



Lu-177-Dotatate (Lutathera®) Therapy Discharge Instructions

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

How can I prevent radiation exposures to others?

Preventing external radiation exposures

Over time, the radioactive injection you received will change into a non-radioactive form. Until then, your body will give off X-rays that can cause radiation exposures to others. You can reduce X-ray exposures to people around you by:

- **increasing your distance** from them
- **decreasing time spent** close to them

Medical experts think the possible health risks to others from these X-rays are low. However, you must follow the guidelines below for the safety of other people. The column on the left describes the guideline you should follow, and the column on the right tells you how many days you should follow that guideline for after your Lutathera® treatment.

Follow these restrictions every time you receive Lutathera®:	Number of days:
Night-time restrictions:	
Sleep in a separate bed (at least 3 feet away from any other bed)	2-3 days
Sleep in a separate bedroom from babies or children	7 days
Sleep in a separate bedroom from pregnant partners	15 days
Day-time restrictions:	
Wait to go back to work	2-3 days

Follow these restrictions every time you receive Lutathera®:	Number of days:
Avoid close contact (less than 3 feet) with children and pregnant people	7 days
Avoid spending more than 1-2 hours in public places	2-3 days
Avoid mouth-to-mouth contact	2-3 days
Do not share items that come into contact with the mouth (toothbrushes, eating utensils, etc.)	2-3 days
Use separate or disposable eating utensils	2-3 days
Use a separate bathroom, if possible, and keep the toilet clean. Flush 2-3 times after each use.	2-3 days
Use separate towels and washcloths	2-3 days

Preventing internal radiation exposures

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 Lutathera® therapy, follow these guidelines to help reduce any transfer of the radioactive medicine to others and prevent internal radiation exposures:

- Use toilets in a seated position for 3 days after treatment.
- Always wash your hands well after using the toilet to avoid getting anything on door handles or other items in your home.
- 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 often and stay well-hydrated before for at least 2 days. You should be urinating frequently.
- We strongly recommend that you have a bowel movement every day. Use a laxative if necessary.
- 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.
 - Stay at least 3 feet away from children younger than 10 years old and pregnant people for 7 days.
 - Sleep in separate beds that are at least 3 feet away.
- Avoid sexual activity for 7 days.
- All genders must use effective birth control methods during the treatment and for 6 months after.
- Wash your laundry separately from the laundry of other members of your household for 1 week. This includes:
 - Sheets
 - Towels
 - Washcloths
 - Pajamas
 - Underwear
 - Clothes that have sweat, blood, or urine on them
- Wash your items at least twice using a standard washing machine.
 - For the first 3 days after treatment, we recommend that you collect your laundry in a disposable bag (you can line your laundry hamper with a trash bag). Then, after 3 days, wash all your laundry from the bag at least twice. Throw the bag you used away.
 - You do not need to use bleach, and you do not need extra rinses.
- Try to avoid using a public restroom for the first few times you urinate or have a bowel movement after your therapy.
- We strongly recommend you do not stay in a hotel in the first 3 days after your therapy.

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

- 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 2-3 days after treatment when helping the patient go to the bathroom or when cleaning up vomit, blood, 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.
 - Again, wear disposable gloves for these activities.
- If the patient you care for typically wears a leg bag for urine collection while they are awake, make sure this bag is not in direct contact with their skin and is emptied every hour.
 - Instead of a leg bag, we recommend using a collection bag (such as a Foley bag) that is farther away from the body for 2-3 days.

What are my guidelines for travel and emergency care?

- Carry your discharge letter with you at all times for at least 3 months after each therapy. If you plan any flights, border crossings, or visits to certain government buildings, you may need a special letter from us explaining that you've received a radioactive treatment. Please ask your nurse about this at the time of treatment.
- If you need emergency medical assistance for any reason during the first week after your treatment, tell the emergency medical providers about

your radioactive treatment, including:

- The radioactive medicine you received (Lu-177-Dotatate Lutathera®)
- The date you received it
- The dose you received

Reminders before your next visit:

- Have your blood drawn and faxed to the clinic 10-14 days before your next Lutathera® therapy. Our fax number is (734) 936-5096.
- You should be in contact with your oncologist in between each Lutathera® therapy.
- Bring your Zofran® medication with you for each therapy.

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Authors: Meghan Doyle, RN, Ka Kit Wong, MBBS, David Raffel, PhD, Margherita Vicari, FNP-BC
Edited by: Brittany Batell, MPH MSW

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