



Radium-223 Dichloride (Xofigo®) Therapy Discharge Instructions

You have received Xofigo® therapy. In the days after your Xofigo® treatment, you will need to take steps to prevent radiation exposure to others.

How can I prevent radiation exposures to others?

It's possible that a small amount of the radioactive medicine that you received for therapy could be transferred to others near you. Most of the radioactive medicine leaves your body in your urine (pee), and some leaves through your feces (poop).

After your Xofigo® therapy, follow these guidelines for 7-10 days to help reduce any transfer of the radioactive medicine to others and prevent possible radiation exposures:

- Use toilets in a seated position.
- Flush the toilet 2-3 times after every use.
- Always wash your hands well after using the toilet to avoid getting anything on door handles or other items in your home.
- Keep small children and pets away from the toilet area.
- Patients of all genders must use effective birth control methods during the treatment and for 6 months after.
- Wash any laundry that gets body fluids on it (especially urine or feces) immediately and separately from the laundry of other members of your household.

What are my responsibilities as a caregiver for someone who received Xofigo® therapy?

To reduce any risk of radiation exposure to yourself or other individuals, please follow these guidelines:

- If the patient you care for wears briefs or disposable pads, collect them in a sealable and disposable bucket for the first 3 days after treatment. Keep this bucket sealed (closed) for up to 2 weeks somewhere away from their regular living space (like a garage or shed) before throwing the bucket away.
- Wear disposable gloves (nitrile gloves are best) for at least 3 days after treatment when helping the patient go to the bathroom or when cleaning up urine or feces.
- Empty special medical equipment (such as catheters, colostomy bags, bedpans, or anything that may contain body fluids) immediately in the toilet, and then clean the equipment.
 - When possible, it's better to use disposable equipment instead of cleaning and reusing equipment.
- Wear gloves for all of these activities and wash your hands immediately after removing the gloves.

Who do I contact if I have questions?

If you have any questions, please call the University of Michigan Health System Nuclear Medicine department at (734) 232-6072.

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