

The Royal Liverpool and
Broadgreen University Hospitals

NHS Trust



*Better
Together*

Patient Information

Lutetium177 (Lu177) Dotatate Therapy

Imaging Directorate

PIF 1536 V1

General Information

You should go directly to the nurses' station on Ward 5A. Here you will be directed to a bed when one is available for you.

Ward 5A is a general ward in which we have two dedicated Nuclear Medicine beds for patients who need some form of radioactive treatment.

You will be an in-patient under the care of a Nuclear Medicine Consultant because you are radioactive following your Lu177 Dotatate treatment.

Ward 5A is staffed by 4 sisters and a team of nurses. They have considerable experience in looking after general patients and Nuclear Medicine patients. They will do everything they can to make your stay pleasant and will be happy to answer any questions you may have.

When you arrive on Ward 5A you will be greeted by the nursing staff. One of the nurses and one of the junior doctors will see you to check your general health and take some blood samples.

What is Lu177 Dotatate Therapy?

This is treatment with a compound called Dotatate, which is labelled with radioactive Lutetium (Lu177 Dotatate).

What are the benefits of this therapy?

It is to help control your neuroendocrine tumour.

What are the risks of this therapy?

- Very occasionally, a patient may feel sick or have diarrhoea in the day or two following treatment. This can be helped with medication that the nursing staff can give you.
- **If you normally take the drug Octreotide it must be stopped before and after the therapy. If on short acting it must be stopped for 48 hours before and after. If long acting, it must be stopped four weeks before and after.**
- You may therefore develop symptoms again. If you are having diarrhoea then you can have Codeine and/or Loperamide to try to control it. You may find flushing may start again. This should be controlled when you go back on your Octreotide. Your specialist nurse will be able to give you further advice about this.
- In the first few weeks after your therapy, it is possible that your blood count may drop slightly. This should settle without special treatment. However, to check your blood count, please go to your family doctor (GP) two, four, six, and eight, weeks after your therapy.

Are there any alternative treatments available?

Although other forms of treatment are potentially available for neuroendocrine tumours these are not suitable for your particular condition and you are best treated with radionuclide therapy.

What will happen if I decide not to have treatment?

It is your decision whether or not to go ahead with this treatment. You have already discussed the reasons for your therapy with your Doctor or Specialist Nurse and have agreed to proceed with this.

If you have changed your mind please ring and discuss this with your Specialist Nurse.

Getting ready for your Lu177 Dotatate therapy

There is no preparation for this treatment.

Your therapy

- You will be asked to sign a consent form for your treatment.
- Your Lu177 Dotatate therapy will be given to you slowly by a drip into a vein in your arm.
- Images will be taken in the Nuclear Medicine Department prior to your discharge.
- You will be discharged from hospital on the afternoon on the day following your treatment.

Your stay in hospital

What facilities will I have?

- You will have your own single bedroom and toilet.
- You will have a shower cubicle for your own use. This may be shared with the Nuclear Medicine patient in the room next door.
- Your room will have a TV/DVD, CD player/radio.
- There are facilities for making tea and coffee.
- There is a pay phone in your room. To use this you will need to buy a prepayment card.
- Meals will be served to you on paper plates. You will use plastic cutlery following your treatment.
- If you want a newspaper, please tell the nurse looking after you. It would be useful for you to bring some small change with you, as you can give this to the nurse who will then buy your newspaper.

Visitors

You can have visitors, but we ask them to follow these instructions.

- After your treatment, visiting is **not** allowed for the rest of the day. On the following days, each adult visitor may stay for up to **one** hour per day.
- Children and pregnant women are **not** allowed to visit.
- Please wear overshoes, gloves and gown when entering rooms. Please place used overshoes and gloves in the waste bin behind the barrier.
- Please **avoid** touching items in the suite of rooms such as taps etc.
- **Do not** use the toilet within the suite of rooms.
- Please avoid close contact with the patient and, whenever possible, stay at the end of the bed.
- Visitors must not eat or drink whilst visiting the patient.

What happens when I go home?

- Please get rid of any food or drink you may have before going home. The clothes that you have had with you in hospital can be washed normally.
- **You are still slightly radioactive.** There are some rules and regulations that you will need to follow. Your consultant will discuss these with you, and you will be given a green sheet with these written instructions on to take home.
- There are no restrictions on your travel home.

After your treatment

You should carry this letter with you if you are travelling through train stations, airports and seaports. These areas may have very sensitive radiation detectors in place that can detect extremely small quantities of radiation. It is just possible that, until the radioactivity from this test has completely left your body, you may trigger one of these detectors.

In the unlikely event that this occurs, there is no reason to be concerned. Customs officials who operate these types of detectors are experienced in understanding what the detector has picked up, and after asking you a few simple questions and conducting a brief non-intrusive examination with a hand held detector, will let you pass on your way as soon as possible.

Different countries have different procedures and some may wish to see your appointment letter as part of this process. If you are planning to travel in the next 4 months it is recommended that you carry this letter with you.

Further appointments

You will receive an outpatient appointment to assess your future management.

Location

The Royal Liverpool University Hospital is situated on the edge of the city centre.

Transport

The Royal Liverpool Hospital is well served by public transport. Patients and visitors who are able to do so may wish to consider using public transport. For details of routes, services and times please contact the Merseytravel line on Tel: 0151 236 7676.

Parking for patients and visitors is available at the Q-park multi-storey car park. It is located almost opposite the main hospital entrance. The entrance by car is on Epworth Street off Erskine Street.

The car park is open 24 hours a day seven days a week.

Please take your ticket with you when you leave your car. Payment is made when you return to your car at the machines within the car park. Your ticket is inserted into the exit barrier as you leave the car park. The car park is continually monitored by parking hosts and CCTV.

There are disabled parking spaces throughout the car park. If you need help, please speak with the parking hosts at the car park entrance.

If you normally require an ambulance when you attend hospital please contact the department as soon as possible.

Further Information

If you have any further questions, or require further information, please contact the Department of Nuclear Medicine

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Specialist Nurse

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The above information is available on request in alternative formats including other languages, easy read, large print, audio, Braille, Moon and electronically.