

奧沙利鉑 Oxaliplatin (Folfox)

<p>For the Patient: Oxaliplatin injection</p> <p>Other names: ELOXATIN® (FOLFOX)</p>	<p>病人須知：奧沙利鉑 (Oxaliplatin) 注射液</p> <p>其他名稱：益樂沙定 ELOXATIN® (FOLFOX)</p>
<ul style="list-style-type: none"> • <u>Oxaliplatin</u> is a drug that is used to treat cancer. It is a clear liquid that is injected into a vein. 	<ul style="list-style-type: none"> • 奧沙利鉑(Oxaliplatin) 是一種治療癌症的透明靜脈注射液藥物。
<ul style="list-style-type: none"> • Tell your doctor if you have ever had an unusual or <u>allergic reaction</u> to cisplatin (PLATINOL®) or carboplatin (PARAPLATIN®) before starting oxaliplatin treatment. 	<ul style="list-style-type: none"> • 若你曾經由於服用順鉑 cisplatin (普拉汀諾 PLATINOL®) 或碳鉑 carboplatin (伯爾定 PARAPLATIN®) 而出現異常情況或有<u>過敏反應</u>，請在做奧沙利鉑化療之前告訴醫生。
<ul style="list-style-type: none"> • A <u>blood test</u> may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test result and/or other side effects. 	<ul style="list-style-type: none"> • 每次做化療前可能會先<u>抽血檢驗</u>，再根據檢驗結果與/或其他出現的副作用調整你所需的化療藥量與校時。
<ul style="list-style-type: none"> • Other drugs such as warfarin (COUMADIN®) may <u>interact</u> with oxaliplatin. 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 	<ul style="list-style-type: none"> • 其他藥物，例如華法林 warfarin (香豆定 COUMADIN®)，有可能與奧沙利鉑發生<u>相互作用</u>。若你正服用這藥或其他藥物，請告知你的醫生。你可能需要額外的驗血，或調整藥量。在開始服用任何新的藥物之前，請先向你的醫生或藥劑師查核。

<p>you start taking any new drugs.</p>	
<ul style="list-style-type: none"> • The <i>drinking of alcohol</i> (in small amounts) does not appear to affect the safety or usefulness of oxaliplatin. 	<ul style="list-style-type: none"> • 飲酒(少量) 不會至於影響到奧沙利鉑之安全性或效用。
<ul style="list-style-type: none"> • Oxaliplatin may damage sperm and may harm the baby if used during pregnancy. It is best to use <i>birth control</i> while being treated with oxaliplatin. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment. 	<ul style="list-style-type: none"> • 奧沙利鉑可能會損害精子；若在懷孕時注射，也可能會危害胎兒。接受奧沙利鉑治療期間，最好做避孕工夫。若你或你的伴侶懷孕，請馬上告訴你的醫生。治療期間也不要進行母乳餵養。
<ul style="list-style-type: none"> • <i>Tell</i> doctors or dentists that you are being treated with oxaliplatin before you receive any treatment from them. 	<ul style="list-style-type: none"> • 醫生或牙醫為你做任何其他治療之前，請先告知他們你正做奧沙利鉑化療。

<p>SIDE EFFECTS 副作用 下表列出其副作用(以可能出現之先後排列) 治療處理各種副作用的指導</p>	<p>MANAGEMENT 處理方法 下表列出其副作用(以可能出現之先後排列) 治療處理各種副作用的指導</p>
<p>Tell your nurse if you feel like you have difficulty breathing or swallowing during or immediately after your oxaliplatin infusion.</p>	<ul style="list-style-type: none"> • These symptoms will disappear in a few hours, and may not require treatment. • If you have these symptoms with a 2-hour infusion, your next treatment may be given over 6 hours.
<p>於注射奧沙利鉑期間或之後，若你覺得呼吸或吞嚥有困難，請告訴護士。</p>	<ul style="list-style-type: none"> • 這些症狀會在幾小時內消失，未必需要處理。

	<ul style="list-style-type: none"> ●若你輸液之期間是兩個小時便出現這些症狀，你下一次化療輸液之速度便會被放慢，可能歷時達6小時。
Oxaliplatin burns if it leaks under the skin.	Tell your nurse or doctor immediately if you feel burning, stinging, or any other change while the drug is being given.
若奧沙利鉑洩漏到皮下，會造成灼傷。	當注射藥物期間，若你覺得火辣感、灼痛或任何其他不適，請馬上通知護士或醫生。
Nausea and vomiting may occur after your treatment and may last for 24-48 hours. Some people have little or no nausea.	<p>You may be given a prescription for an 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"> ● Eat and drink often in small amounts. ● Try the ideas in <i>Food Choices to Help Control Nausea</i>.*
治療後可能會出現噁心與嘔吐，且可長達24至48小時。但有些人症狀輕微或沒有噁心。	<p>你會得到或收到在化療前或在家中服用的止嘔吐藥的處方。預防嘔吐發生比處理已發生之嘔吐較為容易，因此要嚴格地遵照服法說明。</p> <ul style="list-style-type: none"> ●常常吃喝多次，但每次只進食少量飲食。 ●參考“選擇有助於控制噁心的食物”內的提議。★

<p>Pain or tenderness may occur where the needle was placed.</p>	<p>Apply warm compresses or soak in warm water for 15-20 minutes several times a day.</p>
<p>注射部位可能會出現疼痛或壓痛。</p>	<p>在注射部位做熱敷或在溫水中浸泡 15 至 20 分鐘，一天做數次。</p>
<p>Fever may occur shortly after treatment with oxaliplatin. Fever should last no longer than 24 hours.</p>	<ul style="list-style-type: none"> • Take acetaminophen (e.g., TYLENOL®) every 3-4 hours. • Fever which occurs more than 48 hours after treatment may be the sign of an infection. See details below.
<p>奧沙利鉑化療不久之後，可能會出現發燒。發燒持續應當不超過 24 小時。</p>	<ul style="list-style-type: none"> • 每三至四小時服用對乙酰氨基酚 acetaminophen (例如：泰諾 Tylenol®) 一次。 • 如在化療後超過 48 小時出現發燒，可能是感染的跡象，請參閱下面詳述。
<p>Diarrhea may occur.</p>	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> • Drink plenty of liquids. • Eat and drink often in small amounts. • Eat low fiber foods such as cheese, rice, pasta, white bread, juices, meat, eggs. • Avoid high fiber foods such as bran, whole grain breads and cereals, nuts, fruits and vegetables.
<p>可能會出現腹瀉。</p>	<p>如果腹瀉是一個問題時，請：</p> <ul style="list-style-type: none"> • 飲用大量飲料。

	<ul style="list-style-type: none"> ● 每次飲食以少量為佳。 ● 食低纖維食物，例如：芝士(乳酪)、米飯、麵條、白麵包、果汁、肉類、蛋類。 ● 避免食高纖維食物，例如：麥麩、全麥麵包和穀類、堅果、水果與蔬菜。
<p>Your white blood cells will decrease 1-2 weeks after your treatment. They usually return to normal 3 weeks after your last 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>To help prevent infection:</p> <ul style="list-style-type: none"> ● Wash your hands often and always after using the bathroom. ● Take care of your skin and mouth. ● Call your doctor immediately at the first sign of an infection such as fever (over 100 degrees Fahrenheit or 38 degrees Celsius by an oral thermometer), chills, cough, or burning when you pass urine.
<p>化療後的一至兩個星期內，你的白血球量會減少。在最後做完化療過了三個星期後，通常會回復正常。白血球保護你身體，對抗由於細菌(病菌)引起的感染。當白血球減少時，你就處在較大的感染危機中。</p>	<p>要防止感染：</p> <ul style="list-style-type: none"> ● 經常洗手，每次上廁後必須洗手。 ● 要愛護皮膚和保持口腔清潔。 ● 當感染症狀開始出現時，例如發燒(口腔探熱超過華氏 100 度或攝氏 38 度)、寒戰、咳嗽或排尿時感到灼熱，馬上要致電醫生。
<p>Your platelets may decrease 1-2 weeks after</p>	<p>To help prevent bleeding problems:</p>

<p>your treatment. They usually return to normal 3 weeks after your last treatment. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</p>	<ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself. • Clean your nose by blowing gently. Do not pick your nose. • Avoid constipation. • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene. <p>Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (ADVIL®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart). • For minor pain, try acetaminophen (e.g., TYLENOL®) first, to a maximum of 4 g (4000 mg) per day, but occasional use of ibuprofen may be acceptable.
<p>治療後的一至兩個星期內，你的血小板可能會減少。通常於最後一次治療後的三個星期會回復正常。若你受了傷，血小板有助於使你的血液凝結成塊。你會比平常更容易出現淤傷或出血。</p>	<p>要預防出血的問題：</p> <ul style="list-style-type: none"> • 儘量不要讓自己有挫傷、切傷、或燒傷 • 清潔鼻孔時要輕輕地擤。不要挖鼻孔 • 避免便秘 • 由於你的牙齦會很容易出血，用柔軟的牙刷去輕輕地刷牙。保持良好的口腔衛生 <p>有些藥物，譬如 ASA (例如：阿司匹林 ASPIRIN®) 或布洛芬 ibuprofen (例如：雅</p>

	<p>維 ADVIL®)會增加出血的風險。</p> <ul style="list-style-type: none"> ● 不要停用醫生給你的處方藥物 (例如：治療心臟病的阿司匹林)。 ● 對於輕微的疼痛，先試用對乙酰氨基酚 (例如：泰諾®)，但要以每天 4 克 (即 4000 毫克)為限；不過，間中服用布洛芬也可。
<p>You may feel tingling or a loss of feeling in your hands, feet, nose, or throat. They may be made worse by exposure to cold. These problems often disappear after a few hours or days.</p>	<ul style="list-style-type: none"> ● Avoid cold air if possible. ● Protect yourself from the cold, which can cause or worsen these symptoms. Wear gloves, socks, and something that covers your mouth and nose when outside in cold weather. ● Do not drink cold beverages or eat cold food for a few days after treatment. ● If symptoms continue for more than a weeks, or interfere with how your hands works, talk to your doctor. ● Try the ideas in <i>Coping With/Preventing Oxaliplatin Cold Dysesthesias</i>.*
<p>你可能會感到麻痛，或者手、腳、鼻子、咽喉失去知覺。寒冷的環境會使情況更差。這些問題通常會在幾個小時或幾天之後消失。</p>	<ul style="list-style-type: none"> ● 可以的話，避免置身在寒冷的環境中。 ● 寒冷會引發症狀，甚至惡化，所以要做好保暖措施。在戶外寒冷的天氣下，要戴上手套、穿襪子和使用一些可遮蓋口和鼻子的物品。 ● 治療後的數天內，不要喝冷凍的飲料

	<p>或進食冷凍的食物。</p> <ul style="list-style-type: none"> ●若症狀持續超過一個星期或妨礙你的手活動，跟醫生交談一下。 ●可參考“妥善地處理/預防樂沙定所致的冷覺障礙” * 內的提議。*
<p>Tiredness and lack of energy may occur.</p>	<ul style="list-style-type: none"> ● Do not drive a car or operate machinery if you are feeling tired. ● Try the ideas in <i>Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue</i>.*
<p>可能會感到疲勞和精力不足。</p>	<ul style="list-style-type: none"> ●當感到疲倦時，不要駕駛車或操作儀器。 ●參閱“節用你的蓄備精力: 幫助癌症患者怎樣應付疲勞” * 內的提議。
<p>Hair loss is rare with oxaliplatin. Your hair will grow back once you stop treatment with oxaliplatin. Color and texture may change.</p>	<p>If hair loss is a problem, refer to <i>For the Patient: Hair Loss Due to Chemotherapy</i>.*</p>
<p>做奧沙利鉑化療時很少會脫髮。當你停止化療時，你的頭髮會回生，但頭髮顏色與質地可能會有改變。</p>	<p>若有脫髮問題、可參閱“病人提示: 由於化療所導致的脫髮” *</p>
<p>*Please ask your chemotherapy nurse or pharmacist for a copy.</p>	<p>* 請向你的化療護士或藥劑師索取一份副本。</p>

<p>SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:</p> <ul style="list-style-type: none"> ● Signs of an infection such as fever (over 100 degrees Fahrenheit or 38 degrees Celsius by an oral thermometer); chills; 	<p>若出現以下情況，應立即找醫生查看或去急診：</p> <ul style="list-style-type: none"> ●有感染症狀時，例如：發燒(口腔探熱超過華氏 100 度或攝氏 38 度)、寒
---	---

<p>cough; pain or burning when you pass urine.</p> <ul style="list-style-type: none"> • Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin. • Signs of an allergic reaction (rare) soon after a treatment including dizziness, fast heart beat, face swelling, or breathing problems. • Seizures or loss of consciousness with or without confusion, headache, or changes in eyesight. 	<p>戰、咳嗽、排尿時感到疼痛或灼熱</p> <ul style="list-style-type: none"> • 當有出血症狀時，例如黑色、柏油樣的糞便、小便帶血、皮膚上的紅色細小斑點 • 治療不久過後，出現過敏反應(少有)的症狀，包括頭暈、心跳過快、面部腫脹、呼吸困難 • 癲癇發作或喪失意識，同時有或沒有精神錯亂、頭痛、或視力改變
<p>SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:</p> <ul style="list-style-type: none"> • Signs of anemia such as unusual tiredness or weakness. • Signs of liver problems such as yellow eyes or skin, white or clay-colored stools. 	<p>若出現以下情況，應儘快找醫生查看(在辦公時間去)：</p> <ul style="list-style-type: none"> • 貧血症狀：例如疲倦或虛弱 • 肝臟問題的跡象：例如眼睛或皮膚變黃、白色或陶土色糞便
<p>CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:</p> <ul style="list-style-type: none"> • Uncontrolled nausea, vomiting, or diarrhea. • Easy bruising or minor bleeding. • Tingling or a loss of feeling in your hands, feet, nose, or throat. • Redness, swelling, pain or sores where the needle was placed. 	<p>若以下各種問題持續不斷或困擾著你，請向醫生查看：</p> <ul style="list-style-type: none"> • 噁心、嘔吐或腹瀉失控 • 易瘀傷或輕微出血 • 感到刺痛，或者手、腳、鼻子、咽喉缺失知覺 • 注射部位紅、腫、痛或潰瘍 • 嘴唇、舌頭、口腔或咽喉出現紅、腫、疼痛或潰瘍。

• Redness, swelling, pain or sores on your lips, tongue, mouth or throat.	
REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR	告知醫生其他問題。

<p>For the Patient: Fluorouracil injection Other names: 5-Fluorouracil, 5FU, Adrucil</p>	<p>病人須知：氟尿嘧啶注射(Fluorouracil) 其他名稱：5-氟尿嘧啶 5-Fluorouracil, 5FU, 亞葉酸 Adrucil</p>
<ul style="list-style-type: none"> • Fluorouracil is a drug that is used to treat many types of cancer. It is a clear liquid that is injected into a vein. 	<p>氟尿嘧啶 Fluorouracil 是用於治療男性癌症的藥物。是一種靜脈注射的透明液體。</p>
<ul style="list-style-type: none"> • Tell your doctor if you have ever had an unusual or allergic reaction to fluorouracil or to capecitabine (XELODA®) before using fluorouracil. 	<p>若你曾經由於氟尿嘧啶或卡培他濱 capecitabine (希羅達 XELODA®) 而出現異常情況或過敏反應，請在未進行氟尿嘧啶化療前告訴醫生。</p>
<ul style="list-style-type: none"> • 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. 	<p>每次化療前會先驗血。根據檢驗結果與/或其他副作用的出現，調整你的化療劑量與時間。</p>
<ul style="list-style-type: none"> • For some kinds of fluorouracil treatments you will be asked to suck on ice chips while the drug is being given. This is not recommended for all kinds of fluorouracil treatments and your doctor, nurse or pharmacist can advise you. 	<p>用某些氟尿嘧啶化療時，在注射藥物期間，你需要吮吸冰塊；但並非所有氟尿嘧啶的治療都建議做這些。你的醫生、護士或藥劑師可以給你意見。</p>
<ul style="list-style-type: none"> • Other drugs such as warfarin (COUMADIN®), phenytoin (DILATIN®) and fosphenytoin (CEREBRYX®) may interact with fluorouracil. Tell your doctor if you are taking this or any other drugs as you 	<p>其他藥物，例如華法林 warfarin (香豆定 COUMADIN®), 苯妥英 phenytoin (地侖丁 DILATIN®)和 磷苯妥英 fosphenytoin (CEREBRYX®)有可能與氟尿嘧啶有互相作用。若你正在服用這些藥或其他</p>

<p>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.</p>	<p>藥物，請告訴你的醫生。你可能需要額外的驗血，或者可能需要調整藥量。在你開始服用任何一種新的藥物前，請先向你的醫生或藥劑師查看。</p>
<ul style="list-style-type: none"> • The drinking of alcohol (in small amounts) does not appear to affect the safety or usefulness of fluorouracil. 	<p>飲酒(宜少量)似乎不會影響到氟尿嘧啶之安全性或效用。</p>
<ul style="list-style-type: none"> • Fluorouracil may cause sterility in men and menopause in women. If you plan to have children, discuss this with your doctor before being treated with fluorouracil. 	<p>氟尿嘧啶可能會引致男性的不育和女性的絕經。若你有生育計劃，在開始做氟尿嘧啶化療前，請先與你的醫生談論。</p>
<ul style="list-style-type: none"> • Fluorouracil may damage sperm and may harm the baby if used during pregnancy. It is best to use birth control while being treated with fluorouracil. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment. 	<p>氟尿嘧啶可能會損害精子；若在懷孕時注射，也可能會危害胎兒。在接受氟尿嘧啶治療期間，最好做避孕工夫。若你或你的伴侶懷孕，請馬上告訴你的醫生。治療期間也不要進行母乳餵養。</p>
<ul style="list-style-type: none"> • Tell doctors or dentists that you are being treated with fluorouracil before you receive any treatment from them. 	<p>醫生或牙醫為你做任何其他治療之前，請先告訴他們你正在接受氟尿嘧啶化療。</p>
<p>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.</p>	<p>下表列出其副作用(以可能出現之先後排列)及治療處理各種副作用的提導。</p>

SIDE EFFECTS 副作用	MANAGEMENT 處理方法
Fluorouracil burns if it leaks under the skin.	Tell your nurse or doctor immediately if you feel burning, stinging or any other change while the drug is being given.
若有氟尿嘧啶滲漏於皮下，會造成灼傷。	當注射藥物期間，若你覺得有火辣感、灼痛或任何其他不適，請馬上通知護士或醫生。
Your skin may sunburn easily.	To help prevent sunburn: <ul style="list-style-type: none"> • Avoid direct sunlight. • Wear a hat, long sleeves and long pants or skirt outside on sunny days. • Apply a sunscreen with an SPF (sun protection factor) of at least 30.
你的皮膚會容易地被曬傷。	爲了防止曬傷： <ul style="list-style-type: none"> • 避免受陽光直射。 • 晴天外出時，戴一頂帽、穿長袖衣褲或裙。 • 搽防曬系數最少 30 SPF 之遮光劑。
Nausea does not usually occur with fluorouracil.	
氟尿嘧啶化療通常無噁心感覺	
Diarrhea may occur.	To help diarrhea: <ul style="list-style-type: none"> • Drink plenty of liquids. • Eat and drink often in small amounts. • Avoid high fiber foods as outlined in

	Food Ideas to Help with Diarrhea During Chemotherapy.*
腹瀉可能會出現。	<p>要治療腹瀉：</p> <ul style="list-style-type: none"> ● 飲用大量的飲料 ● 每次飲食以少量為佳 ● 避免高纖食物如“選擇食物以助治療化療中的腹瀉”* 中所概述。
Pain or tenderness may occur where the needle was placed.	Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
注射部位可能會出現疼痛或壓痛。	做冷敷或在清涼的水中浸泡注射部位 15 至 20 分鐘，一天數次。
Sore mouth may occur a few days after treatment. Mouth sores can occur on the tongue, the side of the mouth or in the throat. Mouth sores or bleeding gums can lead to an infection.	<ul style="list-style-type: none"> ● 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. ● Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day. ● Try the ideas in <i>Food Ideas to Help with Sore Mouth during Chemotherapy</i>.*
治療過後幾天，會出現口瘡。口瘡可能長於舌頭上、口邊或在咽喉內。口瘡或牙齦出血都可能導致感染。	<p>進食後與睡覺前，用極柔軟的牙刷輕輕刷牙。如果你的牙齦出血，用紗布代替牙刷。用小蘇打代替牙膏。</p> <ul style="list-style-type: none"> ● 用一杯溫水加半茶匙小蘇打或食鹽

	<p>漱口，一天數次。</p> <ul style="list-style-type: none"> ● 參考“食物選擇以助治療化療中的口腔潰瘍”內的提議。★
<p>Your white blood cells may decrease 7-14 days after your treatment. They usually return to normal 30 days after your last 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>To help prevent infection:</p> <ul style="list-style-type: none"> ● Wash your hands often and always after using the bathroom. ● Avoid crowds and people who are sick. ● Call your doctor immediately at the first sign of an infection such as fever (over 100 degrees Fahrenheit or 38 degrees Celsius by an oral thermometer), chills, cough, or burning when you pass urine.
<p>治療後的 7 至 14 天內，你的白血球細胞會減少。過了最後一次治療後的 30 天內，通常會回復正常。白血球保護你身體，對抗由於細菌(病菌)引起的感染。當白血球減少時，你就處在較大感染的危機中。</p>	<p>要避免受到感染：</p> <ul style="list-style-type: none"> ● 經常洗手，每次上廁後都要洗手。 ● 避免接觸人群與患病者。 ● 開始有感染症狀時，例如發燒(口腔探熱超過華氏 100 度或攝氏 38 度)、寒戰、咳嗽或排尿時有火辣感，馬上要致電醫生。
<p>Your platelets may decrease 7-14 days after your treatment. They usually return to normal 30 days after your last treatment. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> ● Try not to bruise, cut, or burn yourself. ● Clean your nose by blowing gently. Do not pick your nose. ● Avoid constipation. ● Brush your teeth gently with a soft toothbrush as your gums may bleed more

	<p>easily. Maintain good oral hygiene.</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"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart). • For minor pain, try acetaminophen (e.g., TYLENOL®) first, but occasional use ibuprofen may be acceptable.
<p>治療後的 7 至 14 天內，你的血小板可能會減少。於最後一次治療後的 30 天，通常會回復正常。若你受了傷，血小板有助於使你的血液凝結成塊。您會比平常更容易出現淤傷或出血。</p>	<p>要預防出血的相關問題：</p> <ul style="list-style-type: none"> • 儘量不要讓自己有挫傷、切傷、或燒傷。 • 清潔鼻孔時要輕輕地擤。不要挖鼻孔。 • 避免便秘。 • 由於你的牙齦會很容易出血，用柔軟的牙刷去輕輕地刷牙。保持良好的口腔衛生。 • 有些藥物，譬如 ASA (例如：阿司匹林 ASPIRIN®) 或布洛芬 ibuprofen (例如：雅維 ADVIL®) 會增加出血的風險。 • 不要停用醫生給你的處方藥物 (例如：治療心臟病的 ASA)。 • 對於輕微的痛症，先試用對乙酰氨基酚。

	基酚 acetaminophen (例如：泰諾 TYLENOL®)；不過，布洛芬有時也可服用。
Skin rashes may occur.	To help itching: <ul style="list-style-type: none"> • You can use calamine lotion. • If very irritating, call your doctor during office hours. • Otherwise make sure to mention it at your next visit.
可能會出現皮疹。	要治療痕癢： <ul style="list-style-type: none"> • 可以用爐甘油(calamine lotion)。 • 若(皮膚)非常痕癢的情況下，在辦公時間可致電醫生。 • 否則，在下次見醫生時，記得提起情況。
Loss of appetite may occur and may persist long after discontinuation of fluorouracil.	Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i> .*
食慾不振可能會出現，並可持續相當長的時間，直至氟尿嘧啶治療終止。	參考“選擇食物以助治療食慾下降”*內的提議。
Hair loss sometimes occurs with fluorouracil. Your hair will grow back once you stop treatment with fluorouracil. Color and texture may change.	<ul style="list-style-type: none"> • Use a gentle shampoo and soft brush. • Care should be taken with use of hair spray, bleaches, dyes and perms.
做氟尿嘧啶滲化療時，有時會出現	<ul style="list-style-type: none"> • 用一些溫和的洗髮水與柔軟的髮

<p>脫髮。停止氟尿嘧啶治療，你的頭髮會回生，但顏色與質地可能會有改變。</p>	<p>刷。</p> <ul style="list-style-type: none"> ● 要小心使用噴髮劑，漂白劑，染髮料和燙髮。
<p>*Please ask your chemotherapy nurse or pharmacist for a copy.</p>	<p>* 請向你的化療護士或藥劑師索取一份副本。</p>

<p>SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:</p> <ul style="list-style-type: none"> ● Signs of an allergic reaction (rare) soon after a treatment including dizziness, fast heart beat, face swelling or breathing problems. ● Signs of an infection such as fever (over 100 degrees Fahrenheit or 38 degrees Celsius by an oral thermometer); chills; cough; pain or burning when you pass urine. ● Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin, extensive bruising. ● Signs of heart or lung problems such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath, or difficulty in breathing, swelling of ankles, or fainting. ● Sudden abdominal pain or tenderness. 	<p>若出現以下情況，應立即找醫生查看或尋求急診：</p> <ul style="list-style-type: none"> ● 治療不久過後，出現過敏反應(少有的)的症狀，包括頭暈、心跳加快、面部腫脹、呼吸困難。 ● 有感染的症狀時，例如：發燒(口腔探熱超過華氏 100 度或攝氏 38 度)、寒戰、咳嗽、排尿時疼痛或火辣感。 ● 當有出血症狀時，例如黑色、柏油樣的糞便、小便帶血、皮膚上有紅色細小斑點或大面積青腫。 ● 有心臟或肺問題相關的症狀時，例如：心跳加快或不齊、胸痛、胸部壓榨感、氣短、呼吸困難、踝關節腫脹、昏厥。 ● 腹部突然疼痛或壓痛。
<p>SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:</p>	<p>若出現以下情況，應立即找你的醫生查看(辦公時間去)：</p>

<ul style="list-style-type: none"> • Painful hand-foot skin reaction such as painful redness, peeling, tingling, numbness, swelling, or blistering of the palms of your hands and/or the bottoms of your feet • Uncontrolled nausea, vomiting, or diarrhea. • Signs of anemia such as unusual tiredness or weakness. • Severe skin irritation. 	<ul style="list-style-type: none"> • 手足皮膚發生疼痛反應：例如紅腫疼痛、脫皮、刺痛，麻木，腫脹、手掌和/或腳底起水泡。 • 不能控制的嘔心、嘔吐或腹瀉。 • 有貧血症狀，例如：不正常的疲倦或虛弱。 • 嚴重皮膚刺痛
<p>CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:</p> <ul style="list-style-type: none"> • Painless hand-foot skin reaction such as redness, peeling, tingling, numbness, swelling, or blistering of the palms of your hands and/or bottoms of your feet. • Easy bruising or minor bleeding. • Redness, swelling, pain, or sores where the needle was placed. • Redness, swelling, pain, or sores on your lips, tongue, mouth or throat. • Heartburn; mild to moderate abdominal or stomach pain. • Dizziness or trouble walking. • Eye irritation or changes in eyesight. 	<p>下列任何情況持續不斷或困擾著你，應向醫生查看：</p> <ul style="list-style-type: none"> • 手足皮膚發生疼痛反應：例如紅腫疼痛、脫皮、刺痛，麻木，腫脹、手掌和/或腳底起水泡。 • 容易淤傷或輕微出血。 • 注射部位出現紅、腫、疼痛或潰瘍。 • 嘴唇、舌頭、口腔或咽喉出現紅、腫、痛或痠痛。 • 胃灼熱(燒心); 輕度至中度腹痛或胃痛。 • 頭暈或走路時出現困難。 • 眼睛刺痛或視力變改。
<p>REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR</p>	<p>向醫生報告其他相關的問題</p>

<p>Your INFUSOR™ - A Guide for Patients</p>	<p>給病人使用攜帶型輸注器的指導</p>
<p>Receiving your chemotherapy through an INFUSOR™</p> <p>The device is easy to use, but to make sure it works properly, you will need to follow a few simple directions. Please read these instructions carefully.</p>	<p>通過 INFUSOR™ 進行化療。雖然儀器容易操作，但須確保其運作正常，你需要遵從幾項簡單的指導。請細心閱讀這些用法說明。</p>
<p>If you have questions about your INFUSOR™ please call:</p> <p>Daytime contact number: _____</p> <p>After hours contact number: _____</p>	<p>如果對於 INFUSOR™ 你有疑問，請電：</p> <p>日間查詢電話：_____</p> <p>非辦公時間查詢電話：_____</p>
<p>How the device works</p> <p>The device is made of very hard plastic. This plastic protects the balloon that you can see inside. Your chemotherapy is in the balloon. The “balloon” will gently push the chemotherapy down the tubing into your IV line. The small white section on the tubing is called a flow restrictor. It controls how fast your chemotherapy runs. It must be kept taped against your skin at all times. Your chemotherapy will run over _____ hours.</p>	<p>儀器是如何操作</p> <p>這儀器是由非常堅硬的塑料製成。這塑料保護著內部的氣囊(你往裡面看即能見到)。你的化療液就在氣囊內。“氣囊”輕輕將化療液從管子推入你的靜脈點滴管道。管子上小小的白色部份稱為限流器；它會控制著你化療的速度。在任何時候，它必須保持貼在你的皮膚上。你的化療需時小時。</p>

<p>Call the number above if:</p> <ul style="list-style-type: none"> • The balloon has emptied more than 5 hours early • The balloon has not got smaller in the past 8 hours • The device, carry bag, tubing or dressing are damp or wet • You can see blood in your IV tubing. 	<p>若出現以下情況，打上面的電話：</p> <ul style="list-style-type: none"> • 氣囊提前超過五小時清空。 • 在過去的八個小時內，氣囊並沒有縮小。 • 儀器、攜帶袋、管子或敷料潮濕了。 • 你見到靜脈點滴管有血。
<p>If the device leaks or bursts</p> <ul style="list-style-type: none"> • Immediately close the clamp on your IV catheter • Put the device inside a ziplock bag to catch any leaking fluid • If the chemotherapy has got onto your skin, wash the area well with warm, soapy water • Call the contact number to find out what to do next. 	<p>若儀器出現洩漏或爆裂</p> <ul style="list-style-type: none"> • 立即關閉點滴管上的開關夾子。 • 將儀器放入一個密封袋中，以便收集漏出來的液體。 • 若你的皮膚沾上化療藥，用暖的肥皂水徹底清洗該範圍。 • 打查詢電話，找出要做的下一步。
<p>How to check on your INFUSOR™</p> <p>The device pushes the chemotherapy in very slowly. For the first few hours you might not see a lot of change in the size of the balloon. As the balloon gets smaller it is easier to see it change. Your nurse will show you how to check (at least every 8 hours) that the device is working properly. The 2 photos show you how the device should look when it is empty and also when it is</p>	<p>如何檢查你的 INFUSOR™</p> <p>這儀器緩慢地將化療藥推進去。在起初幾個小時內，你可能見到氣囊的體積沒有很大變化，但當氣囊逐漸變小時，就比較容易看到其變化。你的護士會指導你如何去檢查(最少每八小時一次)儀器是否運作正常。這裡有兩張照</p>

completely empty.	片，分別是空時與及完全空時的儀器展示。
<p>What is the best way to carry my INFUSOR™ during the day?</p> <p>You can carry your device around in a waist pouch or carry bag. Make sure to keep it away from direct sunlight and high temperatures.</p>	<p>日間攜帶 INFUSOR™ 的最佳方法</p> <p>你可以將儀器放進腰袋或隨身包，但要確保它遠離陽光直照與高溫。</p>
<p>Can I bathe or take a shower with the INFUSOR™?</p> <p>Yes. You can shower and bathe! The device can get wet, but don't let it get under water if you are in the bath. You can put a scarf or tie around your neck and pin the carry-nag to that to keep it secure and out of the water.</p>	<p>我可以與 INFUSOR™ 一起浸浴或淋浴嗎？</p> <p>可以。你可以浸浴或淋浴！這儀器能弄濕的，但當浸浴時就不要讓它浸在水中。你可以在頸處掛上一條圍巾或領帶，然後將儀器的帶針扣在上面，以保持其穩固地在水面上。</p>
<p>How should I position the INFUSOR™ while I'm sleeping?</p> <p>Keep the device at the same level as the piece of tubing that connects it to your IV line. Don't put the device anywhere extremely low or high (for example, on the floor or on a ledge above your head). Most people find it comfortable enough to just tuck it under the pillow.</p>	<p>當我睡覺時，應如何安置 INFUSOR™？</p> <p>將儀器保持在接連點滴管道的同一水平。不要放它在過低或過高的位置(例如：在地上或你頭頂的窗台上)。許多人把它塞到枕頭下安心就寢。</p>
<p>Is there any medication left in the INFUSOR™ once the infusion is complete?</p>	<p>當輸液已經結束，是否有藥物遺留在 INFUSOR™ 內？</p>

<p>Yes. There will be just less than a teaspoon of chemotherapy left in the device and the tubing even when the treatment has ended.</p>	<p>有的。就算治療完結了，仍有少於一茶匙的化療藥留在儀器與管道內。</p>
<p>Can I travel by air with my INFUSOR™? Yes, you can fly on planes as normal with your device connected and running.</p>	<p>帶著 INFUSOR™，我可否乘搭飛機？ 可以，你可以帶著如常運轉的儀器乘搭飛機。</p>

<p>For the Patient: Leucovorin</p> <p>Other names: calcium folinate, citrovorum factor, folinic acid, LEDERLE LEUCOVORIN®, 5-formyl tetrahydrofolate</p>	<p>病者須知：甲酰四氫葉酸 Leucovorin</p> <p>其他名稱：亞葉酸鈣 calcium folinate, 嗜橙菌因子 citrovorum factor, 亞葉酸 folinic acid, 洛沙平 LEDERLE LEUCOVORIN®, 5-甲酰四氫葉酸 5-formyl tetrahydrofolate</p>
<ul style="list-style-type: none"> Leucovorin is a drug that is used with anticancer drugs to treat some kinds of cancer. It is used to “rescue” normal cells (but not cancer cells) from the effects of an anti-cancer drug called methotrexate. This helps to prevent harmful side effects. Leucovorin is also used to increase the anti-cancer effects of a drug called fluorouracil. It is a clear liquid that is injected into a vein. 	<ul style="list-style-type: none"> 甲酰四氫葉酸 Leucovorin 是一種用以治療某些癌症的藥物，常與抗癌藥物一起使用。根據一種叫甲氫蝶呤 methotrexate 抗癌藥物的藥效，它會“拯救”正常細胞(而不是癌細胞)。這可協助防止產生有害的副作用。使用甲酰四氫葉酸也通常用來增加一種叫氟尿嘧啶 fluorouracil 的藥物之抗癌效力。這是一種注射入靜脈的透明液體。
<ul style="list-style-type: none"> Tell your doctor if you have ever had an unusual or allergic reaction to leucovorin before taking leucovorin. 	<ul style="list-style-type: none"> 在進行甲酰四氫葉酸治療之前，若你曾經由於甲酰四氫葉酸而出現異常情況或過敏反應，請告訴醫生。
<ul style="list-style-type: none"> Other drugs may interact with leucovorin. Tell your doctor if you are taking 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 	<ul style="list-style-type: none"> 其他藥物可能會與甲酰四氫葉酸相互作用。若你正服用其他藥物，告訴你的醫生；你可能需要額外的驗血，或者可能需要調整你的藥物劑量。在開始服用一種

start taking any new drugs.	新的藥物前，請先向你的醫生或藥劑師查核。
<ul style="list-style-type: none"> The drinking of alcohol (in small amounts) does not appear to affect the safety or usefulness of leucovorin. 	<ul style="list-style-type: none"> 飲酒(少量)似乎不會影響到甲酰四氫葉酸之安全性或效用。
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.	下表列出其副作用(以可能出現之先後排列) 並幫助處理各種副作用給予提導。

SIDE EFFECTS	MANAGEMENT
副作用	處理方法
Pain or tenderness may occur where the needle was placed.	Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
注射部位可能會出現疼痛或觸痛。	做冷敷或在清涼的水中浸泡 15 至 20 分鐘，一天數次。
Nausea does not occur with leucovorin.	
甲酰四氫葉酸治療時不會出現嘔心。	
Hair loss does not occur with leucovorin.	
甲酰四氫葉酸治療時不會出現脫髮。	

<p>SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:</p> <ul style="list-style-type: none"> Signs of an allergic reaction (rare) soon after a treatment including dizziness, fast heart beat, face swelling, or breathing problems. 	<p>若有以下情況，應立即找醫生就診或直接急診：</p> <ul style="list-style-type: none"> 治療不久即出現過敏反應症狀(少見)，包括頭暈、心臟過快、面部腫脹與呼吸困難。
---	--

<ul style="list-style-type: none"> • Seizures or loss of consciousness. 	<ul style="list-style-type: none"> • 癲癇發作或意識喪失。
<p>CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:</p> <ul style="list-style-type: none"> • Redness, swelling, pain, or sores where the needle was placed. • Skin rash or itching. 	<p>若有以下問題持續不斷或困擾著你，請向醫生查看：</p> <ul style="list-style-type: none"> • 注射部位出現紅、腫、痛或潰瘍。 • 皮膚出現紅疹或痕癢。
<p>REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR</p>	<p>向醫生報告其他相關的問題</p>

<p>Coping With/Preventing Oxaliplatin Cold Dysesthesias A Patient Information Sheet</p>	<p>應付/預防益樂鉑 Oxaliplatin 冷感覺過敏 病人資訊片段</p>
<p>You are being treated for cancer with a chemotherapy medication called <i>Oxaliplatin</i>. This medication has an unusual side effect called "cold dysesthesia". This means that different parts of your body may be very sensitive to cold – cold drinks, cold food, and cool or cold outdoor temperatures. You may feel the following sensations in relation to cold exposure.</p> <ul style="list-style-type: none"> • Tingling, numbness, stiffness or tightness in hands and feet • Tightness in your throat or jaw, difficulty swallowing • Abnormal sensation in your tongue • Difficulty breathing; like you can't catch 	<p>你正接受一種治癌症的化療藥叫奧沙利鉑。這治療有一種不尋常的副作用症狀叫“冷感覺特別敏感”，意思是你的身體不同的部位可能對冷飲、冷凍的食物、與寒涼或寒冷的戶外溫度特別敏感。當處於寒冷的狀態下，你可能會有下列的感覺。</p> <ul style="list-style-type: none"> • 刺痛、麻木感、手腳僵硬或束緊 • 咽喉或下顎束緊、吞嚥困難 • 舌頭感覺異常 • 呼吸困難、像不能喘氣似的、胸部壓榨感

your breath; chest pressure	
Problems with breathing and swallowing can be unpleasant but these episodes generally subside within a few moments. If persistent, especially associated with chest pain, seek medical attention.	關於有呼吸與吞嚥的問題會令人不舒服，但這些情況通常會在片刻間消失。若持續不斷，尤其是伴有胸痛時，就要尋找醫生治療。
Problems with tingling and numbness can be an ongoing side effect which can flare with exposure to cold.	刺痛與麻木的副作用能持續下去，在處於寒冷的環境下能突然爆發。
The following is a list of suggestions to help reduce or prevent <i>Oxaliplatin Cold Dysesthesias</i>	下列建議能幫助你減輕或預防益樂鉑所致的冷感覺異常
<ul style="list-style-type: none"> • Avoid the cold. If you must go outside, protect your face and mouth with a scarf or high-necked sweater, wear mittens and warm socks. • Have someone warm up the car before you get in. • Take shallow breaths when being exposed to cold air (e.g. freezer, outside in winter) • Wear gloves when reaching into the fridge or freezer; when touching cold metal objects (e.g. car door, mailbox) • Avoid direct contact with cold water. Ensure taps run with warm water when washing hands, showering or bathing. • Make sure your drinks are warm or at room 	<ul style="list-style-type: none"> • 避免寒冷。若你必須外出，要用圍巾或高領毛衣保護你的面部與口，也要戴上連指手套和穿保暖襪子。 • 找人先使車廂暖起來，你然後才上車。 • 當你處於冷空氣中(例如：冷藏箱、冬天的室外)，作淺呼吸。 • 當接近冰箱或冷藏箱時、接觸冰冷的金屬物件時(例如：車門、信箱)，戴上手套。 • 避免直接接觸冷水。當洗手、淋浴或浸浴時，確保水龍頭流出來的是溫水。 • 你飲的水要確保是暖和的或室溫

<p>temperature. Use a straw if possible.</p> <ul style="list-style-type: none"> • Avoid ice cream and other frozen treats. • Avoid sucking on ice cubes or ice chips while you are receiving your chemotherapy treatment. • Keep the air conditioner in your house or car on a lower setting. • Wear long sleeves or pants when in an air-conditioned room. • Avoid walking barefoot. • If your body gets cold, warm up the affected part. 	<p>的。可以的話，用一支飲管輔助。</p> <ul style="list-style-type: none"> • 避免冰淇淋與其他冷凍食物。 • 當正接受化學治療期間，避免吸吮小冰塊或碎冰片。 • 將你家或汽車的空調保持在一個不太冷的溫度。 • 當處於有冷氣空調的房間，穿著長袖衫和長褲。 • 避免赤腳走路。 • 若你的身體感到寒冷，為受影響部位加暖。
<p>If symptoms related to <i>Oxaliplatin Cold Dysesthesia</i> continue for more than a week, or if they interfere with your ability to use your hands in everyday tasks, discuss with your doctor at your next appointment.</p>	<p>若奧沙利鉑的異常冷感覺症狀持續超過一星期，或者這毛病妨礙你日常使用雙手工作的能力，在下次醫生約診時要提出來討論。</p>
<p>References 參考資料：</p> <ol style="list-style-type: none"> 1. Wilkes GM. New therapeutic options in colon cancer: focus on oxaliplatin. Clin J Oncol Nurs 2002;6(3):131-37. 2. Barhamand B. Management of pharygolaryngeal dysesthesia associated with oxaliplatin therapy. Clin J Oncol Nurs 2003;7(4):452-53. 3. Sorich J. Oxaliplatin: practical guidelines for administration. Clin J Oncol Nurs 2004; 8(3):251-56. 4. Gent P, et al. An overview of chemotherapy-induced peripheral sensory neuropathy, focusing on oxaliplatin. Int J Pall Nurs 2001;7(7):354-59. 	

5. Wickham R. Chemotherapy-induced peripheral neuropathy: a review and implications for oncology nursing practice. Clin J Oncol Nurs 2007;11(3):361-76.