

病人須知: GUSCPERT

別名: 使用順鉑、依託泊西和放射治療醫治泌尿生殖系統細小腫瘤

For the Patient: GUSCPERT

Other Names: Therapy of Genitourinary Small Cell Tumors with a Platin and Etoposide with Radiation

GU = GenitoUrinary (tumor group) 泌尿生殖系統(腫瘤類別)

SC = Small Cell (小細胞)

P = Platin (Cisplatin) (順鉑)

E = Etoposide(依託泊西)



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

關於這種藥物

ABOUT THIS MEDICATION

這種藥物有何用途？

What are these drugs used for?

- 順鉑(cisplatin) 和依託泊西 (Etoposide)是直接注入靜脈的藥物，當與放射治療同時使用，可治療一些類別的晚期泌尿生殖系統癌症。

Cisplatin and Etoposide are intravenous drug treatments given with radiation as therapy to treat some types of advanced genitourinary cancer.

這藥物怎樣發揮效用？

How do these drugs work?

- 順鉑和依託泊西干擾複製細胞的遺傳物料，並防止癌細胞增加，從而發揮效用。
Cisplatin and Etoposide work by interfering with the genetic material of replicating cells and preventing an increase in the number of cancer cells.
- 順鉑亦具有放射線增敏作用，因此，當配合放射治療時，能提升消滅癌細胞的療效（「放射線增敏劑」）。

Cisplatin also has radiosensitizing properties, therefore when combining it with radiation it allows for increased effectiveness of treatment (radiosensitizer).

擬獲得的效益

INTENDED BENEFITS

- 為您提供這種療法，旨在破壞及/或限制您體內癌細胞的生長。這項治療可能改善您現有的徵狀，以及延緩或防止出現新的徵狀。

This therapy is being given to destroy and/or limit the growth of cancer cells in your body. This treatment may improve your current symptoms, and delay or prevent the onset of new symptoms.

- 可能要進行多次治療，您的醫生才可以決定這項療法是否有所幫助。

It may take several treatments before your doctor can judge whether or not this treatment is helping.

治療概要

TREATMENT SUMMARY

如何服用這藥物？

How are these drugs given?

- 使用順鉑和依託泊西進行這項化療，不論是否連同放射治療使用均可。您的腫瘤科醫生會決定放射治療是否適宜作為您療程的一部分。

This chemotherapy regimen with Cisplatin and Etoposide can be given with or without radiation therapy. Your oncologist will decide whether or not radiation treatment will be appropriate as part of your therapy

- 當您接受順鉑和依託泊西的藥物治療，連同其後休息的日子。稱為一個「**周期**」。
The days when you are receiving Cisplatin and Etoposide, together with the days-off after them, may be referred to as a “**cycle**”.
- **同時接受放射治療和化療**：每 28 天便接受靜脈注射順鉑和依託泊西，每日注射一次，注射 3 天，共進行 4 個周期 (即 4 個月)。在第一次或第二次化療周期，當注射順鉑後，便開始放射治療。

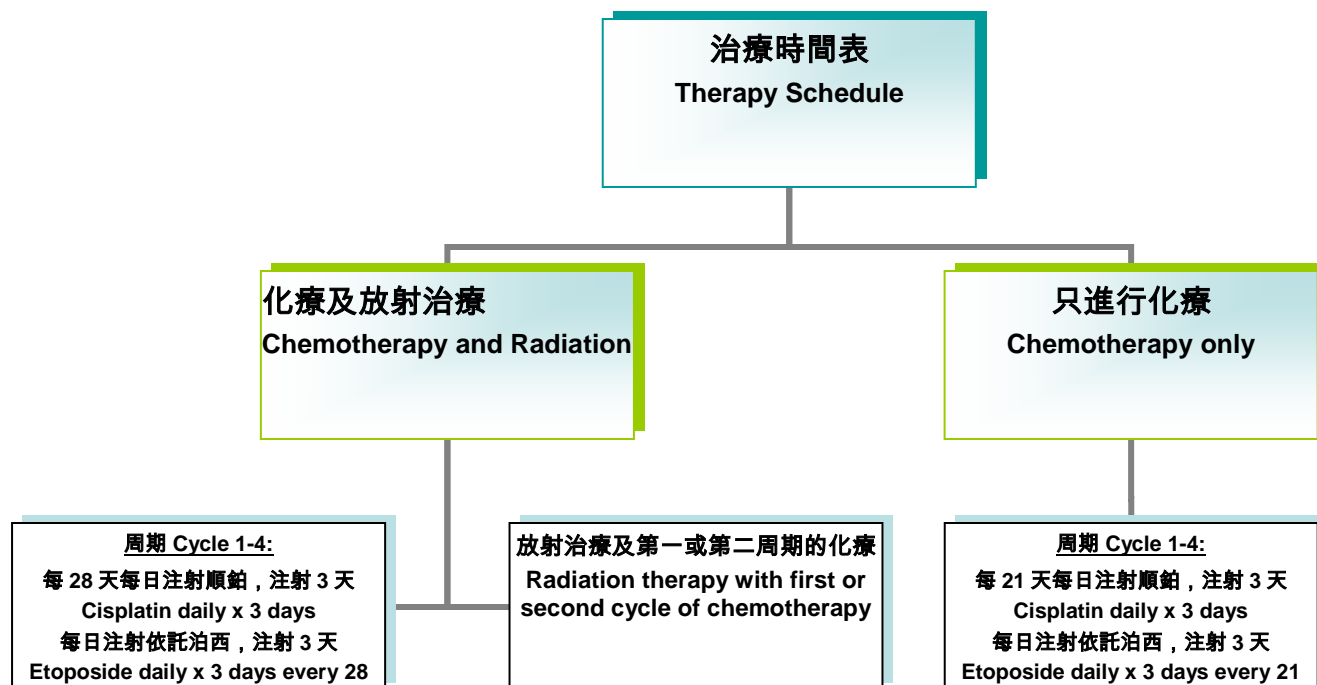
For radiotherapy given concurrently with chemotherapy: Cisplatin and Etoposide will be given intravenously (via the vein) daily for **3 days** every **28 days** for 4 cycles (i.e. 4 months). Radiation therapy will start with the first or second chemotherapy cycle and after the Cisplatin infusion is given.

- **無需放射治療，只進行化療**：每 21 天便接受靜脈注射順鉑和依託泊西，每日注射一次，注射 3 天，共進行 4 個周期 (即 3 個月)。

For chemotherapy given without radiotherapy: Cisplatin and Etoposide will be given intravenously (via the vein) daily for **3 days** every **21 days** for 4 cycles (i.e. 3 months).

- 對於不能忍受順鉑或年齡超過 75 歲的人士，則只會在治療**第一天**接受卡鉑帝，而不是靜脈注射順鉑。

For people who cannot tolerate Cisplatin or who are more than 75 years old, Carboplatin may be given, instead of Cisplatin, intravenously (via the vein) only on **day 1** of treatment.



在藥物治療期間，我將會怎樣？

What will happen when I get my drugs?

- 在每個治療周期開始當日或前一天，均需要進行一次驗血，您的化療劑量及時間，可能會根據您的血球數量及/或有否其他副作用而更改。

A blood test is done each cycle, on or about the day before each treatment. The dose and timing of your treatment may be changed based on your blood counts and/or other side effects.
- 您會獲給予止嘔藥的處方，讓您在接受治療 30 分鐘之前及在治療約 12 小時之後服食。一般在接受治療的每個星期，在接受治療後的兩天，您均要服食止嘔藥。

You will be given a prescription for anti-nausea drugs to take 30 minutes before the treatment and again about 12 hours after, and will usually be on anti-nausea drugs the following 2 days also, each of the treatment weeks.
- 在每次治療之前，請帶備您的止嘔藥以便服食。在治療後，您也需帶止嘔藥回家。預防總勝於治療，因此，請嚴格遵照指示。

Bring your anti-nausea pills with you to take before each treatment. You will also need to take your anti-nausea drugs at home after therapy. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.
- 在整個治療期間，您均需多喝飲料(每天最少 6 至 8 杯)。在每個化療日數日之前、化療當天和化療後數天，均需如此。

It is important that you increase your fluid intake throughout the treatment period. Drink lots of fluids for a few days before, the day of and a couple of days after each chemotherapy day (at least 6-8 cups a day).
- 在要接受順鉑治療的那一天，應避免服食某些藥物，諸如布洛芬[(ibuprofen)，例如：艾德威

(Advil®)、乙醯水楊酸[(ASA)，例如：阿司匹靈(ASPIRIN®)]。因為它們可能除掉您體內的順鉑數量，並增加患腎病的風險。

Avoid taking any medications such as ibuprofen (e.g. Advil®), ASA (e.g. ASPIRIN®) on the day that you will be receiving Cisplatin, as it may impact the rate that Cisplatin is eliminated from the body and increase risk of kidney problems.

藥物的相互作用

MEDICATION INTERACTIONS

- 其他藥物，例如一些注射入靜脈的抗生素(例如：tobramycin、vancomycin)、furosemide (LASIX®)、phenytoin (DILANTIN®)和pyridoxine，可能與順鉑產生相互作用。如果您正服用這些藥物或任何其他藥物，請告訴醫生，因為您可能需要額外進行驗血，或者需要更改您的劑量。在開始服用任何新藥物時，請向醫生或藥劑師查詢。

Other drugs such as some antibiotics given by vein (e.g., tobramycin, vancomycin), and furosemide (LASIX®), phenytoin (DILANTIN®) and pyridoxine may **interact** with Cisplatin. Tell your doctor if you are taking the above 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 you start taking any new drugs.

化療的嚴重副作用：

Serious Side Effects of Chemotherapy:

不論以任何藥物治療，都會發生一些無可預料和不大可能產生的副作用。您應特別留意下列的副作用，因為它們與您治療計劃特別有關：

Unexpected and unlikely side effects can occur with any drug treatment. The ones listed below are particularly relevant to your treatment plan:

在治療期間:

During treatment:

- **感染**：通常約在每個周期的第7天開始，化療藥物便會減少白血球細胞的數目，而白血球是有助對抗感染的。在下個周期的第1天，預計您的血球數目便會回復正常，在接受4至5個月化療藥物後，您的白血球數目便會回復正常。如果您的白血球數量變得很少，您可能受到嚴重感染。如果您發熱超過攝氏 38°或華氏 100°，您應立即(全日 24 小時)致電您的癌症醫生，或立即前往最近的醫院急症室，告知醫生您正接受化療。

Infection: The number of white blood cells that help fight infection may be lowered by the chemotherapy drugs, usually starting after about day 7 of each cycle. Your blood count is expected to return to normal by day 1 of the next cycle, and will be normal after the 4-5 months of chemotherapy drugs. If your white blood cell count becomes very low you could get a serious infection. **If you have a fever over 38°C or 100°F, call your cancer doctor immediately (24 hours a day) or go immediately to your nearest Hospital Emergency and tell the doctor you are on chemotherapy.**

- **增加流血的風險：**由於接受治療，血小板的數目可能會減少，血小板是一種特別的血細胞，它通常在您受傷後幫助凝血。在下個周期的第 1 天，預計它們便會回復正常。當血小板數目偏低，您可能較易出現瘀斑或出血。如果您出現大幅或眾多瘀斑、或異常出血(例如：不能制止地流鼻血，大便、小便或痰中有血)，請盡快通知您的癌症醫生。如果您可使用其他止痛藥，則避免服用乙醯水楊酸 (ASA) 或布洛芬。因為它們可能會增加出血或腎病的風險，但如果您 需要使用這其中一種藥物，請告知醫生。使用華法林的病人，或需基於血液測試結果而更改劑量。[由於化療可能產生的相互作用而增加國際標準化比值 (INR)]。

Increased risk of bleeding: The number of platelets (special blood cells that help your blood to clot normally after injury) may be lowered by the treatment. They are expected to return to normal by day 1 of next cycle. When the platelet count is low you may be more likely to bruise or bleed. Notify your cancer doctor promptly if you develop large or numerous bruises, or unusual bleeding (e.g. nosebleed that won't stop, blood in stool, urine, or sputum). Try to avoid using ASA or ibuprofen, if other pain medications could be used, as they may increase the risk of bleeding or kidney problems, but if you need to use one of these medications, let your doctor know. For patients receiving Warfarin, a modification of the dose may be required based on blood test results (increased INR due to possible interaction with chemotherapy).

- **肌肉組織或靜脈受傷：**如果在注射順鉑時，漏出靜脈以外，可以引致肌肉組織受傷。若您感到灼熱或疼痛，立即向護士報告。化療可能導致靜脈發炎及/或留下疤痕，以致難於開始以靜脈注射。您的護士會幫助醫生評估是否需要考慮用特別的靜脈注射器 (靜脈導管或人工血管)，以便給您治療。在施針注入靜脈的部位，可能感到疼痛或觸痛。如有這情況，使用冷敷法或在冷水浸泡 15 至 20 分鐘，一日數次。

Tissue or vein injury: Cisplatin can cause tissue injury if they leak out of the vein while being given. Report any sensation of burning or pain to your nurse immediately. Chemotherapy may cause some inflammation and/or scarring in the veins, which may make it difficult to start an IV. Your nurse will help your doctor assess whether a special intravenous device (PICC line or portacath) needs to be considered for your therapy. Pain or tenderness may occur where the needle was placed in your vein. If so, apply cool compresses or soak in cool water for 15-20 minutes several times a day.

治療期間或之後：

During or after treatment:

- **末梢神經病變：**順鉑會損傷您的周圍神經末梢(手、腳神經，以及在罕有情況下，面部神經)。這樣可引致麻痺和刺痛感，有時或造成灼痛。當處理尖銳、灼熱或極冰冷物品時，您務要小心。大部份時候，這些感覺會在接受多次療程後出現，但情況並不嚴重，並會在療程停止、

經過數個月後便完全消退。在很少的情況下(少於 5%)，這些感覺可能很早出現、顯得嚴重或可能不能完全消退。當治療時間很長，則有較大機會造成嚴重或長久的問題。

Neuropathy: Cisplatin can cause you to develop damage to the peripheral nerve endings (the nerves to the hands and feet, and rarely, the face). This can result in feelings of numbness and tingling, or sometimes painful burning sensations. You will need to be careful when handling things that are sharp, hot, or very cold. The majority of the times, these feelings develop after a number of treatments, are not severe, and will resolve fully over a period of months once treatment stops. Infrequently (<5%), these feelings might occur early, might be severe, or might not entirely resolve. There is more chance of problems being severe or lasting if treatment is very prolonged.

- **聽覺問題：**順鉑可以破壞的其中一種神經線，是聽覺神經。這樣會使您出現耳鳴或失去聽覺。如果您正遇到這類困難，請告知您的醫生及/或護士。如果在任何治療前，這些問題已存在，則務須讓他們知悉您的聽覺問題。

Hearing Problems: One of the nerves which can be damaged by Cisplatin is the nerve which allows you to hear. This could result in you experiencing “tinnitus”, or ringing in the ears, or loss of hearing. Report to your doctor and/or nurse if you are experiencing these types of difficulties, and make sure they are aware of hearing problems, if these exist prior to any treatment.

- **腎臟功能失調：**順鉑會改變腎臟功能，但這種療程所使用的劑量，並不常造成這種改變。您須在治療前後，攝取充足的水分，以免腎臟受到順鉑的破壞。如果您在治療後噁心、嘔吐或腹瀉，而且出現重大困難，請致電治療中心。您或需以靜脈注射流質和藥物來幫助您。在每個治療周期之前，您的醫生會驗血，以確定您的腎臟並沒有因這種藥物而造成重大破壞。

Kidney Dysfunction: Cisplatin can cause changes in kidney function, but this is not frequent with the doses used in this regimen. It is important that you are well-hydrated before and after treatment, to help avoid kidney damage from Cisplatin. Call your treatment centre if you having major difficulties with nausea, vomiting, or diarrhea after treatment, as you may need intravenous fluids and medications to help you through. Your doctor will check your blood prior to each treatment cycle, to make sure no significant damage is occurring to your kidneys from this drug.

常見的化療副作用和控制方法：

Common chemotherapy side effects and management:

副作用 SIDE EFFECT	控制方法 MANAGEMENT
<p>順鉑可以令人出現 噁心及嘔吐。當您接受順鉑治療的每個星期，您需要服用止嘔藥。</p> <p>Nausea and vomiting can occur with Cisplatin. You will need anti-nausea drugs for Cisplatin each week of treatment.</p>	<p>遵照止嘔藥瓶子所載指示。</p> <p>Follow the directions on your anti-nausea pill bottles.</p> <ul style="list-style-type: none">• 預防總勝於治療。因此，請嚴格遵照指示。 It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.• 如果即使您服食藥物，仍出現很多噁心情況，請聯絡您的診所，請教意見。 If you have a lot of nausea despite your medications, contact your clinic for advice.• 參閱以下冊子：《病人須知：控制噁心》 (<i>For the Patient: Managing Nausea</i>)、《化療與您》(<i>Chemotherapy & You</i>) 和《控制噁心的食物選擇》(<i>Food Choices to Help Control Nausea</i>)* Refer to the following pamphlets: <i>For the Patient: Managing Nausea</i>; <i>Chemotherapy & You</i>; <i>Food Choices to Help Control Nausea</i> *.

副作用 SIDE EFFECT	控制方法 MANAGEMENT
<p>接受化療數日之後，可能出現口腔潰爛。這情況可能維持數天或數個星期。在舌頭、牙肉、口腔兩側、喉嚨會出現潰爛。</p> <p>Mouth sores may occur a few days after chemotherapy treatment and may last days or weeks. Mouth sores can occur on the tongue, gums, and the sides of the mouth or in the throat.</p>	<ul style="list-style-type: none"> ● 在進食後及睡覺前，使用非常柔軟的牙刷潔淨牙齒。如果您的牙肉出血，可使用紗布而不用牙刷，使用蘇打粉(baking soda)而不用牙膏。 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. ● 嘗試用蘇打粉嗽口(用 1/4 茶匙蘇打粉，加入一杯暖水)，開成嗽口水，每日嗽口數次。嘗試仿效《容易咀嚼及吞嚥的食物建議》(Easy to Chew, Easy to Swallow Food Ideas)* 所載的食物建議。 Try baking soda mouth rinses (using 1/4 tsp baking soda in 1 cup warm water) and rinse several times a day. Try ideas in Easy to Chew, Easy to Swallow Food Ideas*. ● 告訴您的醫生您口腔潰爛，因為如果您的口腔潰爛情況嚴重，可能需要減少化療劑量。如果因為疼痛而在飲食方面有困難，請致電您的醫生。 Tell your doctor about a sore mouth, as your chemotherapy doses may need to be decreased if mouth sores are severe. Call your doctor if you are having difficulty eating or drinking due to pain.
<p>疲乏、不尋常的疲倦或虛弱或屬常見。當療程的周期遞增，疲勞情況可能更差。</p> <p>Fatigue, unusual tiredness or weakness may occur commonly. As the number of treatment cycles increase, fatigue may get worse.</p>	<ul style="list-style-type: none"> ● 如果您感到疲倦，不要駕駛車輛或操作機器。 Do not drive a car or operate machinery if you are feeling tired. ● 嘗試仿效《儲備能源：癌症病人如何處理疲倦》(Your Bank to Energy Savings: How People with Cancer Can Handle Fatigue)*所載建議。 Try the ideas in <i>Your Bank of Energy Savings: How People with Cancer Can Handle Fatigue</i>.* ● 如果您持續較平常感到較疲倦，請告知醫生或護士。 Let your doctor or nurse know if you continue to feel more tired than usual. ● 當完成療程後，您的精力水平會隨著時間而改善。 Your energy level will improve with time after treatment is completed.

副作用 SIDE EFFECT	控制方法 MANAGEMENT
<p>脫髮屬於常見現象，並且可能在接受治療數天或數星期內，便開始脫髮。您的頭髮可能變得稀薄，或可能變成禿頭。您的頭皮可能感到脆弱。您的面部和身體上的毛髮可能亦會脫落。當您停止療程，或有時在療程前後，毛髮便會回復生長，但顏色及髮質可能會有所改變。</p> <p>Hair loss is common and may begin within a few days or weeks of treatment. Your hair may thin or you may become totally bald. Your scalp may feel tender. You may lose hair on your face and body. Your hair will grow back once your treatments are over and sometimes between treatments. Colour and texture may change.</p>	<ul style="list-style-type: none"> ● 使用溫和的洗髮液及柔軟髮刷。 Use a gentle shampoo and soft brush. ● 小心使用噴髮劑、漂髮劑、染髮劑和電髮劑。 Care should be taken with use of hair spray, bleaches, dyes and perms. ● 在寒冷天氣，用帽子、圍巾或假髮保護您的頭皮。一些延伸醫療保險計劃，會支付假髮的部份費用。 Protect your scalp with a hat, scarf or wig in cold weather. Some extended health plans will pay part of the cost of a wig. ● 在陽光普照的日子，蓋著您的頭部或塗上防曬用品。 Cover your head or apply sunblock on sunny days. ● 在頭皮上塗抹礦物油，以舒緩痕癢。 Apply mineral oil to your scalp to reduce itching. ● 如您的睫毛和眉毛脫掉，請帶上闊邊帽子和眼鏡，免使眼睛遭受塵埃和砂礫侵擾。 If you lose your eyelashes and eyebrows, protect your eyes from dust and grit with a broad-rimmed hat and glasses.
<p>可能出現食慾欠佳和體重減輕。 Loss of appetite and weight loss may occur.</p>	<ul style="list-style-type: none"> ● 嘗試仿效《高能量高蛋白的食物建議》 (<i>High Energy High Protein Ideas</i>) 和《按高能量高蛋白的食物建議健康進食》 (<i>Healthy Eating Using High Energy, High Protein Foods</i>)所載建議。 Try the ideas in <i>High Energy High Protein Ideas</i> and in <i>Healthy Eating Using High Energy, High Protein Foods</i>.

常見的放射治療副作用和控制方法：

Common radiation side effects and management:

視乎個人的其他健康問題和接受放射的範圍大小，放射治療的**急性**(放射治療期間和其後不久)和**慢性**(長期)副作用，在劇烈程度和頻密程度方面，均有所不同。

Acute (during and shortly after radiation), and **chronic** (long term) side effects of radiation vary in intensity and frequency depending on an individual's other health problems, and with the size of the radiation field.

常見的急性副作用，可能包括(但不限於)皮膚不適、疲乏、噁心、腹瀉、抽搐、小便頻密、小便時感到灼熱、大便頻密、大便時感到灼熱，以及可能大便有血或直腸排出黏液等。大部分病人在輻照後，有關徵狀便會消退，有些人(約有 30%)在放射治療後，會持續有輕微的輻照徵狀。

Common acute side effects may include but not be limited to skin irritation, fatigue, nausea, diarrhea, cramping, frequency of urination, burning on urination, frequency of bowel movements, burning with bowel movements, and potentially bloody stool or mucus discharge from the rectum. While the symptoms resolve after irradiation for the majority of patients, some (about 30%) have persisting mild irritative symptoms after radiation.

有 5 至 10%的病人會出現遠期副作用，以及可能要進行手術、醫治或引致難以完成日常活動。這些長期的副作用可能包括(但不限於) 每日或夜間小便十分頻密(不足一小時即要小便一次)、膀胱出血、直腸出血、大便不通暢，或大、小便失禁等。

Late side effects occur in 5 to 10% of patients, and may require surgery or medical treatments or lead difficulty completing daily activities. These long term sided effects may include but not be limited to very frequent (less than every 1 hour) daily or nighttime urination, bleeding from the bladder, bleeding from the rectum, bowel obstruction, or incontinence of stool or urine.

副作用 SIDE EFFECT	控制方法 MANAGEMENT
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<p>在接受放射治療期間，可能出現皮膚不適，因為所有射線必定穿越您的皮膚。副作用會視乎所獲給予的射線數量、接受治療的身體範圍、接受治療的範圍大小，以及以前曾否接受化療等而定。皮膚可能感到溫熱和敏感，膚色可能有變。</p> <p>Skin irritation may occur while receiving radiation therapy, since all radiation must pass through your skin. The side effects will vary depending on amount of radiation given, the area of the body treated, the size of the treatment area, and whether chemotherapy has been previously administered. Skin may feel warm and sensitive and color may change.</p>	<ul style="list-style-type: none"> • 用暖水及柔和無味的肥皂洗澡(合適產品例子: DOVE®, NEUTROGENA®, IVORY®)。用柔軟毛巾拍乾皮膚。 Bathe using lukewarm water and mild, unscented soap (examples of suitable products: DOVE®, NEUTROGENA®, IVORY®). Pat skin dry with a soft towel. • 穿著寬鬆、舒適衣物。 Wear loose, comfortable clothing. • 保護皮膚免受陽光直射、免受風吹。 Protect skin from direct sun light and wind. • 避免使用香味劑、香水、酒精、止汗劑和膠黏劑。 Avoid deodorants, perfume, alcohol, astringents and adhesives. • 輕柔地用手塗上無味、水份潤膚霜或潤膚水(合適產品例子: GLAXAL BASE®, LUBRIDERM®, KERI LOTION®)。慎勿把放射治療師劃在皮膚上的記號除去。 Gently apply non-scented, water-based cream or lotion with your hands (examples of suitable products: GLAXAL BASE®, LUBRIDERM®, KERI LOTION®). Be careful not to remove the skin marks placed by the Radiation Therapists.
<p>可能出現腹瀉。 Diarrhea may occur.</p>	<p>控制腹瀉問題，請注意以下各點： To help diarrhea:</p> <ul style="list-style-type: none"> • 喝大量飲料。 Drink plenty of liquids. • 飲食方面，宜量小多餐。 Eat and drink often in small amounts. <p>避免進食《對化療期間腹瀉有幫助的食物選擇》(Food Ideas to Help with Diarrhea During Chemotherapy)所概列的高纖維食物。 Avoid high fibre foods as outlined in Food Ideas to Help with Diarrhea During Chemotherapy.</p>

如果您身體出現一些徵狀或變化，是上文沒有提及的，而您有所憂慮，或者您出現任何嚴重的徵狀，請聯絡： _____，電話:_____。

If you experience symptoms or changes in your body that have not been described above but worry you, or if any symptoms are severe, contact:
_____ at telephone number:_____.

