

# 環磷酰胺

## Cyclophosphamide (Cytosan®)

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<p><b>How does this drug work?</b></p> <p>Cytosan is a "chemotherapy" drug that perverts division of DNA and growth of cancer cells. Chemotherapy may also injure normal cells that grow fast such as blood cells, hair follicles, and cells that line the mouth, stomach, and intestines.</p>	<p><b>這藥物有何作用？</b></p> <p>這些都是「化療」用的藥物，以防止 DNA 及癌細胞的生長和分裂；也可能傷害生長得較快的正常細胞，例如血細胞、毛囊、口腔內、胃內和腸內的細胞。</p>
<p><b>Common side effects</b></p> <ul style="list-style-type: none"><li>• Lowers number of white blood cells (which fight against infection), red blood cells (which carry oxygen) platelets (which help blood clot). A low number of these cells may lead to infection, anemia, and bleeding</li><li>• Nausea, vomiting</li><li>• Hair loss</li><li>• Metallic taste (when Cytosan® is given)</li><li>• Mouth sores and throat irritation</li><li>• Fatigue Premature menopause (stopping of menstrual periods, which is often permanent)</li></ul>	<p><b>常見的副作用</b></p> <ul style="list-style-type: none"><li>• 白血球（用於抵抗感染）、紅血球（攜帶氧氣）和血小板（有助於血液凝固）的細胞數量都會下降。這些細胞的數量減低可能會導致感染、貧血、和出血</li><li>• 噁心，嘔吐</li><li>• 脫髮</li><li>• 金屬味（當使用環磷酰胺時）</li><li>• 口腔潰瘍和咽喉發炎</li><li>• 疲勞提早絕經（月經停止，這往往是永久的）</li></ul>

<p><b>CYTOXAN®</b></p> <ul style="list-style-type: none"> <li>• Bladder bleeding and irritation</li> <li>• Nasal stuffiness, sneezing, watery eyes (when Cytosan® is given)</li> <li>• Dizziness, confusion, agitation</li> <li>• Yellowing of skin and/or eyes</li> </ul> <p>As with any drug, other side effects that were not mentioned may occur</p>	<p><b>環磷酰胺</b></p> <ul style="list-style-type: none"> <li>• 膀胱出血和發炎</li> <li>• 鼻塞，打噴嚏，流眼淚（當使用環磷酰胺）</li> <li>• 頭暈，神智不清，躁動</li> <li>• 皮膚和/或眼睛發黃</li> </ul> <p>正如其他藥物，可能會有未曾提及的副作用</p>
<p><b>General concerns</b></p> <ul style="list-style-type: none"> <li>• Report vomiting or nausea that is not relieved with anti-nausea medication</li> <li>• If you have a fever of 101° F (38.3° C) with or without chills, "" chills alone, call the nurse immediately. If you cannot reach the nurse or on-call doctor after hours), go to an emergency room.</li> <li>• Report nose bleeds, gum bleeds, or any unusual bruising</li> <li>• Avoid direct sunlight, Wear sunscreen and sunglasses for protection</li> <li>• Ask your nurse about special mouth rinses to prevent mouth sores</li> <li>• Ask your doctor about a birth control method for you</li> <li>• Report any symptoms which are unusual for you.</li> <li>• Drink 8-10 glasses of fluid each day for two</li> </ul>	<p><b>一般要關注事項</b></p> <ul style="list-style-type: none"> <li>• 要報告任何不能以抗噁心藥物舒緩的嘔吐和噁心</li> <li>• 須立即報告 101 度或以上的發燒，不論有發冷與否。如果不能在門診時間之後找到護士或值班醫生，要去急診室</li> <li>• 需報告流鼻血，牙齦出血，或任何不尋常的瘀傷</li> <li>• 避免陽光直接照射。需塗防曬霜和佩戴太陽鏡作保護</li> <li>• 詢問你的護士有關特別的漱口水，以防口腔潰瘍</li> <li>• 詢問你的醫生有關你的節育方法</li> <li>• 報告任何你有的不尋常症狀</li> <li>• 治療後的兩天要每天喝 8-10 杯飲品。經常小便（在醒時約每兩小</li> </ul>

<p>days after your treatment. Urinate often (about every 2 hours while awake). Drinking fluids and urinating often will help prevent any bladder irritation.</p> <ul style="list-style-type: none"> <li>• Report nasal stuffiness while getting the drug.</li> <li>• Immediately report blood in urine or painful urination.</li> </ul>	<p>時一次) 。喝飲品和經常小便有助於防止膀胱受刺激</p> <ul style="list-style-type: none"> <li>• 報告在接受注射藥物時的鼻塞</li> <li>• 立即報告尿出血或小便時疼痛</li> </ul>
<p>You may contact the Breast Care Center at 415-353-7070; the answering service staff will take your call. During clinic hours Monday through Friday, the triage nurse will return your call, After 5 pm, or on weekends, an on-call doctor will return your call.</p>	<p>您可以致電 415-353-7070 去乳房護理中心聯繫，接聽服務員會接你的電話。在門診時間：週一至週五，護士將回你電話。下午 5 時後或週末，當值醫生會回你電話。</p>