

為病人提供的藥物：撒利多邁德胺

藥物別名：THALOMID®

For the Patient: Thalidomide

Other names: THALOMID®



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

- 撒利多邁德胺** (*Thalidomide*，英文讀音tha-LI-doe-mide) 是一種用來醫治多發性骨髓瘤和其他類癌症的藥物。這是口服膠囊藥片。這種膠囊藥片含有乳糖。

Thalidomide (tha-LI-doe-mide) is a drug that is used to treat multiple myeloma and other types of cancer. It is a capsule that you take by mouth. The capsule contains lactose.
- 如果您是女性，並能夠懷孕，則在開始進行撒利多邁德胺的療程之前，先行**驗血**，以確定您是否有孕。並每隔四個星期，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 before starting thalidomide treatment, and then repeated every four weeks.
- 女性在懷孕期間服用撒利多邁德胺，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。即使服用一劑撒利多邁德胺，也可以引致胎兒先天缺陷。已懷孕婦女**切勿**服用撒利多邁德胺。如果您在服用撒利多邁德胺治療期間，有機會懷孕，則必須同時採取**兩種避孕**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。

Thalidomide may harm the baby if used during pregnancy. Severe birth defects or death to the unborn baby may occur. Even a single dose can cause birth defects. Thalidomide should **never** be used by females who are pregnant. **Two** forms of **birth control** must be used if there is ANY chance that you may become pregnant while being treated with thalidomide. Tell your doctor right away if you become pregnant. Do not breast feed during treatment.
- 服用撒利多邁德胺的**男士**，每當與能夠懷孕的女子性交，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 thalidomide must use a **condom** every time they have sex with a female partner who is able to bear children. This is because it is not known if the drug is present in semen. Tell your doctor right away if your partner becomes pregnant.
- 您必須完全按醫生指示來**服用**撒利多邁德胺。請確保您明白有關指示。最好在進餐至少一個小時後，以清水服用撒利多邁德胺。

It is important to **take** thalidomide exactly as directed by your doctor. Make sure you understand the directions. Thalidomide should be taken with water, preferably at least one hour after meals.
- 如果您服食撒利多邁德胺後**嘔吐**，請勿服食第二劑，請在翌日早上/辦公時間內致電醫生，請教醫生意見。

If you **vomit** after taking thalidomide, do not take a second dose. Call your doctor the next morning/during office hours for advice.

- 如果您**錯過服食一劑**撒利多邁德胺，請盡快補服。如果服食下一劑的時間將到，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 thalidomide, take it as soon as you can. If your next dose is nearly due, 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.

- 撒利多邁德胺應**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 thalidomide capsules out of the reach of children, at room temperature, away from heat, light and moisture.

- 如果您正服用**任何藥物**，請告訴醫生，因為可能需要額外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。

Tell your doctor if you are taking **any 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)似乎不會影響撒利多邁德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 thalidomide.

- 在接受醫生或牙醫治療之前，請**告訴**他們您正接受撒利多邁德胺治病。

Tell doctors or dentists that you are being treated with thalidomide 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>當您接受治療期間，可能出現嘔心。大部份人感到少許嘔心，甚至沒有出現嘔心情況。</p> <p>Nausea may occur during treatment. Most people have little or no nausea.</p>	<p>預防總勝於治療。因此，請嚴格遵照指示。</p> <p>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，宜量少多餐。 Eat and drink often in small amounts. ● 嘗試仿效《控制嘔心的食物選擇》(<i>Food Choices to Control Nausea</i>)* 所載建議。 Try the ideas in <i>Food Choices to Control Nausea</i>.*
<p>可能出現便秘。</p> <p>Constipation may 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>. *
<p>在接受治療期間，您的白血球細胞可能減少。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 may decrease during your treatment. 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，或在小便時感到灼熱，您應停止服用撒利多邁德胺，並立即致電醫生。 Stop taking thalidomide 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, or burning when you pass urine.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>可能出現頭痛的情況。 Headache may 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>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.
<p>如果體內儲存水份過多，則手、腳或小腿會腫脹。 Swelling 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"> • 坐下時提起雙腳。 Elevate your feet when sitting. • 避免穿緊身衣服。 Avoid tight clothing.
<p>可能感到有睡意及欠缺精力。 Sleepiness and lack of energy may occur.</p>	<p>如果有睡意及欠缺精力造成問題： If sleepiness and lack of energy are a problem:</p> <ul style="list-style-type: none"> • 避免酒精飲品。 Avoid alcohol. • 不要駕駛車輛或操作機器。 Do not drive a car or operate machinery. • 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>可能出現手指或腳趾麻痺或刺痛。當您停止療程後，便會慢慢回復正常，但可能需時數個月。</p> <p>Numbness or tingling of the fingers or toes may occur. This usually will slowly return to normal once your treatments are over. This may take several months.</p>	<ul style="list-style-type: none"> • 當處理尖銳、灼熱或冰冷物品時，務要小心。 Be careful when handling items that are sharp, hot, or cold. • 在下次見醫生時，告知醫生。如果您在扣鈕扣、書寫或檢拾細小物品時有困難，更應告知醫生。 Tell your doctor at your next visit, especially if you have trouble with buttons, writing, or picking up small objects.

副作用 SIDE EFFECTS	控制方法 MANAGEMENT
<p>血凝塊(一般在腿部出現), 可能罕有地發生。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、突然咳嗽、胸痛或氣促。</p> <p>Blood clots may rarely occur, usually in the leg. 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, sudden onset of cough, chest pain, or shortness of breath.</p>	<p>如果您以前曾出現血塊的情況, 要告知醫生。 Tell your doctor if you have ever had treatment for a blood clot.</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, 不要長時間把雙腳交叉在膝部。 Do not sit with your legs crossed at the knees for long periods of time.

*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, 請停服撒利多邁德胺, 並向醫生求診或立即緊急求救:

STOP TAKING THALIDOMIDE 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、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.
- 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**, 例如心跳急促或心跳不規則。
Signs of **heart problems** such as fast or uneven heartbeat.
- 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.

如果您有以下情況，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:

- 沒有採取保護措施而進行性交，或在接受撒利多邁德胺治療期間，忘記採取避孕措施。
Unprotected sex or forget to use birth control during treatment with thalidomide.
- 皮膚出疹或痕癢。
Skin rash or itching.
- 耳鳴或聽覺有問題。
Ringing in your ears or hearing problems.

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)，仍不能控制頭痛。
Headache not controlled with acetaminophen.
- 皮膚出疹或痕癢。
Skin rash or itching.
- 如果是糖尿病病人：血糖水平不受控制。
For diabetics: uncontrolled blood sugars.

如果尚有其他問題，請告知醫生！

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
