

## **Appendix I**

### **Instructions for decocting and taking YH0618**

#### **1. Methods for decoction**

- 1) Open outer packing;
- 2) Put YH0618 bag into marmite or ceramic soup pot and then add 4 measuring cups\* of water.
- 3) Close pot cover and decoct the YH0618 by strong fire until boiling. Then go on decocting it by soft fire for 30 minutes and pour the whole soup into vessels.

#### **1. Methods for taking**

- 1) Take the soup several times with small doses and regard the decoction as water/ tea;
- 2) Take the soup 6 days a week and decoct one bag every day.

#### **Attention**

- 1) Please insist in taking YH0618 decoction for six days a week;
- 2) You still can take it when you have a cold;
- 3) If you feel uncomfortable or have other questions, please contact our researchers (Tel No.: 64381324);
- 4) You will be interviewed by our researchers via phone calls every two weeks.

\* Measuring cup is the particular cup provided by us.

## Appendix II

### Diary of taking YH0618 and daily life

Days	Date (dd/mm/ yyyy)	Whether takeYH0618 according to instructions	Time of taking YH0618	Adverse Event (Please specify)	Other treatments	The diet (such as Chinese cabbage, rice, etc.)	Water intake except YH0618 (cups or ml)	Sports (>30min)	Direct exposure in the sun (>20min)
1 <sup>st</sup> day		Y <input type="checkbox"/> N <input type="checkbox"/> (Reasons: _____)							
2 <sup>nd</sup> day		Y <input type="checkbox"/> N <input type="checkbox"/> (Reasons: _____)							
3 <sup>d</sup> day		Y <input type="checkbox"/> N <input type="checkbox"/> (Reasons: _____)							
4 <sup>th</sup> day		Y <input type="checkbox"/> N <input type="checkbox"/> (Reasons: _____)							
5 <sup>th</sup> day		Y <input type="checkbox"/> N <input type="checkbox"/> (Reasons: _____)							
6 <sup>th</sup> day		Y <input type="checkbox"/> N <input type="checkbox"/> (Reasons: _____)							
7 <sup>th</sup> day		Y <input type="checkbox"/> N <input type="checkbox"/> (Reasons: _____)							

## Appendix III

### Criteria for assessing chemotherapy-induced dermatologic toxicity (NCI CTCAE)

Adverse events	Grades				
	1	2	3	4	5
Bullous dermatitis	Asymptomatic; blisters covering <10% BSA	Blisters covering 10 - 30% BSA; painful blisters; limiting instrumental ADL	Blisters covering >30% BSA; limiting self care ADL	Blisters covering >30% BSA; associated with fluid or electrolyte abnormalities; ICU care or burn unit indicated	Death
Definition: A disorder characterized by inflammation of the skin characterized by the presence of bullae which are filled with fluid.					
Dry skin	Covering <10% BSA and no associated erythema or pruritus	Covering 10 - 30% BSA and associated with erythema or pruritus; limiting instrumental ADL	Covering >30% BSA and associated with pruritus; limiting self care ADL	/	/
Definition: A disorder characterized by flaky and dull skin; the pores are generally fine, the texture is a papery thin texture.					
Pruritus	Mild or localized; topical intervention indicated	Intense or widespread; intermittent; skin changes from scratching (e.g., edema, papulation, excoriations, lichenification,oozing/crusts); oral intervention indicated; limiting instrumental ADL	Intense or widespread; constant; limiting self care ADL or sleep; oral corticosteroid or immunosuppressive therapy indicated	/	/
Definition: A disorder characterized by an intense itching sensation.					
Skin ulceration	Combined area of ulcers <1 cm; nonblanchable erythema of intact skin with associated warmth or edema	Combined area of ulcers 1 - 2 cm; partial thickness skin loss involving skin or subcutaneous fat	Combined area of ulcers >2 cm; full-thickness skin loss involving damage to or necrosis of subcutaneous tissue that may extend down to fascia	Any size ulcer with extensive destruction, tissue necrosis, or damage to muscle, bone, or supporting structures with or without full thickness skin loss	Death
Definition: A disorder characterized by circumscribed, inflammatory and necrotic erosive lesion on the skin.					

Rash acneiform	Papules and/or pustules covering <10% BSA, which may or may not be associated with symptoms of pruritus or tenderness	Papules and/or pustules covering 10 - 30% BSA, which may or may not be associated with symptoms of pruritus or tenderness; associated with psychosocial impact; limiting instrumental ADL	Papules and/or pustules covering >30% BSA, which may or may not be associated with symptoms of pruritus or tenderness; limiting self care ADL; associated with local superinfection with oral antibiotics indicated	Papules and/or pustules covering any % BSA, which may or may not be associated with symptoms of pruritus or tenderness and are associated with extensive superinfection with IV antibiotics indicated; life threatening consequences	Death
Definition: A disorder characterized by an eruption of papules and pustules, typically appearing in face, scalp, upper chest and back.					
Rash maculo-papular	Macules/papules covering <10% BSA with or without symptoms (e.g., pruritus, burning, tightness)	Macules/papules covering 10 - 30% BSA with or without symptoms (e.g., pruritus, burning, tightness); limiting instrumental ADL	Macules/papules covering >30% BSA with or without associated symptoms; limiting self care ADL	/	/
Definition: A disorder characterized by the presence of macules (flat) and papules (elevated). Also known as morbilliform rash, it is one of the most common cutaneous adverse events, frequently affecting the upper trunk, spreading centripetally and associated with pruritus.					
Pain of skin	Mild pain	Moderate pain; limiting instrumental ADL	Severe pain; limiting self care ADL	/	/
Definition: A disorder characterized by marked discomfort sensation in the skin.					
Skin hyperpigmentation	Hyperpigmentation covering <10% BSA; no psychosocial impact	Hyperpigmentation covering >10% BSA; associated psychosocial impact	/	/	/
Definition: A disorder characterized by darkening of the skin due to excessive melanin deposition.					
Palmar-plantar erythrodysesthesia syndrome	Minimal skin changes or dermatitis (e.g.erythema, edema, or hyperkeratosis) without pain	Skin changes (e.g., peeling, blisters, bleeding, edema, or hyperkeratosis) with pain; limiting instrumental ADL	Severe skin changes (e.g., peeling, blisters, bleeding, edema, or hyperkeratosis) with pain; limiting self care ADL	/	/
Definition: A disorder characterized by redness, marked discomfort, swelling, and tingling in the palms of the hands or the soles of the feet.					

Scalp pain	Scalp pain	Moderate pain; limiting instrumental ADL	Severe pain; limiting self care ADL	/	/
Definition: A disorder characterized by marked discomfort sensation in the skin covering the top and the back of the head.					
Alopecia	Hair loss of <50% of normal for that individual that is not obvious from a distance but only on close inspection; a different hair style may be required to cover the hair loss but it does not require a wig or hair piece to camouflage	Hair loss of >=50% normal for that individual that is readily apparent to others; a wig or hair piece is necessary if the patient desires to completely camouflage the hair loss; associated with psychosocial impact	/	/	/
Definition: A disorder characterized by a decrease in density of hair compared to normal for a given individual at a given age and body location.					
Paronychia	Nail fold edema or erythema; disruption of the cuticle	Localized intervention indicated; oral intervention indicated (e.g., antibiotic, antifungal, antiviral); nail fold edema or erythema with pain; associated with discharge or nail plate separation; limiting instrumental ADL	Surgical intervention or IV antibiotics indicated; limiting self care ADL	/	/
Definition: A disorder characterized by an infectious process involving the soft tissues around the nail.					
Nail discoloration	Asymptomatic; clinical or diagnostic observations only; intervention not indicated	Nail discoloration covering >50% ; associated psychosocial impact	/	/	/
Definition: A disorder characterized by a change in the color of the nail plate.					
Nail ridging	Asymptomatic; clinical or diagnostic observations only; intervention not indicated	Distortion of nail shape; associated psychosocial impact	/	/	/
Definition: A disorder characterized by vertical or horizontal ridges on the nails.					

Nail loss	Asymptomatic separation of the nail bed from the nail plate or nail loss	Asymptomatic separation of the nail bed from the nail plate or nail loss	/	/	/
Definition: A disorder characterized by loss of all or a portion of the nail.					

**Note:** Grade of dermatologic toxicity assessment (NCI CTCAE Grading) refers to the severity of the dermatologic toxicity. Any means no symptoms, Mild; asymptomatic or mild symptoms; clinical or diagnostic observations only; intervention not indicated. Grade 2 means Moderate; minimal, local or noninvasive intervention indicated; limiting age-appropriate instrumental ADL (refer to preparing meals, shopping for groceries or clothes, using the telephone, managing money, etc). Grade 3 means severe or medically significant but not immediately life-threatening; hospitalization or prolongation of hospitalization indicated; disabling; limiting self care ADL (refer to bathing, dressing and undressing, feeding self, using the toilet, taking medications, and not bedridden).