucil or any medications before taking chlorambucil.
- 如果您曾經有抽筋的病歷，請告訴醫生。
Tell your doctor if you have a history of **seizures**.
- 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瘤克寧錠，請確保您明白有關指示。
It is important to **take** chlorambucil exactly as directed by your doctor. Make sure you understand the directions.
- 請每天均在相同時間，以一滿杯清水空腹服食瘤克寧錠。應整片服食瘤克寧錠藥片。
Take chlorambucil on an empty stomach, with a full glass of water, at the same time each day. Chlorambucil tablets should be swallowed whole.
- 連續每天服食藥片：如果您錯過服食一劑瘤克寧錠，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。
For continuous once daily dosing: If you **miss a dose** of chlorambucil, 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.
- 如果您服食瘤克寧錠後立即嘔吐，請致電醫生，請教醫生意見。
If you **vomit** right after taking the medication, call your doctor.
- 視乎您服食瘤克寧錠的劑量，您的醫生可能告訴您要飲大量飲料，例如每天 8 至 12 杯流質 (2000 至 3000 毫升或 70 至 100 安士)。這樣有助防止腎病問題。
Depending on your dose of chlorambucil, your doctor **may** tell you to **drink** plenty of liquids e.g., 8-12 cups (2000-3000 mL or 70-100 oz) a day. This helps prevent kidney problems.

- **飲酒**(少量)似乎不會影響瘤克寧錠的安全性能或效用。
The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of chlorambucil.
- 瘤克寧錠可能導致男性**不育**或女性**停經**。如果您計劃生育，請在接受瘤克寧錠治療前，先與醫生討論此事。
Chlorambucil may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with chlorambucil.
- 瘤克寧錠可能會破壞精子，如果女性在懷孕期間服食此藥，可能會傷害胎兒。在服用瘤克寧錠治病期間，最好使用**避孕**措施。如果您或您的伴侶懷孕，請立即通知醫生。女性在服用瘤克寧錠治病期間，切勿餵哺母乳。
Chlorambucil may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with chlorambucil. 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**他們您正使用瘤克寧錠治病。
Tell doctors or dentists that you are being treated with chlorambucil before you receive any treatment from them.
- 瘤克寧錠應**存放**在小孩難以觸及的地方，並且存放於**雪櫃(冰箱)**內，遠離高溫、強光和潮濕之處。
Store chlorambucil tablets out of the reach of children, **in the refrigerator**, away from heat, light, and moisture.
- **一般來說**，瘤克寧錠**耐受性較好**，罕有出現嚴重的副作用。
Chlorambucil is **usually well tolerated** and serious side effects are rare.

血球數量的變化

Changes in blood counts

瘤克寧錠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。

Chlorambucil 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.

<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.</p> <p>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. ● 與您的醫生談談注射預防流感和肺炎的疫苗。 Talk to your doctor about getting the Influenza (Flu shot) and Pneumonia vaccine.

血球數量 BLOOD COUNTS	控制方法 MANAGEMENT
<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： 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。</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>很少出現噁心、嘔吐和腹部不適的情況。如果每天服食超過 20 毫克的劑量，才較普遍出現噁心的情況。大部份人只有輕微或沒有噁心的情況。</p> <p>Nausea, vomiting and abdominal discomfort may rarely occur. Nausea is more common with doses over 20 mg a day. Most people have little or no nausea.</p>	<p>您可能獲處方止嘔藥，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 directions closely.</p> <ul style="list-style-type: none"> ● 喝大量飲料。 Drink plenty of liquids. ● 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>服食瘤克寧錠，一般不會導致脫髮。</p> <p>Hair loss does not usually occur with chlorambucil.</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，請停用瘤克寧錠，並向醫生求診或立即緊急求救：

STOP TAKING CHLORAMBUCIL 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)，包括潮熱、紅疹、痕癢、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 flushing, fever, rash, itching, dizziness, fast heart beat, face swelling, or breathing problems.
- **抽筋**或失去知覺。
Seizures or **loss of consciousness**.
- 出現**肺病問題**徵象，例如咳嗽、氣促或呼吸困難。
Signs of **lung problems** such as cough, shortness of breath or difficulty 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:

- 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.
- 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.
- 手或腳麻痺或刺痛。
Numbness or tingling in feet or hands.
- 皮膚紅疹或痕癢。
Skin rash or itching.
- 出現痛風症徵象，例如關節痛。
Signs of **gout** such as joint pain.
- 腹部劇痛。
Severe **abdominal 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.
- 視力產生變化。
Changes in **eyesight.**

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。
Nausea, vomiting, or diarrhea.
- 沒有食慾。
Loss of appetite.
- 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.
- 極度疲乏。
Severe fatigue.
- 走路困難或失去協調能力。
Trouble walking or loss of coordination.
- 難以清晰及有邏輯地思考。
Difficulty thinking clearly and logically.

如果尚有其他問題，請告知醫生！

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
