

UCSF Medical Center 加州大學舊金山分校醫療中心

Chemotherapy Guidelines 化療指引

| CHEMOTHERAPY GUIDELINES | 化療指引 |
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| <p>Management of nausea:</p> <p>1. Ondansetron (zofran) 8 mg tablets: take 1 tab by mouth every 8 hours as needed for nausea. Side effects: constipation and headaches</p> <p>2. Prochlorperazine (Compazine) 10 mg tablets: take 1 tab by mouth every 6 hours as needed for nausea. Side effects: sleepiness and dry mouth</p> <p>3. Lorazepam (Ativan) 1 mg tablets: take 1 tab every 6 hours as needed for nausea/anxiety/insomnia. Side effects: transient sleepiness and forgetfulness</p> <p>4. Eat small frequent meals or snacks, try sour foods such as pickles or salt & vinegar flavored foods, and try room temperature foods as they may be better tolerated.</p> <p>5. Sniff a fresh lemon.</p> | <p>處理嘔吐：</p> <p>1. Ondansetron (zofran) 八毫克藥片：可每八小時口服一片用來控制嘔吐。副作用：便秘與頭痛。</p> <p>2. Prochlorperazine (Compazine) 十毫克藥片：可每六小時口服一片用來控制嘔吐。副作用：瞌睡與口乾。</p> <p>3. Lorazepam (Ativan) 一毫克藥片：可每六小時口服一片用來控制嘔吐/焦慮/失眠。 副作用：短暫的瞌睡與健忘。</p> <p>4. 進食少量而多餐(或點心)。嘗試吃酸味食物，例如醃菜或鹽與醋調味的食物；另外，室溫食物可能會較容易接受。</p> <p>5. 嗅一個新鮮的檸檬。</p> |
| <p>Management of Constipation: (All are available over the counter at pharmacy)</p> <p>1. Colace 100 mg tablet. Take one tablet in the AM and PM. Hold for loose stools</p> <p>2. Senna 8.6 mg tablet. Take 1-2 tabs in AM and PM as needed for constipation</p> <p>3. Miralax 17 grams. Take 17 grams each day, as needed for constipation</p> | <p>處理便秘：(到藥房買所有都不需要處方)</p> <p>1. Colace一百毫克藥片。可在上午及下午各服食一片。大便稀瀉時停服。</p> <p>2. Senna 8.6毫克藥片。可在上午及下午各服食一至兩片用來控制便秘。</p> <p>3. Miralax十七克。可每日服用十七克用來控制便秘。</p> |
| <p>Management of Diarrhea: (Available over the counter at pharmacy)</p> <p>1. Imodium 2 mg tab. Take 4 mg (2 tabs) after first loose or frequent bowel movement, then 2 mg every 2 hours until 12 hours have passed without a</p> | <p>處理腹瀉：(到藥房買不需要處方)</p> <p>1. Imodium兩毫克藥片。於第一次出現大便稀瀉或頻繁排便時服用四毫克(即兩片)，然後每隔兩小時服用兩毫克，直至大便已停止十二小時</p> |

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| <p>bowel movement. If diarrhea recurs, then repeat administration.</p> | <p>◦ 如果腹瀉再出現，恢復用藥 ◦</p> |
| <p>Please call your MD if you experience the following:</p> <ol style="list-style-type: none"> 1. Fever greater than 100.4 2. Vomiting more than three times/day despite taking anti-nausea medication 3. No bowel movement for 3 days despite taking laxative 4. Inability to eat or drink, or pain unrelieved by pain meds 5. Confusion, disorientation, dizziness, or excessive fatigue 6. Unilateral swelling, redness of arm or leg-suggestive of blood clot 7. Any bleeding: in the urine or stool, from your cough. | <p>若你遇到以下情況，請打電話通知醫生：</p> <ol style="list-style-type: none"> 1. 發燒高達100.4度以上 2. 儘管已服用抗嘔吐藥物，一天裡仍然嘔吐三次以上 3. 儘管已服用瀉藥，沒有大便達三天 4. 無法進食或喝水，或者止痛藥未能舒緩痛楚 5. 混亂、迷失方向、頭暈或過度疲勞 6. 單邊身腫脹、手臂或腿紅腫暗示可能血液凝塊 7. 任何出血情況：尿液、大便或咳嗽 |