

為病人提供的藥物：干擾素 α -2b 注射劑

藥物別名：INTRON-A[®], interferon alfa, alpha interferon, interferon, IFN

For the Patient: Interferon alfa-2b for injection

Other names: INTRON-A[®], interferon alfa, alpha interferon,



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- 干擾素 α -2b (Interferon，英文讀音 in-ter-FEER-on) 是一種用來醫治多類癌症的藥物。它好像人體自然產生的物質，卻是人工製成的，為了對抗疾病感染和腫瘤。干擾素是淺黃色或透明的液體，用來注射入靜脈、肌肉或皮層下。

Interferon (in-ter-FEER-on) is a drug that is used to treat many types of cancers. It is a man-made version of a substance your body produces naturally to fight infections and tumours. Interferon is a clear to light yellow liquid that is injected into a vein, muscle, or under the skin.

- 靜脈注射要由護士進行。注射入肌肉或皮層下，則可以在家中進行。護士會教導您如何注射。

Injections into a vein will be given by a nurse. Injections into a muscle or under the skin may be done at home. A nurse will teach you how to give these injections.

- 把干擾素注射劑 **存放在**雪櫃內，小孩難以接觸的地方。不要猛力搖晃干擾素，因為這樣可能破壞它。切勿放入冰格冷藏。

Store interferon injections in the refrigerator, out of the reach of children. Do not shake interferon vigorously, as it may be damaged. Do not freeze.

- 必須依足指示 **使用**干擾素。一直使用相同品牌的干擾素，您應確保明白有關指示。

It is important to **use** interferon exactly as directed. Always use the same brand of interferon. Make sure you understand the directions.

- 每次在不同位置進行注射。

Use a different site for each injection.

- 在睡前注射，以減少副作用。

Inject at bedtime to lessen side effects.

- 在注射之前，從雪櫃取出干擾素，在室溫放置 30 分鐘後，才進行注射。切勿把注射劑加熱，使它暖和。

Take the interferon out of the refrigerator and allow it to warm to room temperature for 30 minutes before injection. Do not use heat to warm the injection.

- 在注射之後，立即把餘下的干擾素，放回雪櫃中。

Return remaining interferon to the refrigerator immediately after your injection.

- 每枝針枝只用一次，以防止感染。用過的針枝，應放在堅實、有蓋子的塑膠容器內。按照治療機構給您的指示來棄置容器，確保小孩不能接觸。

Use each needle only once to avoid infection. Place used needles in a rigid plastic container with a lid. Discard container as instructed by your treatment centre. Keep out of reach of children.

- 如果你曾經對干擾素有異常或**過敏反應**，請告訴醫生。
Tell your doctor if you have ever had an unusual or **allergic reaction** to interferon.
- 可能需要定期**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 periodically. The dose and timing of your interferon injections 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)。這樣有助防止低血壓。
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 low blood pressure.
- 其他藥物，例如 captopril (CAPOTEN®)、enalapril (VASOTEC®)、phenobarbital、erythropoietin (EPREX®)、melphalan (ALKERAN®)、prednisone (DELTASONE®)、theophylline (UNIPHYL®)、warfarin (COUMADIN®)、zidovudine (RETROVIR®, AZT) 和一些預防疫苗可能會與干擾素**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 captopril (CAPOTEN®), enalapril (VASOTEC®), phenobarbital, erythropoietin (EPREX®), melphalan (ALKERAN®), prednisone (DELTASONE®), theophylline (UNIPHYL®), warfarin (COUMADIN®), zidovudine (RETROVIR®, AZT), and some vaccines may **interact** with interferon. Tell your doctor if you are taking these 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.
- 草藥小柴胡湯與干擾素**產生相互作用**，引致嚴重副作用。在使用干擾素時，切勿使用這產品。
The herbal remedy Sho-saiko-to (Chinese name: Xiao Chai Hu Tang) **interacts** with interferon to cause serious side effects. Do not use this product at any time while using interferon.
- **飲酒**(少量)似乎不會影響干擾素的安全性能或效用。
The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of interferon.
- 干擾素可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在使用干擾素治病期間，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。女性在使用干擾素治病期間，切勿餵哺母乳。
Interferon may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with interferon. 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**他們您正使用干擾素治病。
Tell doctors or dentists that you are being treated with interferon 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.

血球數量 BLOOD COUNTS	控制方法 MANAGEMENT
<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.● 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.● 即使您沒有染病，干擾素可能引致發燒(口腔探熱器超過華氏 100°或攝氏 38°) (見第 3 頁)。如果您有發燒，加上另一種染病徵象，應立即致電醫生。這些其他徵象包括發冷、咳嗽，或在小便時感到灼熱。 <p>Interferon may cause fever (over 100°F or 38°C by an oral thermometer) even though you do not have an infection (see page 3). If you have fever plus another sign of infection, call your doctor immediately. These other signs include chills, cough, or burning when you pass urine.</p>

<p style="text-align: center;">血球數量 BLOOD COUNTS</p>	<p style="text-align: center;">控制方法 MANAGEMENT</p>
<p>正常的血小板幫助您在受傷時，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：</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>在接受治療後不久，可能會出現狀似感冒的疾病。您可能發燒、發冷、頭痛、肌肉痛和關節痛。狀似感冒的病徵，一般會自然消失。 A flu-like illness may occur shortly after your treatment. You may have fever, chills, headache, muscle aches and joint aches. Flu-like symptoms usually disappear on their own.</p>	<ul style="list-style-type: none"> • 如有需要，每 4 至 6 小時服用乙醯氨酚 [acetaminophen，例如：撲熱息痛 (TYLENOL®)]。每天最多服食 4 克 (4000 毫克)。 Take acetaminophen (eg, TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day. • 如果您在接受治療後超過 48 小時出現發燒，加上另一種染病徵象，立即致電醫生。這些其他徵象包括發冷、咳嗽，或在小便時感到灼熱。 More than 48 hours after treatment, if you have fever plus another sign of infection, call your doctor immediately. These other signs include chills, cough, or burning when you pass urine.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>當您接受治療期間，可能出現噁心及嘔吐。 Nausea and vomiting may occur during treatment.</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"> ● 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>可能出現皮膚紅疹。 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"> ● 您可以使用爐甘油潤膚品。 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，緊記在下次見醫生時提出這事。 Otherwise make sure to mention it at your next visit
<p>可能出現腹瀉。 Diarrhea may occur.</p>	<p>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. ● 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>.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
糖尿病人在 控制血糖 方面，可能受到影響。 Sugar control may be affected in diabetics.	<ul style="list-style-type: none"> ● 如果您有糖尿病，定期檢查血糖。 Check your blood sugar regularly if you are diabetic.
您可能在 睡眠 方面有 困難 。 You may have trouble sleeping .	<ul style="list-style-type: none"> ● 如果睡眠困難持續造成困擾，請與醫生商討。 Talk to your doctor if your trouble in sleeping continues to bother you. ● 當您停止干擾素的治療後，睡眠情況便會回復正常。 This will return to normal when you stop taking interferon.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>可能出現味覺改變。 Taste alteration may occur.</p>	<p>為減少因味覺轉變而影響您攝取有益營養，並避免體重減輕，請注意以下各點：</p> <p>To help reduce the impact of taste changes on your ability to get good nutrition and avoid weight loss:</p> <ul style="list-style-type: none"> ● 在進食前先用水漱口。 Rinse mouth with water before eating. ● 小食多餐，吃健康小食。 Eat small, frequent meals and healthy snacks. ● 在飢餓時便進食，而並非在固定進膳時間進餐。 Eat meals when hungry rather than at set mealtimes. ● 由別人為您預備膳食。 Have others prepare the meal. ● 以家禽、魚類、蛋類和芝士代替紅肉。 Substitute poultry, fish, eggs and cheese for red meat. ● 吃有調味或醬汁的肉類；嘗試吃一些甜食。 Eat meat with a marinade or sauce; try something sweet. ● 如果食物味似金屬，使用塑膠器皿。 Use plastic utensils if food tastes like metal. ● 用薄荷、檸檬汁或香口膠來掩蓋苦澀或金屬味道。 Use mints, lemon drops or chewing gum to mask the bitter or metallic taste. ● 冰冷或冷藏食品可能較暖和或熱的食物更容易接受。 Chilled or frozen food may be more acceptable than warm or hot food. ● 除非您口腔潰爛，否則可嘗試吃酸的食物，例如柑橘類水果或檸檬水。 Try tart foods, such as citrus fruits or lemonade, unless you have mouth sores. ● 避免惡臭，因為這樣會影響食慾。 Avoid bad odours, as these may affect your appetite.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>可能出現疲倦、欠缺精力。 Tiredness and lack of energy may occur.</p>	<ul style="list-style-type: none"> ● 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. ● 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 to Energy Savings: How People with Cancer Can Handle Fatigue</i>.
<p>接受干擾素治療，有時可能出現脫髮現象，當您停止干擾素療程，毛髮便會回復生長，但顏色及髮質可能會有所改變。 Hair loss sometimes occurs with interferon. Your hair will grow back once you stop treatment with interferon. 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.
<p>食慾欠佳和體重減輕，是常見現象。即使停止干擾素的療程後，亦可能維持一段長時間。 Loss of appetite and weight loss are common and may persist long after discontinuation of interferon.</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>.
<p>膽固醇或三酸甘消酯可能提高。 Increase in cholesterol or triglycerides may occur.</p>	<p>如果您有以下情況，請與醫生商討： Discuss this with your doctor if you have:</p> <ul style="list-style-type: none"> ● 心臟病的病歷 A history of heart disease. ● 高血壓 High blood pressure. ● 高三酸甘消酯 Elevated triglycerides. <p>在開始接受干擾素治療後數個月，您可能需檢驗膽固醇水平。 You may need to have your cholesterol level checked a few months after starting interferon.</p>
<p>有時可能出現情緒變化(例如感到憂鬱)。 Emotional changes (e.g., feelings of depression) may sometimes occur.</p>	<ul style="list-style-type: none"> ● 如果您有這些徵狀，請與醫生商討。 Discuss these symptoms with your doctor if they occur.

如果您有以下症狀，請停止使用干擾素，並向醫生求診或立即緊急求救：

STOP USING INTERFERON 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、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**，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**心臟問題**的徵象，例如心跳急促或心跳不規則。
Signs of **heart problems** such as fast or uneven heartbeat.

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.
- 手或腳麻痺或刺痛。
Numbness or tingling in feet or hands.
- **視力產生變化。**
Changes in eyesight.
- 耳鳴或聽力有問題。
Ringing in your ears or **hearing problems.**
- 走路有困難。
Trouble in walking.
- **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.

- 即使服用乙醯氨酚(acetaminophen) , 仍不能控制頭痛。
Headache not controlled with acetaminophen.
- 容易出現瘀斑或輕微出血。
Easy bruising or minor 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 your lips, tongue, mouth or throat.
- 皮膚紅疹或痕癢。
Skin rash or itching.

如果尚有其他問題，請告知醫生！
REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
