

為病人提供的藥物：癌德星注射劑

藥物別名：cyclo, CYTOXAN®, PROCYTOX®

For the Patient: Cyclophosphamide Injection

Other names: cyclo, CYTOXAN®, PROCYTOX®



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- **癌德星**(Cyclophosphamide，英文讀音sigh-kloe-FOSS-fa-mide) 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。
Cyclophosphamide (sigh-kloe-FOSS-fa-mide) is a drug that is used to treat many types of cancers. It is a clear liquid that is injected into a vein.
- 在開始接受癌德星治療之前，如果你曾經對癌德星有異常或**過敏反應**，請告訴醫生。
Tell your doctor if you have ever had an unusual or **allergic reaction** to cyclophosphamide before taking cyclophosphamide.
- 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.
- 您的醫生可能告訴您要**飲**大量飲料，例如每天8至12杯（2000至3000毫升或70至100安士）。您可能獲告知在您接受注射後至少24小時，要經常**清空膀胱**（小便），在您清醒或睡眠時，每兩小時要小便一次。您的醫生並可能告訴您，在夜間要起床清空膀胱，這樣有助防止膀胱和腎病問題。
Your doctor may tell you to **drink** plenty of liquids e.g., 8-12 cups (2000-3000 mL or 70-100 oz) a day. You may be told to **empty your bladder** (pass urine) frequently, every 2 hours while you are awake and at bedtime for at least 24 hours after your dose. Your doctor may also tell you to get up in the night to empty your bladder. This helps prevent bladder and kidney problems.
- 其他藥物，例如 allopurinol、amiodarone、digoxin (LANOXIN®)、hydrochlorothiazide、indomethacin (INDOCID®)、phenobarbital、phenytoin (DILANTIN®)或warfarin (COUMADIN®)可能會與癌德星**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 allopurinol, amiodarone, digoxin (LANOXIN®), hydrochlorothiazide, indomethacin (INDOCID®), phenobarbital, phenytoin (DILANTIN®), or warfarin (COUMADIN®) may **interact** with cyclophosphamide. 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 taking any new drugs.
- **飲酒**(少量)似乎不會影響癌德星的安全性能或效用。
The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of cyclophosphamide.

- 癌德星可能導致男性**不育**或女性**停經**。這種風險視乎您接受癌德星的劑量和您的年紀。如果您計劃生育，請在接受癌德星治療前，先與醫生討論此事。

Cyclophosphamide may cause **sterility** in men and **menopause** in women. The risk of this occurring depends on the dose of cyclophosphamide and your age. If you plan to have children, discuss this with your doctor before being treated with cyclophosphamide.

- 癌德星可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在服用癌德星治病期間，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。女性在服用癌德星治病期間，切勿餵哺母乳。

Cyclophosphamide may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with cyclophosphamide. 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癌德星治病。

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

血球數量的變化

Changes in blood counts

這種藥物可能引致您的血球數量短暫出現變化，您的醫生會透過做血液測試，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。

This drug 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>在您開始接受治療8至15天之後，您的白血球細胞會減少。當您完成最後療程17至28天後，通常它們便會回復正常。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。 Your white blood cells will decrease 8-15 days after your treatment has started. They usually return to your previous levels 17-28 days after your last treatment. 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： 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. ● 護理您的皮膚和口腔。 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，應立即致電醫生。 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>在您開始接受治療之後10至15天，您的血小板數目可能減少。當您完成最後療程17至28天後，通常它們便會回復正常。</p> <p>正常血小板幫助您在受傷(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>Your platelets may decrease 10-15 days after your treatment has started. They usually return to your previous levels 17-28 days after your last treatment.</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。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.

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>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.
<p>在注射癌德星期間，可能出現鼻塞情況。在注入藥物期間或剛注藥後，您可能流眼水、流鼻水、鼻塞和打噴嚏。 Nasal congestion may occur during administration of cyclophosphamide. You may experience runny eyes and nose, sinus congestion and sneezing during or immediately after the infusion.</p>	<ul style="list-style-type: none"> ● 如果持續出現鼻塞，可以使用一種去充血劑，例如偽麻黃素。(例如：SUDAFED®)或另一種去充血劑/抗組胺劑，例如偽麻黃素/曲普利啶 (例如：ACTIFED®)，以舒緩不適徵狀。 For persistent nasal congestion a decongestant such as pseudoephedrine (e.g., SUDAFED®) or a decongestant/antihistamine such as pseudoephedrine/triprolidine (e.g., ACTIFED®) can be used to relieve symptoms.
<p>當您接受治療後，可能出現噁心及嘔吐。這情況可能在您開始接受治療6至10小時後便出現。有些人感到少許噁心，甚至沒有出現噁心情況。 Nausea and vomiting may occur after your treatment. May begin 6-10 hours after the beginning of your treatment. Some people have little or no nausea.</p>	<ul style="list-style-type: none"> ● 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. ● 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》(Food Choices to Control Nausea)所載建議。 Try the ideas in Food Choices to Control Nausea.
<p>可能出現頭痛。 Headache may occur.</p>	<ul style="list-style-type: none"> ● 服用乙醯氨基酚[acetaminophen，例如：撲熱息痛(TYLENOL®)]，以減輕痛楚或止痛。 Take acetaminophen (e.g., TYLENOL®) to decrease or stop headache.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>有時可能出現腹瀉。 Diarrhea may occur.</p>	<p>控制腹瀉問題，請注意以下各點： To help diarrhea:</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. • 避免進食《在化療期間控制腹瀉的食物選擇》(<i>Food Ideas to Help With Diarrhea During Chemotherapy</i>)所概列的高纖維食物。 Avoid high fibre foods as outlined in <i>Food Ideas to Help With Diarrhea During Chemotherapy</i>.
<p>接受治療之後數天，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。 Sore mouth may 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. • 嘗試軟而清淡的食物，例如布丁、奶昔和忌廉湯。 Try soft, bland foods like puddings, milkshakes and cream soups. • 避免辛辣、爽脆或酸性食物，以及極熱或冰冷食品。 Avoid spicy, crunchy or acidic food, and very hot or cold foods. • 嘗試仿效兩份簡介：《容易咀嚼食物的食譜》(<i>easy to chew recipes</i>)及《軟而濕潤的食物建議》(<i>soft, moist food ideas</i>)所載的食物建議。 Try ideas in the two handouts; <i>easy to chew recipes</i> and <i>soft, moist food ideas</i>.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>出現脫髮現象屬於常見，並且可能在接受治療3至6星期內，便開始脫髮。您的頭髮可能變得稀薄，或可能變成禿頭。您的頭皮可能感到脆弱。您的面部和身體上的毛髮可能亦會脫落。當您停止療程，或在療程前後，毛髮便會回復生長，但顏色及髮質可能會有所改變。</p> <p>Hair loss is common and may begin within 3-6 weeks after the start of treatment. Your hair may thin or you may become totally bald. Your scalp may feel tender. You may lose hair on your face and body. Your hair will grow back once your treatments are over and sometimes between treatments. Colour and texture may change.</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. ● 在寒冷天氣，用帽子、圍巾或假髮保護您的頭皮。一些延伸醫療保險計劃，會支付假髮的部份費用。 Protect your scalp with a hat, scarf or wig in cold weather. Some extended health plans will pay part of the cost of a wig. ● 在陽光普照的日子，蓋著您的頭部或塗上防曬用品。 Cover your head or apply sunblock on sunny days. ● 在頭皮上塗抹礦物油，以舒緩痕癢。 Apply mineral oil to your scalp to reduce itching. ● 如您的睫毛和眉毛脫掉，請帶上闊邊帽子和眼鏡，免使眼睛遭受塵埃和砂礫侵擾。 If you lose your eyelashes and eyebrows, protect your eyes from dust and grit with a broad-rimmed hat and glasses.
<p>出現食慾欠佳和體重減輕屬於常見。即使停止癌德星的療程後，亦可能維持一段長時間。</p> <p>Loss of appetite and weight loss are common and may persist long after discontinuation of cyclophosphamide.</p>	<ul style="list-style-type: none"> ● 嘗試仿效《高能量高蛋白的食物建議》(High Energy High Protein Ideas) 和《按高能量高蛋白的食物建議健康進食》(Healthy Eating Using High Energy, High Protein Foods)所載建議。 Try ideas in <i>High Energy High Protein Ideas</i> and in <i>Healthy Eating Using High Energy, High Protein Foods</i>.

如果您有以下症狀，請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，在小便時感到疼痛或灼熱。
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**徵象，例如糞便或尿中帶血。
Signs of **bleeding problems** such as blood in urine or stools.
- 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**心臟或肺部問題**徵象，例如心跳急促、心跳不規則、胸痛、胸壓感、氣促、呼吸困難、腳踝腫脹或者昏厥。
Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty breathing, swelling of ankles or fainting.

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**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.
- 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**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.
- **皮膚紅疹或痕癢。**
Skin rash or itching.

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、嘔吐或腹瀉情況不受控制。
Uncontrolled nausea, vomiting or diarrhea.
- 如果是糖尿病病人：血糖水平不受控制。
For diabetics: uncontrolled blood sugars.
- 即使服用乙醯氨基酚(acetaminophen)，仍不能控制頭痛。
Headache not controlled with acetaminophen.
- 容易出現瘀斑或出血。
Easy bruising or bleeding.
- 在施針的部位出現紅腫、疼痛或潰爛。
Redness, swelling, pain or sores where the needle was placed.
- 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 you lips, tongue, mouth or throat.

如果尚有其他問題，請告知醫生！

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR

