

病人須知: GUBPWRT

別名: 每星期使用順鉑、同時進行放射治療, 醫治局部晚期膀胱癌。

For the Patient: GUBPWRT

Other Names: Treatment of Locally Advanced Bladder Cancer with Weekly Cisplatin and Concurrent Radiation

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

BP = Bladder Platinum (Cisplatin) 膀胱鉑添崙(順鉑)

W = Weekly (每星期)



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 is this drug used for?

- 順鉑(cisplatin)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膀胱癌。

Cisplatin is an intravenous drug treatment given with radiation as therapy to treat some types of advanced bladder cancer.

這藥物怎樣發揮效用?

How does this drug work?

- 順鉑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。它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 works by interfering with the genetic material of replicating cells and preventing an increase in the number of cancer cells. It also has radiosensitizing properties, therefore when combining it with radiation it allows for increased effectiveness of treatment (radio-sensitizing agent).

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的新徵狀。

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?

- 順鉑是以靜脈注射，每星期注射一次，為期5至7個周期(即5至7個星期)，當您接受這藥物，連同其後休息的日子，可以稱為一個「周期」。根據這個治療大綱，順鉑是用作放射線增敏劑，因此在進行放射治療的每個星期，便會在第一天或第二天注射一次。

Cisplatin is given intravenously (via the vein) once every week for 5-7 cycles (i.e. 5 -7 weeks). The days when you are receiving this medication, together with the days-off after it, may be referred to as a "cycle". Since Cisplatin is used in this protocol as a radio-sensitizing agent, it will be given weekly on day 1 or 2 of each week of radiation therapy.

- 當注射順鉑後，便會開始放射治療。放射治療是夾於化療中間進行，以下列表已概列有關時間表。您會在星期一至星期五接受放射治療，假日休息。為期5至7個星期。

Radiation therapy will start after the Cisplatin infusion is given. Radiation will be sandwiched in between your chemotherapy as outlined on the chart below. You will receive 5-7 weeks of radiation Monday to Friday with weekends and holidays off.

- 如果在要注射順鉑的那一天，取銷放射治療，則會延後注射順鉑，直至恢復放射治療時才再注射順鉑。

If radiation therapy is cancelled, on the day that Cisplatin is to be given, Cisplatin will be postponed until radiation therapy resumes.

您的治療計劃如下：

Your treatment plan will be as follows:

| 日期 DATE | 治療計劃 TREATMENT PLAN |
|------------|---|
| | ➤周期1 (第1星期) → 第 1 日 → 注射順鉑+ 放射治療 CYCLE 1 (weeks 1) → Day 1 → Cisplatin infusion + radiation therapy |
| | 第2 - 5 天 → 每日接受放射治療 Days 2 - 5 → Daily radiation therapy |



| 日期 DATE | 治療計劃 TREATMENT PLAN |
|------------|--|
| | ➤周期2 (第2星期) → 第1日 → 注射順鉑+ 放射治療 CYCLE 2 (week 2) → Day 1 → Cisplatin infusion + radiation therapy |
| | 第2 - 5 天 → 每日接受放射治療 |

Days 2 - 5 → Daily radiation therapy



| 日期 DATE | 治療計劃 TREATMENT PLAN |
|------------|--|
| | <p>➤ 周期3 (第3星期) → 第1日 → 注射順鉑+ 放射治療</p> <p>CYCLE 3 (week 3) → Day 1 → Cisplatin infusion + radiation therapy</p> |
| | <p>第2 - 5 天 → 每日接受放射治療</p> <p>Days 2 - 5 → Daily radiation therapy</p> |



| 日期 DATE | 治療計劃 TREATMENT PLAN |
|------------|--|
| | <p>➤ 周期4 (第4星期) → 第1日 → 注射順鉑+ 放射治療</p> <p>CYCLE 4 (week 4) → Day 1 → Cisplatin infusion + radiation therapy</p> |
| | <p>第2 - 5 天 → 每日接受放射治療</p> <p>Days 2 - 5 → Daily radiation therapy</p> |



| 日期 DATE | 治療計劃 TREATMENT PLAN |
|------------|--|
| | <p>➤ 周期5 (第5星期) → 第1日 → 注射順鉑+ 放射治療</p> <p>CYCLE 5 (week 5) → Day 1 → Cisplatin infusion + radiation therapy</p> |
| | <p>第2 - 5 天 → 每日接受放射治療</p> <p>Days 2 - 5 → Daily radiation therapy</p> |



| 日期 DATE | 治療計劃 TREATMENT PLAN |
|------------|--|
| | <p>➤ 周期6 (第6星期) → 第1日 → 注射順鉑+ 放射治療</p> <p>CYCLE 6 (week 6) → Day 1 → Cisplatin infusion + radiation therapy</p> |
| | <p>第2 - 5 天 → 每日接受放射治療</p> <p>Days 2 - 5 → Daily radiation therapy</p> |



| 日期 DATE | 治療計劃 TREATMENT PLAN |
|------------|--|
| | <p>➤ 周期7 (第7星期) → 第1日 → 注射順鉑+ 放射治療</p> <p>CYCLE 7 (week 7) → Day 1 → Cisplatin infusion + radiation therapy</p> |

| | |
|--|--|
| | <p>第2 - 5 天→每日接受放射治療</p> <p>Days 2 - 5 → Daily radiation therapy</p> |
|--|--|

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**：合併使用放射治療和化療，會使白血球的數目減少，白血球協助對抗感染。在5至7星期的療程中，當療程的周期遞增後，這情況的機會更會增加。在每星期治療之前，以及每當您出現發燒，便會檢驗您的白血球數目。如果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。**在治療之後數個星期，您的白血球數目會回復正常。

Infection: The number of white blood cells that help fight infection may be lowered by the combination of radiation and chemotherapy. The chance of this increases later in the 5-7 week course of treatment. Your blood counts will be checked weekly before treatment and at any time if you develop fever. 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.** Your white blood count will recover to normal over the weeks after your treatment.

- **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。在第5至7星期的療程中，當療程將接近結束，出現這情況的機會更會增加。在每次治療之前，會檢驗您的血小板數目，以及進行其他血液測試。當血小板數目偏低，您可能較易出現瘀斑或出血。當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，或影響您身體處理順鉑的能力。但如果您認為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. The chance of this increase toward the end of the 5-7 weeks of treatment. Your platelet count will be checked at the same time as other blood tests, before each treatment. 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, or may affect the body's handling of cisplatin. If you think 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 it leaks 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; Chemotherapy & You; Food Choices to Help Control Nausea</i>.* |
| <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》(<i>Easy to chew, easy to swallow food ideas</i>)* 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 <i>Easy to chew, easy to swallow food ideas</i>.* 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. |

| 副作用 SIDE EFFECT | 控制方法 MANAGEMENT |
|--|--|
| <p>接受順鉑治療期間，罕有會出現脫髮現象，如有脫髮，則當您停止順鉑療程，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 rare with cisplatin. If there is hair loss your hair will grow back once you stop treatment with cisplatin. 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. |

*請向化療護士或藥劑師索取副本。

*Please ask your chemotherapy nurse or pharmacist for a copy

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 |
|--|---|
| <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：</p> <p>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 <i>Food Ideas to Help with Diarrhea During Chemotherapy</i>.</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: _____.