

Lu 177-Dotatate (Lutathera) Therapy Discharge Instructions

You have received Lu177-Dotatate Therapy. A small amount of the radioactive medicine that you received for therapy can possibly be transferred to others near you. Most of the radioactive medicine leaves your body in your **urine especially** and your feces. Follow these precautions after your therapy to help reduce the radioactive transfer and possible exposure:

- Use toilets in a seated position, **especially** for men, 2-3 days after treatment.
- Always wash your hands well after using the toilet.
- Flush any tissue paper that contains anything from your body, such as blood, urine and feces down the toilet for 2-3 days after treatment.
- Keep small children and pets away from the toilet area.
- Drink frequently and try to urinate every hour on the day you received treatment and for the 2 following days.
- Shower every day for at least the first 7 days after treatment.
- You **must** stay 3 feet away from other people for 2-3 days.
 - For children younger than 10 years old and pregnant women stay 3 feet away for 7 days.
 - Sleep in separate beds at a distance of at least 3 feet.
- No sexual activity for 7 days.
- Men and women must use effective birth control methods during the treatment and for 6 months after.
- Wash your sheets and any clothes and underwear that contain sweat, blood or urine separately from the laundry of other members of your household for one week. Rinse each load of laundry with an extra rinse cycle.

Caregivers

- Caregivers must wear disposable gloves (preferably Nitrile gloves) for 2-3 days after treatment when providing patient with bathroom assistance or when cleaning up vomit, blood, urine or stool.

- Special medical equipment such as catheters, colostomy bags, bedpans or anything that could be contaminated by your body fluids must be emptied immediately in the toilet and then cleaned. Using disposable equipment is preferable to cleaning and reusing equipment when possible.

Emergency care and travel

- Carry your discharge letter with you at all times for at least 3 months after each therapy. If for any reason you require emergency medical assistance during the first week after your treatment, tell the emergency medical providers about your radioactive treatment.

Follow these restrictions every time you receive Lu177-Dotatate:	Number of days
Night-time restrictions:	
Sleep in a separate bed (separated from at least 3 feet).	2 to 3
Sleep in a separate bedroom from infants or children.	7
Sleep in a separate bedroom from pregnant partners.	15
Day-time restrictions:	
You may return to work after:	2 to 3
Avoid close contact (less than 3 feet) with children and pregnant women.	7
Avoid extended time in public places.	2 to 3
Avoid mouth-to-mouth contact.	2 to 3
Do not share items that come into contact with the mouth (i.e.: toothbrushes, eating utensils).	2 to 3
Use separate or disposable eating utensils.	2 to 3
Use a separate bathroom, if possible, and keep the toilet clean. Flush 2-3 times after each use.	2 to 3
Use separate towels and washcloths.	2 to 3

Reminders before your next visit:

- Have your blood drawn and faxed to the clinic 2 weeks before your next Lutathera therapy. Our fax number is (734) 936-5096.
- You must be evaluated by your oncologist in between each Lutathera therapy.
- Bring your Zofran with you for each therapy.

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