

為病人提供的藥物：帝盟多膠囊

藥物別名：TEMODAL®

For the Patient: Temozolomide

Other names: TEMODAL®



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- **帝盟多膠囊** (*Temozolomide*，英文讀音 tem-oh-ZOHL-oh-mide) 是一種用來醫治癌症的藥物。這是口服膠囊藥片。這種膠囊藥片含有乳糖。
Temozolomide (tem-oh-ZOHL-oh-mide) is a drug that is used to treat cancer. It is a capsule that you take by mouth. The capsule contains lactose.
- 在服食帝盟多膠囊之前，如果您曾經對達卡巴仁注射劑[dacarbazine (DTIC®)] 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 dacarbazine (DTIC®) before taking temozolomide.
- 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.
- 您必須完全按醫生指示來**服用**帝盟多膠囊。
It is important to **take** temozolomide exactly as directed by your doctor.
- 為使您得到正確劑量，您可能獲給予超過一劑強度的藥物。請確定您明白有關指示。
You may be given capsules of more than one strength to make the right dose. Make sure you understand the directions.
- 您可以連同食物一同服食帝盟多膠囊，也可以空腹用一杯清水或果汁服食。但最好每天均按您進食的時間，在相同時間服藥，(即嘗試勿在某天進食時，一同服食藥物，但在翌日則空腹服藥)。空腹(至少在進食前1個小時或進食後1個小時)服藥，或在睡前服藥，有助減少噁心感覺。
Temozolomide may be taken with food or on an empty stomach with a glass of water or juice. However, it is best to take your dose at the same time each day relative to when you eat (ie, try not to take it with a meal one day, and on an empty stomach the next day). Taking your dose on an empty stomach (at least one hour before or after you eat) or at bedtime may help reduce nausea.
- 要吞服整片膠囊藥片。不要拆開或嚼碎膠囊藥片。
Swallow the capsules whole. Do not open or chew the capsules.
- 如果您服食帝盟多膠囊後**嘔吐**，不要服另一劑。請在辦公時間內致電醫生，請教醫生意見。

If you **vomit** after taking temozolomide, do not take a second dose. Call your doctor during office hours for advice.

- 如果您**錯過服食一劑**帝盟多膠囊，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。您可以在辦公時間內致電醫生，詢問有關如何彌補漏服的劑量。

If you **miss a dose** of temozolomide, 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. Call your doctor during office hours to ask about making up the missed dose.

- 帝盟多膠囊應**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 temozolomide capsules out of the reach of children, at room temperature, away from heat, light and moisture.

- 其他藥物，例如valproic acid (DEPAKENE®)可能會與帝盟多膠囊**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。在開始服用任何新藥物時，請向醫生或藥劑師查詢。

Other drugs such as valproic acid (DEPAKENE®) may **interact** with temozolomide. 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 taking any new drugs.

- **飲酒**(少量)似乎不會影響帝盟多膠囊的安全性能或效用。如果您正服用dexamethasone或藥物來防止癲癇，請與醫生商討酒精的安全性。

The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of temozolomide. If you are taking dexamethasone or drugs to prevent seizures, discuss the safety of alcohol with your doctor.

- 帝盟多膠囊可能導致男性**不育**或女性**停經**。如果您計劃生育，請在接受帝盟多膠囊治療前，先與醫生討論此事。

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

- 帝盟多膠囊可能會破壞精子，如果女性在懷孕期間使用此藥，可能會傷害胎兒。在使用帝盟多膠囊治病期間或接受療程6個月後，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。女性在使用帝盟多膠囊治病期間，切勿餵哺母乳。

Temozolomide may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with temozolomide and for 6 months following treatment. 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**他們您正服用帝盟多膠囊治病。

Tell doctors or dentists that you are being treated with temozolomide 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>可能出現噁心及嘔吐。 Nausea and vomiting may occur.</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，請嚴格遵照止嘔藥的處方指示。</p> <p>You may be given a prescription for anti-nausea drug(s) to take before your 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"> ● 空腹服藥，進食前或進食後至少1個小時服藥、或在睡前服藥，有助減少噁心感覺。 Taking your dose on an empty stomach, at least one hour before or after you eat, or at bedtime may help to reduce nausea. ● 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>.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>在接受治療之後3至4星期，您的白血球細胞會減少。當您完成最後療程2星期後，通常它們便會回復正常。白血球細胞抵抗引起感染的病菌，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>Your white blood cells will decrease 3-4 weeks after your treatment. They usually return to normal within 2 weeks. 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. ● 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、喉嚨痛，或在小便時感到灼熱，您應停服帝盟多膠囊，並立即致電醫生。 Stop taking temozolomide and 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, sore throat or burning when you pass urine.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>在接受治療之後3至4星期，您的血小板數目可能減少。當您完成最後療程2星期後，通常它們便會回復正常。血小板幫助您在受傷時，血液得以凝固。您可能較易出現瘀斑或出血。</p> <p>Your platelets may decrease 3-4 weeks after your treatment. They usually return to normal within 2 weeks. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</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。 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.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>可能出現便秘或腹瀉情況。 Constipation or diarrhea may occur.</p>	<p>以下各點，有助控制便秘： To help constipation:</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(每天8杯)。 Drink plenty of fluids (8 cups a day). ● 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>. <p>以下各點，有助控制腹瀉： 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《應付腹瀉》(<i>Coping with Diarrhea</i>)* 所概列的高纖維食物。 Avoid high fibre foods as outlined in <i>Coping with Diarrhea</i> ● 注意:如果牛乳內的乳糖一般會使您腹瀉，這個膠囊藥片的乳糖成份亦會使您腹瀉。在服用帝盟多膠囊前，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® just before your temozolomide dose.
<p>可能出現頭痛的情況。 Headache may occur.</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>對於糖尿病者，可能影響血糖的控制。 Sugar control may be affected in diabetics.</p>	<ul style="list-style-type: none"> ● 如果您患有糖尿病，您應定期檢驗血糖。 Check your blood sugar regularly if you are diabetic.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>可能出現疲倦及欠缺精力。 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>當您服用帝盟多膠囊期間，出現脫髮現象屬於罕見。當您停止帝盟多膠囊療程後，頭髮便會回復生長，但頭髮的顏色及髮質可能會有所改變。 Hair loss is rare with temozolomide. Your hair will grow back once you stop treatment with temozolomide. 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，請停服帝盟多膠囊，並向醫生求診或立即緊急求救：

STOP TAKING TEMOZOLOMIDE 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、喉嚨痛、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; sore throat; pain or burning when you pass urine.
- 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。
Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin.
- 出現**血凝塊**的徵象，例如靜脈觸痛或硬化、小腿腫脹及觸痛、突然咳嗽、胸痛或氣促。
Signs of a **blood clot** such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain or shortness of breath.

如果您有以下症狀，請繼續服食帝盟多膠囊，並向醫生求診或立即緊急求救：

CONTINUE TAKING TEMOZOLOMIDE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IF YOU HAVE:

- **抽筋或失去知覺。**
Seizures or loss of consciousness.
- **肌肉突然嚴重軟弱無力或癱瘓。**
Sudden onset of **severe muscle weakness** or **paralysis**.

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.

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、便秘或腹瀉情況不受控制。
Uncontrolled nausea, vomiting, constipation or diarrhea.
- 胃部或腹部疼痛。
Pain in your stomach or abdomen.
- 即使服用乙醯氨酚(acetaminophen)，仍不能控制頭痛。
Headache not controlled with acetaminophen.
- 如果是糖尿病病人：血糖水平不受控制。
For diabetics: uncontrolled blood sugars.
- 容易出現瘀斑或出血。
Easy bruising or bleeding.
- 皮膚出疹或痕癢。
Skin rash or itching.
- 記憶力衰退(健忘症)。
Memory loss (amnesia)

如果尚有其他問題，請告知醫生！

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
