

UCSF Medical Center 加州大學舊金山分校醫療中心

## How to manage diarrhea during chemotherapy

### 如何處理化療期間出現之腹瀉

<p>For patients and those who care for them...</p> <p><b>How to manage diarrhea during chemotherapy</b></p>	<p>給病人與照顧他們的人仕</p> <p>如何處理化療期間出現之腹瀉</p>
<p><b>Did you know?</b></p> <ul style="list-style-type: none"> <li>• Diarrhea caused by chemotherapy (or “chemo”) can be serious and threaten your life.</li> <li>• Diarrhea may not go away on its own.</li> <li>• It may get worse without the right treatment.</li> <li>• It can prevent your body from keeping the fluids you drink and from fully digesting your food. Diarrhea can sometimes cause a blood infection.</li> </ul>	<p><b>你知道嗎？</b></p> <ul style="list-style-type: none"> <li>• 由化療所引起之腹瀉可以是嚴重的，甚至會危害你的生命。</li> <li>• 腹瀉並不會自行退去。</li> <li>• 沒有適當治療，腹瀉會惡化。</li> <li>• 它可以令到你的身體不能將所喝的水保存下來，也不能將食物完全消化。</li> <li>• 腹瀉有時可以造成血液感染。</li> </ul>
<p><b>Signs that you may have diarrhea</b></p> <ul style="list-style-type: none"> <li>• More stools per day than you had before starting chemo (If you are not sure what is normal, keep a daily record. See the chart below)</li> <li>• Softer, looser, or more watery stools</li> <li>• More cramping or gas, or both</li> <li>• Stomach pain or feeling weak</li> </ul>	<p><b>腹瀉可能會出現之病徵</b></p> <ul style="list-style-type: none"> <li>• 開始作化療後，每日大便之次數較之前為多(若你不肯定什麼是正常，可保留一份日常記錄。見下表)</li> <li>• 大便較軟、較水汪汪或接近水狀</li> <li>• 較多腹部絞痛或腹脹，或兩者都有</li> <li>• 胃痛或感覺虛弱</li> </ul>
<p><b>Other signs to tell your doctor about</b></p> <ul style="list-style-type: none"> <li>• Dry mouth</li> <li>• Darker urine, less urine, or both</li> <li>• Feeling dizzy or faint</li> <li>• Weight loss</li> </ul>	<p><b>若有其他病徵，要讓醫生知道：</b></p> <ul style="list-style-type: none"> <li>• 口乾</li> <li>• 小便較深色、尿量較少、或兩者都有</li> <li>• 感到頭暈或昏厥</li> </ul>

<ul style="list-style-type: none"> <li>• Feeling tired or weak</li> </ul>	<ul style="list-style-type: none"> <li>• 體重下降</li> <li>• 感到疲倦或虛弱</li> </ul>
<p><b>Be sure to tell your doctor right away if you have any of these signs</b></p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Chills, sweating, feeling hot</li> <li>• Feeling cold</li> <li>• Bad stomach pain or cramps</li> </ul>	<p><b>若你有這些病徵，要馬上告訴醫生</b></p> <ul style="list-style-type: none"> <li>• 發燒</li> <li>• 發冷、出汗、感到熱</li> <li>• 感到冷</li> <li>• 腹部劇痛或絞痛</li> </ul>
<p><b>2 kinds of diarrhea</b></p> <ul style="list-style-type: none"> <li>• <b>Early</b> diarrhea may happen in the first 24 hours after you are given your medicine. It is often mild and goes away soon.</li> <li>• <b>Late</b> diarrhea happens more than 24 hours after you are given your medicine. This is more serious and may even threaten your life.</li> </ul>	<p><b>兩類腹瀉</b></p> <ul style="list-style-type: none"> <li>• 早期腹瀉可能在服藥後24小時內出現。通常會是輕微的，而且很快就退去。</li> <li>• 後期腹瀉會在服藥後超過24小時後才出現。會是較嚴重的，甚至可能會有生命危險。</li> </ul>
<p><b>Do not ignore early or late diarrhea. If left untreated, diarrhea can become serious or threaten your life. Be sure to call you doctor about your diarrhea.</b></p>	<p><b>不要對腹瀉掉以輕心，不論是早期的抑或是後期的。如果置之不理，腹瀉可以變得嚴重，並且會危害生命。出現腹瀉，必須打電話給你的醫生。</b></p>
<p><b>Check your bowel movements.</b> It is important to know what your normal stool is like. It can help you see how your treatment affects you. Fill out the chart below, starting 1 week before your treatment. Be sure to make an entry each time you have a bowel movement. Fill in the time of day and check the box that best describes your bowel movement. We filled out one day to show you how.</p>	<p>請檢查你的大便。知道自己正常大便的模樣是重要的。這會幫助你瞭解治療對你的影響。接受治療前的一星期開始，填寫下面的表格。記得每次大便後填寫一條目。寫上日期與時間，並將你大便的情況以“X”表示出來。我們已填寫了一天作為樣本。</p>

**Example 舉例:**

<b>Date</b> 日期:	3/24/14/	3/24/14	3/24/14	
<b>Time</b> 時間:	上午 8:15 am	下午1:25 pm	下午2:30 pm	
<b>Hard</b> 硬?	<b>X</b>	<b>X</b>		
<b>Formed</b> 條狀?				
<b>Soft</b> 軟?			<b>X</b>	
<b>Loose</b> 稀便?				
<b>Watery</b> 水汪汪?				

<p><b>What to drink if you have diarrhea</b></p> <ul style="list-style-type: none"> <li>• Drink at least 6 to 8 large glasses of fluid a day</li> <li>• Drink a little at a time, as often as you can. Water, clear soup, or broth are all good</li> </ul>	<p><b>當出現腹瀉，應該喝什麼？</b></p> <ul style="list-style-type: none"> <li>• 每日最少喝六至八大杯液體</li> <li>• 密密喝，但每次只喝一點點。水、清湯或肉湯都可以。</li> </ul>
<p><b>What not to drink</b></p> <ul style="list-style-type: none"> <li>• Don't drink milk</li> <li>• Avoid alcohol and coffee</li> <li>• Avoid very hot or very cold fluids</li> </ul>	<p><b>什麼不要喝？</b></p> <ul style="list-style-type: none"> <li>• 不要喝牛奶</li> <li>• 避免酒精與咖啡</li> <li>• 避免非常熱或冷的液體</li> </ul>
<p><b>What to eat</b> Eat small meals often; think "BRAT" <b>B</b>-Bananas <b>R</b>-Rice <b>A</b>-Applesauce <b>T</b>-Toast If you do well on these foods, you can start adding others:</p> <ul style="list-style-type: none"> <li>• Bland low fiber foods</li> <li>• White-meat chicken without the skin</li> <li>• Crackers, white bread, and pasta without sauce</li> <li>• Canned or cooked fruits without skins</li> </ul>	<p><b>應當吃什麼？</b> 吃輕盈餐，記住 "BRAT" B - 香蕉 R - 米飯 A - 蘋果醬 T - 多士 (吐司)</p> <p>如果你接受這些食物，可以開始加入其他的：</p> <ul style="list-style-type: none"> <li>• 清淡的低纖維食物</li> <li>• 去皮雞(白)肉</li> <li>• 餅乾、白麵包與不帶醬汁的麵條</li> </ul>

	<ul style="list-style-type: none"> <li>● 罐頭或煮熟的去皮水果</li> </ul>
<p><b>What not to eat</b> These foods can make diarrhea and cramping worse:</p> <ul style="list-style-type: none"> <li>● Fatty, fried, or greasy foods</li> <li>● Spicy foods</li> <li>● High-fiber foods</li> <li>● Bran and some cereals</li> <li>● Raw fruits and vegetables</li> <li>● Dried fruits, beans, popcorn, and nuts</li> <li>● Chocolate</li> </ul>	<p><b>什麼不要吃？</b></p> <ul style="list-style-type: none"> <li>● 這些食物會令腹瀉與絞痛惡化：</li> <li>● 脂肪、油炸或油膩食物</li> <li>● 辛辣食物</li> <li>● 高纖食物</li> <li>● 麩皮和一些穀物</li> <li>● 未經煮熟的水果和蔬菜</li> <li>● 乾果、豆類、爆米花與硬殼果</li> <li>● 巧克力</li> </ul>
<p><b>Taking medicine for diarrhea</b> Your doctor may suggest that you take a medicine called Imodium A-D. It is also called loperamide. You may want to have a box on hand before your treatment starts.</p> <ul style="list-style-type: none"> <li>● Be sure to take the medicine just as your doctor says. You are taking the right dose for stool problems caused by chemo</li> <li>● During the night you still have to take 2 caplets every 4 hours. Don't stop taking it until you are diarrhea-free for at least 12 hours</li> <li>● If you get a fever (over 100.4 degrees Fahrenheit) or feel sick, call your doctor or nurse right away</li> <li>● Keep track of how many bowel movements you have every 24 hours. Call your doctor if you notice any changes</li> </ul>	<p><b>服用治療腹瀉的藥物</b></p> <p>醫生可能會提議你服用一種藥物叫Imodium AD。它又叫loperamide。在治療開始前，你可能想隨身帶備一盒。</p> <ul style="list-style-type: none"> <li>● 服用此藥，必須按照醫生指示。你服用的劑量正是針對化療所造成的大便問題。</li> <li>● 夜間，你仍然需要每四小時服用兩粒。不要停藥，直至你腹瀉停止過後最少十二小時。</li> <li>● 如果你出現發燒(華氏100.4度以上)或感到不舒服，馬上打電話給你的醫生或護士。</li> <li>● 記錄每24小時內你有幾次大便。如有異常，打電話給你的醫生。</li> </ul>
<p><b>Taking Imodium A-D for late</b></p>	<p><b>服用Imodium AD，以治療後期之腹瀉</b></p>

<p><b>diarrhea</b></p> <p>If you have diarrhea with CAMPTOSAR (irinotecan HCl injection), follow these directions, <b>not</b> those on the Imodium A-D package.</p> <ul style="list-style-type: none"> <li>• Take 2 caplets (4 mg) at the first sign of late diarrhea</li> <li>• Take 1 caplet (2 mg) every 2 hours until you have had no diarrhea for at least 12 hours</li> <li>• During the night you must take 2 caplets (4 mg) every 4 hours.</li> </ul>	<p>如果接受CAMPTOSAR (irinotecan HCl injection)治療時出現腹瀉，請按照以下這些指示，而非Imodium A-D包裝上所寫的做法。</p> <ul style="list-style-type: none"> <li>• 當首次出現後期之腹瀉時，服用兩粒(4毫克)。</li> <li>• 每兩小時服用一粒(2毫克)，直至你腹瀉停止過後最少十二小時。</li> <li>• 夜間，你必須每四小時服用兩粒(4毫克)。</li> </ul>
<p>CAMPTOSAR is indicated as a component of 1<sup>st</sup> line therapy in combination with 5-FU/LV for the treatment of metastatic colorectal cancer.</p>	<p>CAMPTOSAR已被標示為第一線治療的一部分，與5-FU/LV聯用於治療轉移性結直腸癌。</p>
<p><b>Important safety information</b></p> <ul style="list-style-type: none"> <li>• <b>Both early and late forms of diarrhea can occur and may be life threatening. Late diarrhea should be managed promptly with loperamide and supportive care including antibiotics as needed; rare cases of ileus, complicated colitis or renal impairment have been observed.</b></li> <li>• <b>CAMPTOSAR can induce severe myelosuppression. Use of colony-stimulating factor may be considered in patients with significant neutropenia.</b></li> </ul>	<p><b>重要安全資訊</b></p> <ul style="list-style-type: none"> <li>• 早期與後期腹瀉都可能會出現，而且是可以危害生命的。後期腹瀉應當迅速以<b>loperamide</b>處理，有需要時也要加上支援護理，包括抗生素；留意罕見的腸閉塞、複雜的結腸炎或腎功能不全。</li> <li>• <b>CAMPTOSAR</b> 可以嚴重抑制骨髓。對於中性粒細胞顯著減少的病人，可以考慮使用細胞集落刺激因子。</li> </ul>
<p>Imodium A-D (loperamide HCl) is a registered trademark of McNeil-PPC, Inc. Patient information provided as a</p>	<p>Imodium A-D (loperamide HCl) 乃 McNeil-PPC, Inc. 的註冊商標。Pfizer Oncology提供病人的訊息，作為一種服</p>

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<b>For a copy of the CAMPTOSAR product information, including black box warning, talk to your doctor. You may also visit <a href="http://www.pfizer.com">www.pfizer.com</a>.</b>	要索取有關CAMPTOSAR產品的知識，包括黑箱警告，請向你的醫生查詢。你也可以訪問網頁 <a href="http://www.pfizer.com">www.pfizer.com</a> 。