

為病人提供的藥物：來那度胺

藥物別名：REVLIMID®

For the Patient: Lenalidomide

Other names: REVLIMID®



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- **來那度胺** (Lenalidomide, 英文讀音 len a lid' oh mide) 是一種用來醫治多類癌症的藥物。這是口服膠囊藥片。
Lenalidomide (len a lid' oh mide) is a drug that is used to treat several types of cancer. It is a capsule that you take by mouth.
- 在服食來那度胺之前，如果您曾經對來那度胺或 thalidomide (THALOMID®) 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 lenalidomide or thalidomide (THALOMID®) before taking lenalidomide.
- 在接受來那度胺之前，您先要在 RevAid® 計劃登記，這個計劃屬於來那度胺製造商運作的控制藥物分發計劃。
Before receiving lenalidomide you will be **registered** with the RevAid® Program, a distribution control program run by the manufacturer of lenalidomide.
- 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.
- 如果您是女性，並能夠懷孕，則在開始進行來那度胺的療程之前，先會驗血兩次，以確定您是否有孕。在療程首四個星期，每個星期也會驗血一次，然後每隔四個星期會再驗血一次。
If you are a woman and are able to bear children, a blood test to determine whether you are **pregnant** will be taken twice before starting lenalidomide treatment, weekly for the first 4 weeks of treatment, and then repeated every four weeks.
- 女性在懷孕期間服用來那度胺，可能對嬰兒有害。可能令腹中胎兒造成嚴重先天缺陷或死亡。在接受此療程期間、以及服用最後一劑來那度胺之後的四個星期，必須同時採取兩種可靠的節育方式。如果您懷孕，請立即通知醫生。切勿在接受治療期間餵哺母乳。
Lenalidomide may harm the baby if used during pregnancy. Severe birth defects or death to the unborn baby may occur. **Two** forms of reliable **birth control must** be used at the same time during treatment and for 4 weeks after your last dose of lenalidomide. Tell your doctor right away if you become pregnant. Do not breast feed during treatment.

- 服用來那度胺的男士，每當與能夠懷孕的女子性交，必須使用**安全套**。在接受此療程期間、以及服用最後一劑來那度胺之後的四個星期，必須使用安全套。因為無法知道藥物是否存在精子內。如果您的伴侶懷孕，請立即通知醫生。
Men who are taking lenalidomide must use a **condom** every time they have sex with a female partner who is able to bear children. A condom should be used during treatment and for four weeks after the last dose of lenalidomide. This is because it is not known if the drug is present in semen. Tell your doctor right away if your partner becomes pregnant.
- 在服用來那度胺期間，以及服用最後一劑來那度胺之後的四個星期，**切勿捐血或捐精**。
Do not donate blood or semen while you are taking lenalidomide and for 4 weeks after your last dose of lenalidomide.
- 您必須完全按醫生指示來**服用來那度胺**。請確保您明白有關指示。為使您得到正確劑量，您可能獲給予超過一劑強度的藥物。
It is important to **take** lenalidomide exactly as directed by your doctor. Make sure you understand the directions. You may be given capsules of more than one strength to make the right dose.
- 您可以連同食物一同**服食來那度胺**，也可以空腹服食。
You may **take** lenalidomide with food or on an empty stomach.
- 如果您**錯過服食一劑來那度胺**，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 lenalidomide, take it as soon as you can if it is within 12 hours of the missed dose. If it is more than 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- 如果您服食來那度胺後 30 分鐘內**嘔吐**，請重複服食。把這情況告訴醫生，您日後可能需服食藥物防止嘔吐。
If you **vomit** the dose of lenalidomide within 30 minutes of taking it, repeat the dose. Let your doctor know as a medication to prevent nausea may be required for future doses.
- 其他藥物，例如 digoxin (LANOXIN®)可能會與來那度胺**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。在開始服用或停用任何其他藥物時，請向醫生或藥劑師查詢。
Other drugs such as digoxin (LANOXIN®) may **interact** with lenalidomide. 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 or stop taking any other drugs.
- **飲酒(少量)**似乎不會影響來那度胺的安全性能或效用。
The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of lenalidomide.

- 來那度胺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 lenalidomide capsules out of the reach of children, at room temperature, away from heat, light, and moisture.
- 在接受醫生、牙醫及其他醫護人員治療之前，請告訴他們您正服用來那度胺治病。
Tell doctors, dentists, and other health professionals that you are being treated with lenalidomide before you receive any treatment from them.

血球數量的變化

Changes in blood counts

來那度胺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。

Lenalidomide 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。</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.</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，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 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。</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。 Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. <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>當您服用來那度胺期間，可能出現嘔心及嘔吐。 Nausea and vomiting may occur with lenalidomide.</p>	<p>只服用獲處方的止嘔藥或經癌症醫生認可的止嘔藥。預防總勝於治療。因此，請嚴格遵照指示。 Take only anti-nausea medication prescribed or approved by your oncologist. 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 fluids. ● 飲食方面，宜量小多餐。 Eat and drink often in small amounts. ● 嘗試仿效《控制嘔心的食物選擇》(<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>有時皮膚可能出現紅疹及/或發癢。 Skin rash and/or itching may sometimes occur.</p>	<p>如果十分痕癢，請致電醫生。否則，緊記在下次見醫生時提出這事。 If itching is very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.</p>
<p>有時可能出現發熱或發冷情況。 Fever and chills may sometimes occur.</p>	<ul style="list-style-type: none"> ● 一旦出現發熱(口腔探熱器超過華氏 100°或攝氏 38°)，並加上另一種感染的徵象，應立即致電醫生。其他感染的徵象包括發冷、咳嗽，或在小便時感到灼熱。 If you have fever (over 100°F or 38°C by an oral thermometer) plus another sign of infection, call your doctor immediately. Other signs of infection include chills, cough, or burning when you pass urine.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>有時可能出現少量出血，例如：流鼻血。 Minor bleeding, such as nosebleeds, may sometimes occur.</p>	<ul style="list-style-type: none"> ● 坐直，把頭稍向前傾。把頭向後傾可能使血液向下流到喉嚨。 Sit up straight and tip your head slightly forward. Tilting your head back may cause blood to run down your throat. ● 用大拇指及食指按著鼻孔，緊壓在流血的鼻孔上，按足 10 分鐘。 Pinch your nostrils shut between your thumb and forefinger or apply firm pressure against the bleeding nostril for 10 full minutes. ● 10 分鐘後，查看您的鼻子是否仍流血，如仍有這情況，再多按 10 分鐘。 After 10 minutes, check to see if your nose is still bleeding. If it is, hold it for 10 more minutes. ● 保持安靜數個小時，在停止流血最少 12 小時後，不要擤鼻子。 Stay quiet for a few hours and do not blow your nose for at least 12 hours after the bleeding has stopped. ● 如果鼻子流血超過 20 分鐘，應立即緊急求救。 Get emergency help if a nosebleed lasts longer than 20 minutes.
<p>有時或出現消化不良或胃灼熱，腸道或會抽搐。 Indigestion or heartburn with or without spasms of the intestines may sometimes occur.</p>	<ul style="list-style-type: none"> ● 避免吃油膩、煎炸或辛辣食物。 Avoid fatty, fried, or spicy foods. ● 與醫生討論是否服用抗酸劑。 Talk to your doctor about taking antacids.
<p>有時或會出現便秘。 Constipation may sometimes occur.</p>	<ul style="list-style-type: none"> ● 如果可以，做些體能運動。 Exercise if you can. ● 喝大量飲料。 Drink plenty of fluids. ● 嘗試仿效《解決便秘問題的建議》 (<i>Suggestions for Dealing with Constipation</i>)* 所載建議。 Try ideas in <i>Suggestions for Dealing with Constipation</i>.*

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>可能普遍出現腹瀉情況。 Diarrhea may commonly occur.</p>	<p>如果有腹瀉問題，請注意以下各點： If diarrhea is a problem:</p> <ul style="list-style-type: none"> ● 喝大量飲料。 Drink plenty of fluids. ● 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>.* ● 注意: 如果牛乳內的乳糖使您腹瀉，這個膠囊藥片的乳糖成份亦會使您腹瀉。在服用來那度胺前，請服用乳糖消化酵素藥片 (LACTAID®)。 Note: If lactose in milk usually gives you diarrhea, the lactose in the capsule may be causing your diarrhea. Take LACTAID® tablets just before your lenalidomide dose.
<p>有時會出現頭痛的情況。 Headache may sometimes occur.</p>	<p>如有需要，每 4 至 6 小時服用乙醯氨酚 [acetaminophen，例如：撲熱息痛 (TYLENOL®)]，每天最多服用 4 克(4000 毫克)。 Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.</p>
<p>有時會出現暈眩的情況。 Dizziness may sometimes occur.</p>	<ul style="list-style-type: none"> ● 慎勿跌倒，尤其是急促起來之後。 Take care not to fall, especially after getting up quickly.
<p>有時會出現抽筋/抽搐/疼痛或關節疼痛的情況。 Muscle cramps/spasm/pain or joint pain may sometimes occur.</p>	<p>如屬於輕微或中度疼痛，您可以每 4 至 6 小時服用乙醯氨酚 [acetaminophen，例如：撲熱息痛 (TYLENOL®)]，每天最多服用 4 克 (4000 毫克)。如果疼痛、抽筋或抽搐影響您的活動，請告訴醫生。 You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day or ibuprofen (e.g., ADVIL®) for mild to moderate pain. Tell your doctor if the pain, cramps or spasms interfere with your activity.</p>

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>如果體內儲存水份過多，則手、腳或小腿會腫脹。</p> <p>Swelling of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.</p>	<p>如果有腫脹問題：</p> <p>If swelling is a problem:</p> <ul style="list-style-type: none"> ● 坐下時提起雙腳。 Elevate your feet when sitting. ● 避免穿緊身衣服。 Avoid tight clothing.
<p>有時可能睡眠有困難。</p> <p>You may sometimes have trouble sleeping.</p>	<ul style="list-style-type: none"> ● 如果持續在睡眠方面有困難，請與醫生商討。 Talk to your doctor if you continue to have trouble sleeping. ● 當您停服來那度胺後，睡眠情況會回復正常。 This will return to normal when you stop taking lenalidomide.
<p>有時可能食慾欠佳。</p> <p>Loss of appetite may sometimes occur.</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>有時可能出現疲倦及欠缺精力。</p> <p>Tiredness and lack of energy may sometimes occur.</p>	<ul style="list-style-type: none"> ● 您的醫生可能會要求驗血，確保您的甲狀腺正常運作。 Your doctor may do a blood test to make sure your thyroid gland is working properly. ● 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》(<i>Your Bank to Energy Savings: How People with Cancer Can Handle Fatigue</i>)*所載建議。 Try the ideas in <i>Your Bank to Energy Savings: How People with Cancer Can Handle Fatigue</i>.*
<p>當您服用來那度胺期間，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 lenalidomide. If you lose hair, it will grow back once you stop treatment with lenalidomide. Colour and texture may change.</p>	<p>如果脫髮是個問題，請參閱《病人須知：因化療而造成脫髮》(<i>For the Patient: Hair Loss Due to Chemotherapy</i>)* 所載建議。 If hair loss is a problem, refer to <i>For the Patient: Hair Loss Due to Chemotherapy</i>.*</p>

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>出現血凝塊的情況，可能罕見。如果您以前曾出現血塊的情況，則較容易發生此事。留意以下徵象：靜脈觸痛或硬化、小腿觸痛、腫脹，尤其是只有一條腿或手臂出現上述情況、突然咳嗽、胸痛或氣促。</p> <p>Blood clots may rarely occur. This is more likely to happen if you have had blood clots before. Signs to watch for include tenderness or hardness over a vein, calf tenderness, swelling – especially in one leg or arm but not the other, sudden onset of cough, chest pain, or shortness of breath.</p>	<p>預防發生血塊問題，請注意以下各點： To help prevent blood clots:</p> <ul style="list-style-type: none"> ● 保持活躍。 Keep active. ● 喝大量飲料。 Drink plenty of fluids. ● 避免穿緊身衣服。 Avoid tight clothing. ● 坐著時，不要雙腳交叉在膝部。 Do not sit with your legs crossed at the knees.

*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，請停服來那度胺，並向醫生求診或立即緊急求救：

STOP TAKING LENALIDOMIDE 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、嚴重喉嚨痛、咳吐(咳出濃厚或綠色痰)、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; severe sore throat, productive cough (coughing up thick or green sputum); 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、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.
- 出現**血凝塊**的徵象，例如靜脈觸痛或硬化、觸痛、腫脹，尤其是只有一條腿或手臂出現上述情況、突然咳嗽、胸痛或喘氣。
Signs of a **blood clot** such as tenderness or hardness over a vein, swelling and tenderness – especially in one leg or arm but not the other, sudden onset of cough, chest pain, or shortness of breath.
- 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**，例如心跳急促、心跳不規則、氣促、呼吸困難、腳部或小腿腫脹或胸痛。
Signs of **heart problems** such as fast or uneven heartbeat, shortness of breath or difficulty breathing, swelling of feet or lower legs, or chest pain.
- 口腔或下顎**疼痛**。
Pain in your mouth or jaw.

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、小便困難或疼痛。
Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs, difficulty urinating, or pain when urinating.
- **暈眩。**
Dizziness.
- 手指或腳趾刺痛或感覺有變化。
Tingling or change in feeling in your fingers or toes.
- **耳鳴。**
 ringing in your ears.
- **視力產生變化。**
Changes in eyesight.

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.
- 即使服用乙醯氨酚[acetaminophen，例如：撲熱息痛(TYLENOL®)]，頭痛情況仍不受控制。
Headache or pain not controlled with acetaminophen (e.g., TYLENOL®).
- 容易出現瘀斑或輕微出血。
Easy bruising or minor bleeding.
- 睡眠困難。
Difficulty sleeping.
- 體重變化。
Change in weight.
- 皮膚紅疹或痕癢。
Skin rash or itching.
- 持續便秘疼痛或胃灼熱。
Persistent or painful constipation or heartburn.
- 過度或持續疲倦。
Excessive or persistent tiredness.
- 異常的情緒變化。
Unusual mood changes.

- 便秘。
Constipation.

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