

# Chemotherapy Information Sheet

## 化學治療資料

| Chemotherapy Information Sheet   | 化學治療資料  |
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| <p>&lt;Have these labs drawn day of or day before each cycle of chemotherapy. Bring this list to the lab each time&gt;</p> <p>Day 1: CBC with Diff, NA, K, CL, CO2, ALT, AST, ALKP, BILT, BUN, CRG, CA125</p> <p>Nadir: CBC with Diff only</p> <p><b>CHEMOTHERAPY INFORMATION SHEET</b></p> <p>Please put this in a safe and visible place as a reminder....ie: the refrigerator.</p> <p><b>Important Phone Numbers:</b></p> <p>*Gyn Oncology: 415-353-9600</p> <p>Gyn Oncology Fax: 415-353-7766</p> <p>*Outpatient Infusion Center: 415-353-7155</p> <p>5N Hospital: 415-885-7440</p> <p>&lt;After your first Infusion Center appointment, it is your responsibility to make all future Infusion Center appointments.&gt;</p> <p>I. As Needed Anti-Nausea Medications:</p> <p>1. Ondansetron (Zofran) 8 mg tablets</p> | <p>請於進行化學治療當天或前一天做下列的抽血化驗，請每次都帶這化驗單到化驗室。</p> <p>首日：CBC with Diff, NA, K, CL, CO2, ALT, AST, ALKP, BILT, BUN, CRG, CA125</p> <p>Nadir: CBC with Diff</p> <p><b>化學治療資料</b></p> <p>請將此等資料放在一個安全而當眼的位置，例如在冰箱旁，備作提示。</p> <p><b>重要電話號碼：</b></p> <p>*婦科腫瘤科：415-353-9600</p> <p>婦科腫瘤科傳真：415-353-7766</p> <p>*門診輸液中心：415-353-7155</p> <p>5N 醫院：415-885-7440</p> <p>&lt;在您到輸液中心做了第一次化療之後，以後到輸液中心的化療時間便由您自行安排。&gt;</p> <p>I. 在有需要時服用之抗嘔心藥物：</p> <p>1. Odansetron (Zofran) 8 毫克裝 - 在有需要應付嘔心時服食，每八小時口服一片。這藥物會引起的副作用包括有便秘和頭痛。</p> |

1 tab by mouth every 8 hrs as needed for nausea. **Side effects of this drug include constipation and headaches.**

**2. Compazine (Prochlorperazine) 10mg tablets**

1 tablet by mouth every 6 hrs as needed for nausea. **Side effects include sleepiness and dry mouth.**

**3. Lorazepam (Ativan) 0.5 mg tablets**

1 to 2 tablet by mouth every 6 hrs as needed for nausea, anxiety, and insomnia. **Side effects include sleepiness and forgetfulness**

You may use any of the above as needed for any chemotherapy-induced nausea. Zofran will be the most effective nausea medication for you during the first four days after chemo.

If you try Zofran, and it is not effective, then you may take Compazine or Ativan. You will learn which drugs are most effective for you for nausea. Also consider the side effects of the nausea medications before taking them, ie: Ativan and Compazine will make you sleepy, so you may want to take these in the evening hours. Zofran will cause constipation, so if you are constipated, you may want to avoid this drug, and/or use laxatives (Colace and/or Senna) in combination with Zofran for treatment of constipation. **REMEMBER TO DRINK 8-10 cups of fluid per day.**

**2. Compazine (Prochlorperazine) 10**

**毫克藥片裝** -在有需要應付噁心時服食, 每六小時口服一片。這藥物會引起的副作用包括有嗜睡和口乾

**3. Lorazepam (Ativan) 0.5 毫克裝藥**

**片裝** - 在有需要應付噁心、焦慮和失眠時服食, 每六小時口服一至二片。會引起的副作用包括有嗜睡和健忘。

您可根據您的需要服用任何上述的藥物去舒緩化療所引起之噁心。在化療後首四天內, Zofran 會是最有效的抗噁心處方藥物。如果服用 Zofran, 無效, 那您可以服用 Compazine 或 Ativan。您將找出哪一種藥物是最有效去舒緩您的噁心問題。另外, 在服用抗噁心藥物前, 亦要考慮藥物的副作用, 即是 Ativan 和 Compazine 會使您嗜睡; 因此, 您可能想在晚間才服用此等藥物。Zofran 會引致便秘; 因此, 如果您已有便秘的毛病, 您可能想避免服用它, 或跟輕瀉劑(Colace 與/或 Senna)一起服用, 以治療便秘。記住, 每天要飲 8 至 10 杯液體。

**II. 便秘管理: 下列都是在藥房買得到的非處方藥物。**

1.Colace, 100 毫克藥片。上午及下午各服一片。有腹瀉時停止使用。

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| <p><b>II. Constipation Management: All medications below are available over the counter.</b></p> <ol style="list-style-type: none"> <li>1. Colace, 100mg tablet. Take one tablet in AM and PM. Hold for diarrhea.</li> <li>2. Senna, 8.6 mg tablet. Take 1-2 tablets in AM and PM as needed for constipation.</li> <li>3. Miralax, 17 grams. Take 17grams each day, as needed for constipation.</li> </ol> <p><b>III. Management of Diarrhea (loose stool): Available over the counter.</b></p> <ol style="list-style-type: none"> <li>1. Immodium: 1-2 tabs by mouth 4 times per day as needed for diarrhea</li> </ol> <p><b>IV. WHEN TO CALL:</b></p> <ol style="list-style-type: none"> <li>1. Temperature greater than 100.5, burning with urination, or any signs of an infection</li> <li>2. Vomiting &gt;2 x per day despite taking anti-nausea medicine</li> <li>3. No bowel movement x 3 days despite taking laxative</li> <li>4. Inability to eat or drink, or pain</li> <li>5. Confusion, disorientation, dizziness, or excessive fatigue.</li> <li>6. Unilateral swelling, redness of arm or leg suggestive of a blood clot.</li> <li>7. Blood in urine, bleeding in emesis, vagina, bottom, or coughing up blood.</li> </ol> | <ol style="list-style-type: none"> <li>2. Senna, 8.6 毫克藥片。有需要舒緩便秘時，在上午及下午各服一至二片。</li> <li>3. Miralax, 17 克。有需要舒緩便秘時，每日服用 17 克。</li> </ol> <p><b>III. 管理腹瀉(大便稀溏):</b><br/>一般在藥房可買到的有:</p> <ol style="list-style-type: none"> <li>1. <b>Immodium</b> - 有需要應付腹瀉時，每日四次，每次口服一至二片。</li> </ol> <p><b>IV. 什麼時候要致電求助：</b></p> <ol style="list-style-type: none"> <li>1. 體溫高過攝氏 100.5 度、排尿感到灼熱、或任何受到感染的徵狀。</li> <li>2. 就算已服用止嘔吐藥物，仍每日嘔吐多過兩次。</li> <li>3. 儘管已服用輕瀉劑，仍連續三日沒有排便。</li> <li>4. 不能飲食，或出現疼痛。</li> <li>5. 意識混亂、神志不清、頭暈或嚴重疲累。</li> <li>6. 手臂或腿部出現單側腫脹、紅腫... 提示可能有血塊。</li> <li>7. 小便帶血、嘔吐帶血、陰道出血、肛門出血或咳嗽帶血。</li> </ol> <p><b>管理化療引起之副作用：護理指引<br/>您的護理指引</b></p> <p>藥物是治療癌症常用的方法，以破壞癌細胞(化學治療)。這些藥物可能會令腫瘤生長減慢，並防止或停止其擴散。但化學治療亦會影響到健康細</p> |
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**Managing Side Effects of Chemotherapy: Care Instructions****Your Care Instructions**

Cancer is often treated with medicines that destroy the cancer cells (chemotherapy). These medicines may slow cancer growth and prevent or stop the spread of cancer. Chemotherapy also can affect healthy cells and cause side effects.

Most people can work and do their normal activities after and even during chemotherapy, but they may need to limit their schedules. Side effects of chemotherapy include nausea and vomiting, pain, and being tired. Some medicines can cause diarrhea or mouth sores. Your doctor may prescribe medicines to treat the side effects. Your doctor will advise you to take extra care to prevent illnesses and infections, because chemotherapy weakens your natural defenses.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

**How can you care for yourself at home?****Medicines**

- Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine. You may get medicine

胞, 並會引起副作用。

化學治療之後及甚至在其進行期間, 許多人都可以照常工作, 也可以正常活動; 但是, 他們可能需要在時間安排上會有所限制。化學治療之副作用包括有噁心與嘔吐、疼痛及感到疲倦。有些藥物可以引致腹瀉或口瘡。您的醫生可以用處方藥物治理副作用。醫生也會提醒您要加倍小心去預防疾病和感染, 因為化學治療會將您本身的自然抵抗力減弱。

**跟進護理是您的治療與安全之重要部份。** 您要確定有預約日期及去所有醫生的預約, 並且, 在出現問題時要致電醫生。瞭解您的檢查報告並保存一份您服用藥物之清單對您都會有幫助。

**如何在家中照顧自己?****藥物**

- 依照準確之處方份量服用藥物。如果您對藥物有任何疑問, 請致電您的醫生。若出現噁心與嘔吐, 您會得到舒緩副作用之藥物。

**噁心與嘔吐**

- 在進行化學治療前, 先進食少量餐點, 對預防噁心會有幫助。如果在治療期間出現噁心, 可嘗試提早進食 — 在下次治療, 最少提早一或二小時。在治療之後, 您可以先等一小時或更長時間方才再進食。
- 在進食時與用餐前一小時或用餐後一小時飲一些液體。

for nausea and vomiting if you have these side effects.

### **Nausea and vomiting**

- A light meal or snack before chemotherapy may help prevent nausea. If you do have nausea during your treatment, try eating earlier—at least an hour or two before your next treatment. After your treatment, you may want to wait one or more hours before you eat again.
- Drink fluids with your meals and an hour before or after meals.
- After vomiting has stopped for 1 hour, sip a rehydration drink, such as Powerade or Gatorade.
- Drink plenty of fluids to prevent dehydration. Choose water and other caffeine-free clear liquids until you feel better. Try clear fluids, such as apple or grape juice mixed to half strength with water, rehydration drinks, weak tea with sugar, clear broth, and gelatin dessert. Do not drink citrus juices. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
- When you are feeling better, begin eating clear soups and mild foods until all symptoms are gone for 12 to 48 hours. Other good choices include dry toast, crackers, cooked cereal, and gelatin dessert, such as Jell-O.

- 在嘔吐停止一小時後，飲一小口補水份飲料，例如：Powerade 或 Gatorade。
- 為防止脫水，飲大量液體；選用水與其他不含咖啡因的清晰液體，直至您感覺好轉。嘗試飲用清晰飲料，例如：蘋果汁或提子汁加同等量清水混合、補體液飲料、淡茶加糖、清湯和凝膠甜點。不要飲柑橘類果汁。如果您有腎臟、心臟或肝臟疾病而需要限制液體，請在增加飲用量之前，先跟醫生討論。
- 當您感到好轉，可以開始進食清湯及清淡之食物，直至所有徵狀都已經消退了 12 至 48 小時之後。其他可選的食物有烤麵包、餅乾、熟麥片與凝膠甜點(例如：果凍)。
- 如果嘔吐問題未有改善或甚至惡化了，便要馬上通知您的醫生。

### **食慾不振**

- 健康飲食是至為重要的。如果您對飲食不感興趣，可嘗試食用一些含蛋白質及額外卡路里的食物，以保持您的體力，並防止體重下降。您可以喝液體膳食替代品，以攝取額外卡路里及蛋白質。
- 嘗試少食多餐。定下每一日內主餐與小食的時間表，並且預計那些時間會最適宜飲食。可以嘗試提早進食主餐。

- If your vomiting is not getting better or is getting worse, call your doctor right away.

#### **Loss of appetite**

- It is important to eat healthy food. If you do not feel like eating, try to eat food that has protein and extra calories to keep up your strength and prevent weight loss. You can drink liquid meal replacements for extra calories and protein.
- Try eating several smaller meals throughout the day. Set a schedule for meals and snacks, and plan for times when it feels best to eat. Try to eat your main meal early.
- After treatment, you may want to wait for a while to eat. You can also try eating earlier before treatment.
- Try to eat more of the foods you like during the days and times when your appetite is good.
- When you don't feel like eating your normal foods, try clear broths/soups and mild foods like toast, crackers, cooked cereal like oatmeal, and gelatin dessert. Eating soft, bland foods may help.

#### **Pain control**

- If your doctor prescribes medicines to control pain, take them as directed. Often your doctor will have you take these medicines regularly to keep your pain under control. Medicine for pain may cause side effects. Let your doctor know if

- 化療之後，您可能想稍等一會才進食。您也可以嘗試提早在治療之前便進食。
- 在您食慾好的時候，可嘗試多吃一些您喜愛的食物，也可增加進食次數。
- 當您不想進食一般食物的時候，可嘗試一些清湯/湯與溫及清淡之食物，例如：烤麵包、餅乾、熟麥片（譬如：燕麥片）與凝膠甜點。吃軟的、清淡的食物可能會有幫助。

#### **控制疼痛**

- 若醫生給您控制疼痛之處方藥，請依照指示服用。醫生會指示您要定期服用這些藥物以控制疼痛。止痛藥可能會引起副作用。若出現便秘、小便不適或噁心，要讓您的醫生知道。
- 焦慮與壓力會增加痛楚，可嘗試用鬆弛身心的運動去減輕焦慮與壓力。
- 請留意您的痛楚以告之醫生。將您感痛楚的位置、時間有多長、什麼似乎引起它、與及感覺是怎樣的，通通都記錄下來；也要留意有什麼事情會使痛楚減輕或惡化。
- 如果口部出現疼痛，醫生可以給您一種處方的特效口腔清潔液，以幫助舒緩疼痛。

#### **身體衰弱與感覺疲倦**

- 多休息。預早計劃定休息與小睡的

you feel constipated, have trouble urinating, or have nausea.

- Try using relaxation exercises to lower your anxiety and stress, which can increase pain.
- Keep track of your pain so you can tell your doctor what your pain is like. Write down where you feel pain, how long it lasts, what seems to bring it on, and how it feels. Also note what makes the pain feel better or worse.
- If you have mouth pain, your doctor may prescribe a special mouth rinse that can help relieve the pain.

#### **Weakness and feeling tired**

- Get extra rest. Plan ahead so you can take breaks or naps.
- Save your energy for the most important things you want to do.
- Try to get some exercise, such as walking, but stop if you are too tired.
- Eat a balanced diet. Do not skip meals, especially breakfast.
- Try to lower your stress and workload. Relaxation exercises, music therapy, and prayer are ways to lower stress and help you relax.
- Ask family and friends to help with home chores and other tasks.

#### **To prevent infections**

- Wash your hands often during the day, especial-

時間。

- 保留體力，使您可以將最重要的事情辦好。
- 嘗試做一些運動，例如：散步；但是，當您感到疲累時便要停止。
- 飲食要平衡。不要省去吃任何一餐，特別是早餐。
- 嘗試減輕壓力及工作量。鬆弛運動、音樂治療與禱告都是可以減壓的方法，也可幫助您放鬆。
- 請求家人及朋友協助您去處理家務與其他事務。

#### **預防感染**

- 日間要經常洗手，尤其是在進食前與如廁後。
- 要遠離患有傳染性疾病(例如：流行性感冒、感冒)的人。
- 避免去人多的地方。
- 割傷和擦傷後，馬上要用溫水和肥皂清潔傷口；之後，每天都要清洗，直至痊癒為止。
- 如果醫生建議您要多留意您的體溫，您可以每日定時量度體溫，並將之記錄下來。

#### **脫髮**

- 使用溫和的洗髮劑與軟髮刷。
- 使用乾髮器時，使用低熱的設置。不要染髮或燙髮。
- 將頭髮修短，這樣會有一種濃密和豐盈的感覺；而且，若出現脫髮，

ly before you eat and after you use the bathroom.

- Stay away from people who have illnesses that you might catch, such as the flu or a cold.
- Try to stay out of crowds.
- Clean cuts and scrapes right away with warm water and soap. Clean them daily until they are healed.
- Keep track of your temperature, if your doctor recommends it. You can do this by taking your temperature at regular times and writing it down.

#### **Hair loss**

- Use a mild shampoo and a soft hair brush.
- Use a low setting on your hair dryer. Do not color or perm your hair.
- Have your hair cut short. It will look thicker and fuller, and it will not be such a shock if you lose hair.
- Use sunscreen and a hat, scarf, or turban to protect your scalp from the sun.

#### **When should you call for help?**

Call 911 anytime you think you may need emergency care. For example, call if:

- You pass maroon or very bloody stools.
- You have a severe headache or changes in your vision.
- You passed out (lost consciousness).

也不會令人太震驚。

- 使用防曬霜與帽子、圍巾或頭巾去保護您的頭皮，以免被曬傷。

#### **在什麼時候需要求援？**

任何時候當您覺得需要緊急護理時，請致電 911，舉例：

- 您的大便是褐紅色的或嚴重帶血。
- 您出現嚴重頭痛或視力出現毛病。
- 您暈倒(失去知覺)。

**如果您有任何下列的情況發生，請立即致電您的醫生或尋求醫療護理：**

- 呼吸變得急促。
- 有新的疼痛或惡化。
- 出現畏寒、發熱或咳嗽。
- 徵狀(例如：噁心或感到疲倦)出現惡化。
- 大便黑色和柏油狀或帶血斑。
- 出現嚴重腹瀉，且未有好轉。
- 出現不尋常的瘀傷或出血。
- 疼痛不受藥物所控制。
- 出現頭暈或頭昏眼花，或者你覺得你可能會昏倒。

**密切留意您的健康變化；如果您有任何下列的情況發生，必須要通知您的醫生：**

- 你的口腔內出現潰瘍。

**如您想知道更多？**



**Call your doctor now or seek immediate medical care if:**

- You are short of breath.
- You have new or severe pain.
- You have chills, a fever, or a cough.
- Your symptoms, such as nausea or feeling tired, get worse.
- Your stools are black and tarlike or have streaks of blood.
- You have severe diarrhea that is not getting better.
- You have unusual bruising or bleeding.
- Your pain is not controlled with your medicine.
- You are dizzy or lightheaded, or you feel like you may faint.

**Watch closely for changes in your health, and be sure to contact your doctor if:**

- You have sores in your mouth.

**Where can you learn more?**

Go to <http://www.healthwise.net/patiented>.

Enter **B484** in the search box to learn more about

**"Managing Side Effects of Chemotherapy: Care Instructions."**

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請往 <http://www.healthwise.net/patiented> 在搜尋格內填入 **B484**，以瞭解更多關於 "管理化學治療的副作用: 護理指引" (**Managing Side Effects of Chemotherapy: Care Instructions**)"

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