

為病人提供的藥物：甲氨蝶呤 (又稱滅殺除癌錠)

藥物別名：MTX

For the Patient: Methotrexate

Other names: MTX



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- 甲氨蝶呤 (又稱滅殺除癌錠) (Methotrexate 英文讀音meth oh trex' ate) 是一種用來醫治多類癌症的藥物。它是一種注射入靜脈的黃色透明液體。

Methotrexate (meth oh trex' ate) is a drug that is used to treat many types of cancers. It is a clear yellow liquid that is injected into a vein.
- 在開始接受甲氨蝶呤治療之前，如果你曾經對甲氨蝶呤有異常或過敏反應，請告訴醫生。

Tell your doctor if you have ever had an unusual or **allergic reaction** to methotrexate before taking methotrexate.
- 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.
- 您的醫生可能告訴您每天要喝大量飲料 (例如：8 至 12 杯) (2000 至 3000 毫升或 70 至 100 安士)。這樣有助防止腎病問題。

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 kidney problems.
- 其他藥物，例如 acitretin (SORIATANE®)、cyclosporine (NEORAL®)、digoxin (LANOXIN®)、非類固醇消炎藥例如：(布洛芬(ibuprofen) (ADVIL®))、一些抗生素，例如青黴素(penicillins (APO-PEN VK®))、磺胺藥(sulfonamides (APO-SULFATRIM®)) 和甲氧苄啶(trimethoprim (APO-TRIMETHOPRIM®))、苯妥英(phenytoin (DILANTIN®))、丙磺舒(probenecid (BENURYL®))及水楊酸鹽 salicylates(ASPIRIN®))可能會與甲氨蝶呤產生相互作用。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。在開始服用任何其他新藥物時，請向醫生或藥劑師查詢。

Other drugs such as acitretin (SORIATANE®), cyclosporine (NEORAL®), digoxin (LANOXIN®), nonsteroidal anti-inflammatory drugs e.g., ibuprofen (ADVIL®), some antibiotics e.g., penicillins (APO-PEN VK®), sulfonamides (APO-SULFATRIM®), and trimethoprim (APO-TRIMETHOPRIM®), phenytoin (DILANTIN®), probenecid (BENURYL®), and salicylates (ASPIRIN®), may **interact** with methotrexate. 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.
- 服用甲氨蝶呤，應該避免飲酒，酒精可能增加肝病的風險。

Alcohol may increase the risk of liver problems with methotrexate and should be avoided.



- 甲氨蝶呤可能導致男性不育或女性停經。如果您計劃生育，請在接受甲氨蝶呤治療前，先與醫生討論此事。

Methotrexate may cause **sterility** in men and **menopause** in women. If you plan to have children, discuss this with your doctor before being treated with methotrexate.

- 甲氨蝶呤可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在使用甲氨蝶呤治病期間，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。女性在使用甲氨蝶呤治病期間，切勿餵哺母乳。

Methotrexate may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with methotrexate. 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，請告訴他們您正接受甲氨蝶呤治病。

Tell doctors or dentists that you are being treated with methotrexate before you receive any treatment from them.

血球數量的變化

Changes in blood counts

甲氨蝶呤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。

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.

<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. • 護理皮膚和口腔。 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. • 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。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>	<p>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>
<p>當您接受治療後，可能出現噁心及嘔吐。 Nausea and vomiting may occur after your 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。 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>在接受甲氨蝶呤治療後不久，可能會發燒和發冷顫。發燒情況應不會持續超過 24 小時。 Fever and chills may occur shortly after treatment with methotrexate. Fever should last no longer than 24 hours.</p>	<ul style="list-style-type: none"> ● 每 4 至 6 小時服用乙醯氨基酚[acetaminophen，例如：撲熱息痛(TYLENOL®)]。每天最多服食 4 克 (4000 毫克)。 Take acetaminophen (e.g., TYLENOL®) every 4-6 hours, to a maximum of 4 g (4000 mg) per day. ● 在接受治療超過數天後，出現發燒，可能是受到感染的徵象。 Fever which occurs more than a few days after treatment may be the sign of an infection.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<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>.*
<p>接受治療之後，可能出現口腔疼痛。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，可能會造成感染。 Sore mouth may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. Mouth sores or bleeding gums can lead to an infection.</p>	<ul style="list-style-type: none"> ● 在進食後及睡覺前，使用非常柔軟的牙刷潔淨牙齒。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. ● 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. ● 嘗試仿效《化療期間口腔疼痛的食物選擇》(<i>Food Ideas to Help with Sore Mouth during Chemotherapy</i>)*所載建議。 Try the ideas in <i>Food Ideas to Help with Sore Mouth during Chemotherapy</i>.*
<p>在接受治療後數天，可能出現肌肉或關節疼痛(罕見情況)。 Muscle or joint pain may rarely occur a few days after your treatment.</p>	<p>您可以服用乙醯氨基酚 [acetaminophen]，例如：撲熱息痛(TYLENOL®)。如果疼痛影響您的活動，請告訴醫生。 You may take acetaminophen (e.g., TYLENOL®). Tell your doctor if the pain interferes with your activity.</p>
<p>食慾欠佳和體重減輕，是常見現象。即使停止甲氨蝶呤的療程後，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 methotrexate.</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>

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>可能出現疲倦、欠缺精力，有時甚至感到暈眩。</p> <p>Tiredness, lack of energy and sometimes dizziness 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 Your Bank to Energy Savings: How People with Cancer Can Handle Fatigue.
<p>當您服用甲氨蝶呤期間，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 methotrexate. Your hair will grow back once you stop treatment with methotrexate. 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>在一些部位，皮膚可能變黑。</p> <p>Your skin may darken in some areas.</p>	<p>當您停止甲氨蝶呤療程後，情況便會慢慢回復正常。</p> <p>This will slowly return to normal once you stop treatment with methotrexate.</p>
<p>您的皮膚可能容易曬傷。</p> <p>Your skin may sunburn easily.</p>	<p>預防曬傷，請注意以下各點：</p> <p>To help prevent sunburn:</p> <ul style="list-style-type: none"> ● 避免受陽光直接照射。 Avoid direct sunlight. ● 在陽光普照的日子，戴帽及穿著長袖衣服、長褲或長裙。 Wear a hat, long sleeves and long pants or skirt outside on sunny days. ● 塗上防曬霜，防曬度(SPF)至少 30。 Apply a sunscreen with an SPF (sun protection factor) of at least 30.

*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、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**肺病問題**徵象，例如氣促或呼吸困難。
Signs of **lung problems** such as shortness of breath or difficulty in breathing.
- **抽筋或失去知覺。**
Seizures or loss of consciousness.
- 突然**腹痛**或觸痛。
Sudden **abdominal pain** or tenderness.

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、或排出的尿液顯著減少。
Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs or markedly decreased urine output.
- **視力產生變化。**
Changes in eyesight.
- 出現**痛風症**徵象，例如關節痛。
Signs of **gout** such as joint pain.

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.

- 即使服用乙醯氨基酚(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 your lips, tongue, mouth, or throat.
- 皮膚出疹或痕癢。
Skin rash or itching.

如果尚有其他問題，請告知醫生！

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
