



為病人提供的藥物: 注射氟尿嘧啶

藥物別名: 5-氟尿嘧啶 (5-Fluorouracil)、5FU、Aduvici

For the Patient: Fluorouracil injection

Other names: 5-Fluorouracil, 5FU, Aduvici

- **氟尿嘧啶 (Fluorouracil)** (英文讀音 flure oh yoor' a sill) 是一種用來醫治多種癌症的藥物。這是注射入靜脈的透明液體。
- **Fluorouracil** is a drug that is used to treat many types of cancer. It is a clear liquid that is injected into a vein.
- 在注射氟尿嘧啶之前，如果你曾經對氟尿嘧啶或卡培他濱(**capecitabine**) [又稱希羅達 (**XELODA®**)]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 fluorouracil or to capecitabine (**XELODA®**) before using fluorouracil.
- 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.
- 有些氟尿嘧啶治療，會在注射藥物時，請您吮含冰塊。並非所有氟尿嘧啶治療都建議這樣做。您的醫生、護士或藥劑師會給您建議。
- For some kinds of fluorouracil treatments you will be asked to suck on ice chips while the drug is being given. This is not recommended for all kinds of fluorouracil treatments and your doctor, nurse or pharmacist can advise you.
- 其他藥物，例如華法林[warfarin (**COUMADIN®**)]、苯妥英[phenytoin (**DILANTIN®**)]及磷苯妥英鈉[fosphenytoin(**CEREBYX®**)]可能會與氟尿嘧啶**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 warfarin (**COUMADIN®**), phenytoin (**DILANTIN®**) and fosphenytoin (**CEREBYX®**) may **interact** with fluorouracil. 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.
- 飲酒(少量)似乎不會影響氟尿嘧啶的安全性能或效用。
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of fluorouracil.
- 氟尿嘧啶可能導致男性**不育**或女性**停經**。如果您計劃生育，請在接受氟尿嘧啶治療前，先與醫生討論此事。
- Fluorouracil may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with fluorouracil.

- 氟尿嘧啶可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在使用氟尿嘧啶治病期間，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。女性在使用氟尿嘧啶治病期間，切勿餵哺母乳。
- Fluorouracil may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with fluorouracil. 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**他們您正使用氟尿嘧啶治病。
- **Tell** doctors or dentists that you are being treated with fluorouracil 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
如果氟尿嘧啶滲進皮膚，會產生 灼燒 感覺。 Fluorouracil burns if it leaks under the skin.	如果在接受氟尿嘧啶注射期間，您覺得灼熱、刺痛或任何其他變化，請 立即 通知醫生或護士。 Tell your nurse or doctor immediately if you feel burning, stinging or any other change while the drug is being given.
您的 皮膚 可能容易被 曬傷 。 Your skin may sunburn easily.	避免曬傷，請注意以下各點： To help prevent sunburn: <ul style="list-style-type: none"> • 避免受到陽光直射。 • Avoid direct sunlight. • 在晴朗日子，戴帽、穿著長袖衣物及長褲或長裙。 • Wear a hat, long sleeves and long pants or skirt outside on sunny days. • 塗上至少具有 30 度防曬指數的防曬霜 SPF。 • Apply a sunscreen with an SPF (sun protection factor) of at least 30.
使用氟尿嘧啶治病，通常不會出現 噁心 情況。 Nausea does not usually occur with fluorouracil.	

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>可能出現腹瀉。 Diarrhea may occur.</p>	<p>為防止腹瀉，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. ● 每次飲食，總以量小為佳。 ● Eat and drink often in small amounts. ● 避免進食《化療期間腹瀉的處理》(<i>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>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>	<p>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>
<p>當您使用氟尿嘧啶治病後的幾天內，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，開成嗽口水，每日嗽口數次。 ● Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day. ● 嘗試仿效《化療期間口腔潰爛時應進食的有益食物》(<i>Help with Sore Mouth during Chemotherapy</i>)* 所載建議。 ● Try the ideas in <i>Food Ideas to Help with Sore Mouth during Chemotherapy</i>.*

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>當您使用氟尿嘧啶治病之後 7 至 14 日，您的白血球細胞會減少。當您完成最後療程 30 日後，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 may decrease 7-14 days after your treatment. They usually return to normal 30 days 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，則應立即致電醫生。 • 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.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>當您使用氟尿嘧啶治病期間之後 7 至 14 日，您的血小板會減少。當您完成最後療程 30 日後，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 7-14 days after your treatment. They usually return to normal 30 days 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. • 輕柔地清潔鼻子，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®)]，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.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>皮膚可能出現紅疹。 Skin rashes may occur.</p>	<p>防止痕癢，請注意以下各點： To help itching:</p> <ul style="list-style-type: none"> • 您可以使用爐甘石洗劑(calamine lotion)。 • You can use calamine lotion. • 如果十分痕癢，請在辦公時間致電醫生。 • If very irritating, call your doctor during office hours. • 否則，緊記在下次就診時告訴醫生。 • Otherwise make sure to mention it at your next visit.
<p>可能食慾欠佳，而且在停止使用氟尿嘧啶治病之後，仍長期出現這情況。 Loss of appetite may occur and may persist long after discontinuation of fluorouracil.</p>	<p>嘗試仿效《提高食慾的食物選擇》(<i>Food Ideas to Help with Decreased Appetite</i>)* 所載建議。 Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i>.*</p>
<p>當您使用氟尿嘧啶治病期間，有時會出現掉頭髮現象。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 sometimes occurs with fluorouracil. Your hair will grow back once you stop treatment with fluorouracil. Colour and texture may change.</p>	<ul style="list-style-type: none"> • 使用溫和洗髮液及柔和刷子。 • 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.

*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，請向醫生求診或立即緊急求救：

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- 當您使用氟尿嘧啶治病之後，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，或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，例如黑色糞便、尿中帶血、皮膚出現小紅點及嚴重發癢的情況。
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin, extensive bruising.

- 出現心臟或肺部問題，例如心跳急促、心跳不規則、胸痛、胸壓感、氣促或呼吸困難、腳踝腫脹或暈眩。
- 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.
- 腹部突然疼痛或觸痛。
- Sudden **abdominal pain** or tenderness.

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:

- 手腳皮膚痛楚，例如手掌及/或足底疼痛發紅、脫皮、刺痛、麻痺、腫脹或起水泡。
- **Painful hand-foot skin reaction** such as painful redness, peeling, tingling, numbness, swelling, or blistering of the palms of your hands and/or the bottoms of your feet.
- 不能控制的噁心、嘔吐或腹瀉情況。
- **Uncontrolled nausea, vomiting, or diarrhea.**
- 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.
- 嚴重的皮膚不適。
- **Severe skin irritation.**

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:

- 在手掌及/或足底出現無痛的皮膚反應，例如發紅、脫皮、刺痛、麻痺、腫脹或起泡。
- Painless hand-foot skin reaction such as redness, peeling, tingling, numbness, swelling, or blistering of the palms of your hands and/or bottoms of your feet.
- 容易出現瘀傷或輕微流血。
- Easy bruising or minor bleeding.
- 在施針之處出現紅腫、疼痛或潰爛。
- Redness, swelling, pain, or sores where the needle was placed.
- 在口唇、舌頭、口部或喉嚨出現紅腫、疼痛或潰爛。
- Redness, swelling, pain, or sores on your lips, tongue, mouth, or throat.
- 胃灼熱，腹部或胃部感到輕微或中度疼痛。
- Heartburn; mild to moderate abdominal or stomach pain.
- 暈眩或走路有困難。
- Dizziness or trouble walking.
- 眼睛不適或視力產生變化。
- Eye irritation or changes in eyesight.

