

# Lu 177-Dotatate (Lutathera) Therapy Instructions

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## What is Lu 177-Dotatate (Lutathera) therapy?

Lu 177-Dotatate (Lutathera) is a type of radioisotope therapy, also called Peptide Receptor Radionuclide Therapy or PRRT. Radioisotope therapy delivers radiation directly into the cancer cells by adding radioactive material to proteins that bind with specific cancer cells. This is done using special drugs called radionuclides. Lu 177-Dotatate, a radionuclide, is given by infusion into the person's vein. As the proteins enter the body, the proteins bind onto the cancerous cells and deliver the radioactive material directly to the tumor.

## How do I prepare for my Lu 177-Dotatate therapy?

- Make sure to schedule your appointment with your Oncologist before your next Lutathera appointment. You will need to be seen by them in between each Lutathera therapy administration.
- Make sure you have your labs drawn (CBC, Comprehensive Metabolic Panel) exactly 2 weeks before your next Lutathera appointment. Your nurse will be giving you paperwork today for that lab work.
- Make sure you are very well hydrated. This helps keep your kidneys well hydrated and able to flush excess radiation from your system.
- Continue taking your regular medication and bring any scheduled or as needed medications (such as pain medications) to this appointment.
  - You cannot take any somatostatin analogue (SSA) drugs such as octreotide LAR or lanreotide for 4 weeks before a dose of Lutathera. After your first Lutathera dose you can schedule your next Lanreotide or somatostatin analogue 24-48 hours after. We recommend getting it within 1 week after to ensure it will not conflict with your next

Lutathera dose. You will need to continue scheduling this with your Oncologist.

- Bring snacks and/or a light lunch. You can eat while here during your therapy if you do become hungry. There are no dietary restrictions regarding this therapy.
- This therapy can last from 6-8 hours. Please arrive 15 minutes before your appointment time in order to get started quickly.
- You will need a driver. Nausea and vomiting are potential side effects, so plan to have a driver for after the therapy infusion.
- Please bring your Zofran medication to your next Lutathera therapy appointment in case you develop any nausea after you are discharged.

### **What happens on the day of therapy?**

1. When you arrive to the reception area, you will meet the nurse who will take you back to the treatment area.
2. You will have any IV placed and your blood pressure and heart rate taken.
3. You will review the therapy process with the nurse and Nuclear Medicine technologist.
4. You will receive anti-nausea medication, as well as an antihistamine and a corticosteroid to pre-medicate you before the infusions.
5. You will then begin the infusion of amino acids. This infusion can take 4-6 hours to complete.
6. After about 20 minutes of the amino acid infusion, we will ask you to use the restroom. After urinating, you will be connected to the Lu 177-Dotatate therapy dose for 30 minutes. During this therapy, you will not be able to move from your assigned bed area.
7. The amino acid infusion will continue for several more hours once the Lu 177-Dotatate therapy is complete.
8. The nurse will monitor you during your infusions of amino acids and Lu 177-Dotatate, assisting with any potential side effects.

9. Once the amino acid infusion is complete, the nurse will remove your IV, review radiation safety precautions and discharge you to go home. The Radiation safety precautions are included in this packet of information.

### **Who do I call if I have questions?**

- If you have any questions regarding your Lu 177-Dotatate therapy or amino acid infusion, please call the Michigan Medicine Nuclear Medicine Department at 734-232-6072.

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