

## 為病人提供的藥物：伊立替康

藥物別名：CAMPTOSAR®

For the Patient: Irinotecan

Other names: CAMPTOSAR®



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- **伊立替康** (Irinotecan, 英文讀音eye-REEN-oh-TEE-can) 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。

**Irinotecan** (eye-REEN-oh-TEE-can) 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 your test results and/or other side effects.

- 其他藥物，例如瀉藥、癲癇症藥物、St. John's Wort、地塞米松 (dexamethasone (DECADRON®))、洛匹那韋/利托那韋 (lopinavir-ritonavir (KALETRA®)) 和洛嘔寧

(prochlorperazine (STEMETIL®)) 可能會與伊立替康**產生相互作用**。

Other drugs such as laxatives, seizure medicines, St. John's Wort, dexamethasone (DECADRON®), lopinavir-ritonavir (KALETRA®), and prochlorperazine (STEMETIL®) may **interact** with irinotecan.

- 地塞米松可以用作止嘔藥。如果您現在每日服食地塞米松，請與您的癌症醫生商討。  
Dexamethasone can be taken as an anti-nausea drug. Discuss with your cancer doctor if you are taking dexamethasone on a daily basis.
- 在您接受伊立替康治療當日，不應服用洛嘔寧作止嘔藥。  
Prochlorperazine should not be taken as an anti-nausea drug on the day of your irinotecan treatment.
- 如果您正服用任何其他藥物，請告訴醫生，因為可能需要更改您的劑量。在開始服用任何新藥物時，請向醫生或藥劑師查詢。  
Tell your doctor if you are taking 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)似乎不會影響伊立替康的安全性能或效用。

The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of irinotecan.

- 伊立替康可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在使用伊立替康治病期間，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。女性在使用伊立替康治病期間，切勿餵哺母乳。

Irinotecan may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with irinotecan. 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伊立替康治病。  
**Tell** doctors or dentists that you are being treated with irinotecan 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。並且可能維持 24 個小時。 <b>Nausea and vomiting</b> may occur after your treatment and may last for 24 hours.</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。 You will be given a prescription for anti-nausea drug(s) 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. 如果有噁心問題，請注意以下各點： If nausea is a problem:</p> <ul style="list-style-type: none"> <li>整天啣啜流質。 Sip fluids throughout the day.</li> <li>時常輕咬乾的澱粉類食物(多士、穀類食品、餅乾) Nibble dry starchy foods (toast, cereal, crackers) often</li> <li>嘗試仿效《控制噁心的食物選擇》(For the Patient: Nausea and Food Choices to Help Control Nausea) 所載建議。 Try the ideas in the For the Patient: Nausea and Food Choices to Help Control Nausea.</li> </ul>

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>當您接受伊立替康治療期間或接受治療後不久( 24 小時內) , 便出現<b>初期腹瀉</b>。開始時眼睛會充滿淚水、腹部抽搐和流汗。 <b>Early diarrhea</b> may occur during or shortly after an irinotecan treatment (within 24 hours). It starts with watery eyes, stomach cramps and sweating.</p>	<ul style="list-style-type: none"> <li>• 如果當您接受伊立替康治療期間或之後, 眼睛充滿淚水、腹部抽搐或流汗, <b>立即</b>告知護士或醫生。 Tell your nurse or doctor <b>immediately</b> if you have watery eyes, stomach cramps or sweating during or after your treatment.</li> <li>• 初期腹瀉, 要用阿托品(atropine) 醫治。它是注射入靜脈或在皮下注射的。如果您的癌症中心已關門, 您的醫生可能告訴您要往醫院急症室接受阿托品治療。 Early diarrhea is treated with a medication called atropine, which is injected into a vein or under your skin. If your cancer centre is closed, your cancer doctor may tell you to go to your Hospital Emergency for atropine treatment.</li> </ul>
<p>當您接受伊立替康治療一天或數天後, 可能出現<b>後期腹瀉</b>。開始時, 您的大便會較平常更稀爛或次數更頻密。 <b>Late diarrhea</b> may occur one day to several days after an irinotecan treatment. It starts with stools more loose or often than usual.</p>	<p><b>後期腹瀉必須立即用 2 毫克loperamide藥片 (例如: Imodium®) 醫治。</b> <b>Late diarrhea must be treated <i>immediately</i> with loperamide 2 mg tablets (eg, Imodium®):</b></p> <ul style="list-style-type: none"> <li>• 當初次出現較平常更稀爛或次數更頻密的大便時, 服<b>兩片藥片</b>。 Take <b>TWO tablets</b> at the first sign of loose or more frequent stools than usual.</li> <li>• 然後每<b>兩小時服一片藥片</b>, 直至腹瀉停止 12 小時。 Then take <b>ONE tablet</b> every <b>TWO hours</b> until diarrhea has stopped for 12 hours.</li> <li>• 晚上, 在您通常睡眠期間, 您可以(調校響鐘時間) 每<b>四小時服兩片藥片</b>。 At night, you may take <b>TWO tablets</b> every <b>FOUR hours</b> (set your alarm) during the time you usually sleep.</li> <li>• <b>這個劑量較藥物包裝所指示的劑量高出很多, 您須服用這個劑量以止瀉。</b> <b><i>This dose is much higher than the package directions. It is very important that you take this higher dose to stop the diarrhea.</i></b></li> <li>• 總要備存些 loperamide (例如: 貯備 48 片藥片)。您可以在任何藥房購買 loperamide, 無需醫生處方。 Always keep a supply of loperamide (eg, have 48 tablets on hand). You can buy loperamide at any pharmacy without a prescription.</li> </ul>

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
	<p>防止腹瀉，請注意以下各點：</p> <p>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《在化療期間控制腹瀉的食物選擇》(Food Ideas to Help with Diarrhea During Chemotherapy) 所概列的高纖維食物。 Avoid high fiber foods as outlined in Food Ideas to Help with Diarrhea During Chemotherapy.</li> <li>● 營養師能夠告訴您更多建議，以處理腹瀉問題。 A dietitian can give you more suggestions for dealing with diarrhea</li> <li>● 如果開始服食 loperamide 24 小時之後，腹瀉情況沒有改善，或腹瀉持續超過 36 小時，請致電醫生。 If diarrhea does not improve 24 hours after starting loperamide or lasts more than 36 hours, call your doctor.</li> </ul>
<p>可能出現便秘。 Constipation may occur.</p>	<p>如果有便秘問題，請注意以下各點：</p> <p>To help constipation:</p> <ul style="list-style-type: none"> <li>● 如果可以，做些體能運動。 Exercise if you can.</li> <li>● 喝大量飲料 (每天 8 杯水)。 Drink plenty of fluids (8 cups a day).</li> <li>● 多吃西梅或多飲西梅汁。 Add prunes or prune juice.</li> <li>● 進食含有大量纖維的食物，例如麥麩、全穀麵包和穀類食品、堅果、水果和蔬菜。 Eat foods high in fibre such as bran, whole grain breads and cereals, nuts, fruits and vegetables.</li> <li>● 嘗試仿效《解決便秘問題的建議》(Suggestions for Dealing with Constipation) 所載建議。 Try ideas in Suggestions for Dealing with Constipation.</li> </ul>

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>在接受治療之後 1 星期，您的白血球細胞會減少。當您完成最後療程 3 星期後，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，<b>您較容易感染疾病。</b></p> <p>Your <b>white blood cells</b> will decrease 1 week after your treatment. They usually return to normal 3 weeks after your treatment. 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：</p> <p>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>護理您的皮膚和口腔。 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>
<p>接受治療之後數天，可能出現<b>口腔疼痛</b>。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<b>感染</b>。</p> <p><b>Sore mouth</b> may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. <b>Mouth sores or bleeding gums can lead to an infection.</b></p>	<ul style="list-style-type: none"> <li>在進食後及睡覺前，使用非常柔軟的牙刷輕柔地潔淨牙齒。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.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>嘗試仿效《容易咀嚼、容易吞吃的食物建議》(Easy to Chew, Easy to Swallow Food Ideas) 所載的建議。 Try ideas in <i>Easy to Chew, Easy to Swallow Food Ideas</i>.</li> </ul>

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>如果體內水份儲存過多，則手、腳或小腿會腫脹。 <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>
<p>可能出現頭痛的情況。它們一般屬於輕微情況。 <b>Headaches</b> may occur. These are usually mild.</p>	<ul style="list-style-type: none"> <li>• 服用乙醯氨酚 [acetaminophen，例如：撲熱息痛 (TYLENOL®)]來減少或制止頭痛。 Take acetaminophen (eg, Tylenol®) to decrease or stop the headache.</li> </ul>
<p>您可能在睡眠方面有困難。 You may have <b>trouble sleeping</b>.</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 當您停止伊立替康的治療後，睡眠情況便會回復正常。 This will return to normal when you stop treatment with irinotecan.</li> </ul>
<p>可能出現疲倦、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 to Energy Savings: How People with Cancer Can Handle Fatigue</i>.</li> </ul>

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數天或數星期內，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><b>Hair loss is common</b> and may begin within a few days or weeks 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"> <li>● 使用溫和的洗髮液及柔軟髮刷。 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 hair spray, bleaches, dyes and perms.</li> <li>● 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.</li> <li>● 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.</li> <li>● 在頭皮上塗抹礦物油，以舒緩痕癢。 Apply mineral oil to your scalp to reduce itching.</li> <li>● 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.</li> </ul>
<p>在施針的部位，可能出現疼痛或觸痛。 <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，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.
- 在接受伊立替康治療後 24 小時之內，出現腹瀉。  
**Diarrhea** that occurs within the first 24 hours after irinotecan treatment.
- 出現腹瀉引致的嚴重缺水徵象，例如昏厥、頭昏眼花或暈眩。  
Signs of **severe fluid loss** due to diarrhea such as fainting, light-headedness or dizziness.

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:**

