



# Lu-177-PSMA-617 (Pluvicto™) Therapy Discharge Instructions

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You have received Lu-177 Pluvicto Therapy. In the days following your treatment with Lu-177 Pluvicto, you will need to take steps to prevent radiation exposure to others.

## How to prevent external radiation exposures to others:

The radioactive Lu-177 you received will gradually change into a non-radioactive form. During this time, X-rays are emitted that can cause radiation exposures to others. You can reduce X-ray exposures to people around you by **increasing your distance** from them and **decreasing time spent** close to them. The possible health risks to others from these X-rays are considered to be low. However, you must follow the guidelines below for the safety of other people.

<b>Follow these restrictions every time you receive Lu-177-Pluvicto:</b>	<b>Number of days</b>
Stay 3 feet away from other people	3
<b>Night-time restrictions:</b>	
Sleep in a separate bed (separated from at least 3 feet).	3
Sleep in a separate bedroom from infants or children.	7
Sleep in a separate bedroom from pregnant partners.	15
<b>Day-time restrictions:</b>	
You may return to work after:	3
Avoid close contact (less than 3 feet) with children and pregnant women.	7
Avoid extended time in public places.	3
Avoid mouth-to-mouth contact.	3
Do not share items that come into contact with the mouth (i.e.: toothbrushes, eating utensils).	3
Use separate or disposable eating utensils.	3
Use a separate bathroom, if possible, and keep the toilet clean. Flush 2-3 times after each use.	3
Use separate towels and washcloths.	3

## **How to prevent internal radiation exposures to others:**

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** (mainly), and your feces.

Follow these precautions after your therapy to help reduce any transfer of the radioactive medicine to others, which can cause internal radiation exposures:

- Use toilets in a seated position (**especially** for men) for 3 days.
  - Always wash your hands well after using the toilet to avoid contaminating 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 3 days.
- Drink frequently and stay well-hydrated before and for at least 2 days after your therapy. You should be urinating frequently.
- We strongly recommended that you have a bowel movement every day. Use a laxative if necessary.
- Keep small children and pets away from the toilet area.
- Shower every day for at least the first 7 days after treatment.
- No 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 one week. This includes:
  - Sheets
  - Towels
  - Washcloths
  - Pajamas
  - Underwear
  - Clothes that contain sweat, blood or urine
- Wash your items at least twice using a standard washing machine.
- You do not need to use bleach and do not need extra rinses.

## **Caregiver responsibilities:**

- Wear disposable gloves (preferably Nitrile gloves) for at least 3 days after treatment when providing the patient with bathroom assistance or when cleaning up vomit, blood, urine or stool.

- Empty special medical equipment such as catheters, colostomy bags, bedpans or anything that could be contaminated by body fluids immediately in the toilet, and then clean.
  - Using disposable equipment is preferable to cleaning and reusing equipment when possible.
  - Again, wear disposable gloves for these activities.

**Emergency care and travel guidelines:**

- 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, including:
  - The radioactive medicine you received (Lu-177 Pluvicto)
  - The date you received it
  - The dose you received

**Reminders before your next visit:**

- Have your blood drawn and faxed to the clinic 1-2 weeks before your next Lu-177 Pluvicto therapy. Our fax number is (734) 936-5096.
- You must be evaluated by your oncologist in between each Lu-177 Pluvicto therapy visit.
- Bring your Zofran with you for each therapy.

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