

為病人提供的藥物：羥基脲
藥物別名：HYDREA®, APO-HYDROXYUREA®,
GEN-HYDROXYUREA®
For the Patient: Hydroxyurea
Other names: HYDREA®, APO-HYDROXYUREA®,
GEN-HYDROXYUREA®



- 羥基脲 (Hydroxyurea，英文讀音hye-DROX-ee-yoo-REE-ah) 是一種用來醫治多類癌症的藥物。這是口服膠囊藥片。
Hydroxyurea (hye-DROX-ee-yoo-REE-ah) is a drug that is used to treat many types of cancers. It is a capsule that you take by mouth.
- 在服食羥基脲之前，如果您曾經對羥基脲有異常或過敏反應，請告訴醫生。
Tell your doctor if you have ever had an unusual or **allergic reaction** to hydroxyurea before taking hydroxyurea.
- 在接受治療期間，會定期進行驗血。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。
Blood tests will be taken regularly during 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羥基脲。請確保您明白有關指示。
It is important to **take** hydroxyurea exactly as directed by your doctor. Make sure you understand the directions.
- 您可以連同食物一同服食羥基脲，也可以空腹服食。
You may **take** hydroxyurea with food or on an empty stomach.
- 在處理羥基脲膠囊或包裝後，清洗雙手。
Wash your hands after handling hydroxyurea capsules or packaging.
- 如果您錯過服食一劑羥基脲，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。
If you **miss a dose** of hydroxyurea, 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.
- 您的醫生可能告訴您要喝大量飲料，例如在治療期間第一至二星期，每日喝 8 杯(2000 毫升或 70 安士) 飲料。這樣有助預防腎病問題。
Your doctor **may** tell you to **drink** plenty of liquids e.g., 8 cups (2000 mL or 70 oz) a day, during the first one to two weeks of treatment. This helps prevent kidney problems.

- **飲酒(少量)**似乎不會影響羥基脲的安全性能或效用。
The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of hydroxyurea.
- 羥基脲會否導致男性**不育**或女性**停經**仍未經確定。如果您計劃生育，請在接受羥基脲治療前，先與醫生討論此事。
It is not known if hydroxyurea causes **sterility** in men or **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with hydroxyurea.
- 羥基脲可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在使用羥基脲治病期間，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。女性在使用羥基脲治病期間，切勿餵哺母乳。
Hydroxyurea may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with hydroxyurea. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- 羥基脲應**存放**在小孩難以觸及的地方，並且存放於室溫下，遠離高溫、強光和潮濕之處。
Store hydroxyurea capsules out of the reach of children, at room temperature, away from heat, light, and moisture.
- 在接受醫生或牙醫治療之前，請**告訴**他們您正服用羥基脲治病。
Tell doctors or dentists that you are being treated with hydroxyurea before you receive any treatment from them.
- **一般來說**，病人對羥基脲**耐受性較好**，罕有出現嚴重的副作用。
Hydroxyurea is **usually well tolerated** and serious side effects are rare.

血球數量的變化

Changes in blood counts

羥基脲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。

Hydroxyurea 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。經基脲很少產生這情況。</p> <p>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. This rarely occurs with hydroxyurea.</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. ● 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. |
| <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。經基脲很少產生這情況。</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. This rarely occurs with hydroxyurea.</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. |

| 副作用 SIDE EFFECTS | 控制方法 MANAGEMENT |
|---|---|
| <p>當您服用羥基脲期間，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。</p> <p>Hair loss is rare with hydroxyurea. If you lose hair, it will grow back once you stop treatment with hydroxyurea. 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. |

如果您有以下症狀，請停服羥基脲，並向醫生求診或立即緊急求救：

STOP TAKING HYDROXYUREA 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）、小便時疼痛、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); painful urination, 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、嚴重流鼻血、多處出現瘀斑。
Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; severe nose bleed; extensive bruising.
- 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.
- **抽筋或失去知覺。**
Seizures or loss of consciousness.

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:

- 在曾經接受電療的部位，皮膚出現**嚴重反應**。
Severe **skin reaction** where you have had radiation.
- 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。
Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- **嚴重胃痛。**
Severe **stomach pain.**
- 出現**痛風症**徵象，例如關節痛。
Signs of **gout** such as joint pain.
- **皮膚方面的改變**，例如潰爛、斑紋和傷口癒合緩慢。
Skin changes such as ulcers, stretch marks and slow wound healing.
- 在清晰及邏輯**思考**方面，出現重大改變。

Significant changes in **thinking** clearly and logically.

- 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.

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。
Nausea, vomiting, constipation, or diarrhea.
- 沒有食慾。
Loss of appetite.
- 吞服膠囊有困難。
Difficulty swallowing capsules.
- 昏倦或暈眩。
Drowsiness or dizziness.
- 即使服用乙醯氨基酚(acetaminophen)，仍不能控制頭痛或疼痛。
Headache or pain not controlled with acetaminophen.
- 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.
- 手、腳或小腿腫脹。
Swelling of hands, feet, or lower legs.
- 皮膚出疹或痕癢。
Skin rash or itching.
- 膚色或指甲方面的改變。
Skin colour or nail changes.

如果尚有其他問題，請告知醫生！

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
