

為病人提供的藥物：吉西他濱  
藥物別名：GEMZAR®  
For the Patient: Gemcitabine  
Other names: GEMZAR®



- **吉西他濱** (*Gemcitabine*，英文讀音 jem-SITE-a-been) 是一種用來醫治一些癌症的藥物。這是注射入靜脈的透明液體。  
**Gemcitabine** (jem-SITE-a-been) is a drug that is used to treat some kinds of cancer. It is a clear liquid that is injected into a vein.
- 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，例如華法林[warfarin (COUMADIN®)] 可能會與吉西他濱**產生相互作用**。如果您正服用這藥物或其他藥物，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。在開始服用任何新藥物時，請向醫生或藥劑師查詢。  
Other drugs such as warfarin (COUMADIN®) may **interact** with gemcitabine. Tell your doctor if you are taking this or 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)似乎不會影響吉西他濱的安全性能或效用。  
The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of gemcitabine.
- 吉西他濱可能會破壞精子，如果女性在懷孕期間服食此藥，可能會傷害胎兒。在服用吉西他濱治病期間，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。女性在服用吉西他濱治病期間，切勿餵哺母乳。  
Gemcitabine may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with gemcitabine. 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**他們您正服用吉西他濱治病。  
**Tell** doctors or dentists that you are being treated with gemcitabine 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，但情況通常屬於輕微至中度。</p> <p><b>Nausea and vomiting</b> may occur after your treatment and may last for 24 hours. It is usually mild to moderate.</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。</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"> <li>• 喝大量飲料。 Drink plenty of liquids.</li> <li>• 飲食方面，宜量小多餐。 Eat and drink often in small amounts.</li> <li>• 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>.</li> </ul>
<p>在接受治療後不久，可能出現類似流感的疾病。您可能會發燒、發冷、頭痛、肌肉和關節疼痛。這些類似流感的徵象一般會自行消失。</p> <p><b>A flu-like illness</b> may occur shortly after your treatment. You may have fever, chills, headache, muscle and joint aches. Flu-like symptoms usually disappear on their own.</p>	<ul style="list-style-type: none"> <li>• 如有需要，每 3 至 4 小時服用乙醯氨基酚 [acetaminophen，例如：撲熱息痛 (TYLENOL®)]。 Take acetaminophen (eg, TYLENOL®) every 3-4 hours if needed.</li> <li>• 在接受治療超過 48 小時出現發燒和發冷，則可能是感染疾病的徵象，應立即通知醫生，詳情見下文。 Fever and chills, which occur more than 48 hours after treatment, may be signs of an infection. They should be reported to the doctor immediately. See details below.</li> </ul>
<p>在接受吉西他濱治療後，可能出現皮膚紅疹，一般出現在手臂、腿部、胸膛、背部或胃部，屬於輕微情況。它們可能會痕癢、也可能並不痕癢。</p> <p><b>Skin Rash</b> may occur after treatment with gemcitabine. It is usually mild and is found on the arms, legs, chest, back or stomach. It may or may not be itchy.</p>	<ul style="list-style-type: none"> <li>• 每天在患處少量地塗抹 0.5% hydrocortisone 藥膏 3 至 4 次。 Apply hydrocortisone cream 0.5% sparingly 3-4 times daily.</li> </ul>

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<p>可能出現腹瀉情況。 <b>Diarrhea</b> 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"> <li>● 喝大量飲料。 Drink plenty of liquids.</li> <li>● 飲食方面，宜量小多餐。 Eat and drink often in small amounts.</li> <li>● 避免進食《腹瀉的處理》(<i>Coping with Diarrhea</i>)所概列的高纖維食物。 Avoid high fibre foods as outlined in <i>Coping with Diarrhea</i>.</li> </ul>
<p>在接受治療之後 1 至 2 星期，您的白血球細胞會減少。當您完成最後療程 1 星期內，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。 Your <b>white blood cells</b> will decrease 1-2 weeks after your treatment. They usually return to normal within 1 week. 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>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"> <li>● 經常洗手，如廁後，緊記必須洗手。 Wash your hands often and always after using the bathroom.</li> <li>● 護理皮膚和口腔。 Take care of your skin and mouth.</li> <li>● 避免接觸大量群眾和病人。 Avoid crowds and people who are sick.</li> <li>● 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，<b>立即</b>致電醫生。 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>在接受治療之後 1 至 2 星期，您的<b>血小板</b>會減少。當您完成最後療程 1 星期內，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 <b>platelets</b> may decrease 1-2 weeks after your treatment. They usually return to normal within 1 week. Platelets help to make your blood clot when you hurt yourself. <b>You may bruise or bleed more easily than usual.</b></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"> <li>• 嘗試避免造成瘀傷、割傷或燙傷。 Try not to bruise, cut, or burn yourself.</li> <li>• 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.</li> <li>• 避免造成便秘。 Avoid constipation.</li> <li>• 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.</li> </ul> <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"> <li>• 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., <b>ASA for your heart</b>).</li> <li>• 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.</li> </ul>
<p>如果體內備存水份過多，則手、腳或小腿會腫脹。</p> <p><b>Swelling</b> of hands, feet or lower legs may occur if your body retains extra fluid.</p>	<p>如果有腫脹問題： If swelling is a problem:</p> <ul style="list-style-type: none"> <li>• 坐下時提起雙腳。 Elevate your feet when sitting.</li> <li>• 避免穿緊身衣服。 Avoid tight clothing.</li> </ul>

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<p>有時可能出現<b>疲倦</b>及欠缺精力。 <b>Tiredness</b> and lack of energy may occur.</p>	<ul style="list-style-type: none"> <li>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.</li> <li>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 of Energy Savings: How People with Cancer Can Handle Fatigue</i>.</li> </ul>
<p>當您服用吉西他濱期間，<b>有時會出現脫髮現象</b>。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改變。 <b>Hair loss sometimes occurs</b> with gemcitabine. Your hair will grow back once you stop treatment with gemcitabine. Colour and texture may change.</p>	<ul style="list-style-type: none"> <li>使用柔性洗髮液及柔和髮刷。 Use a gentle shampoo and soft brush.</li> <li>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.</li> </ul>
<p>在施針的部位，可能出現<b>疼痛或觸痛</b>。 <b>Pain or tenderness</b> may occur where the needle was placed.</p>	<ul style="list-style-type: none"> <li>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.</li> </ul>

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、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。  
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、面部腫脹或呼吸問題。  
Signs of an **allergic reaction** soon after a treatment including dizziness, fast heart beat, face swelling or breathing problems.
- 出現**肺部問題**徵象，例如氣促或呼吸困難。  
Signs of **lung problems** such as shortness of breath or difficulty breathing.
- 出現**心臟問題**徵象，例如心跳急促或心跳不規則。  
Signs of **heart problems** such as fast or uneven heart beat.

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.
- 出現腎病問題徵象，例如腰部或側身疼痛、雙腳或小腿腫脹、手或腳麻痺或刺痛、小便有血或混濁。  
Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs, numbness or tingling in feet or hands, blood in urine or cloudy urine.

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、便秘或腹瀉情況不受控制。  
Uncontrolled nausea, vomiting, constipation or diarrhea.
- 容易出現瘀斑或出血。  
Easy bruising or bleeding.
- 在施針的部位發紅、腫脹、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.
- 皮膚紅疹，不論是否痕癢。  
Skin rash with or without itching.
- 過份昏倦。  
Excessive drowsiness.
- 各種痛楚。  
Aches and pains.

如果尚有其他問題，請告知醫生！

**REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR**

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