How drug is given: by vein (IV)

Purpose: To kill cancer cells and alleviate pain in the bone in prostate cancer

Treatment plan

1. The course of treatment is six injections of Radium-223, given at 4 week intervals.
2. Blood cell counts will be checked before each injection of Radium-223.
   - First injection: blood may be drawn up to one week prior to the injection.
   - All other injections: blood will be drawn on the same day.

During and after treatment with Radium-223

1. It is important to stay well hydrated, void frequently, and report any signs of dehydration, urinary or kidney problems.

2. Your blood cell counts may drop. This is known as bone marrow suppression. This includes a decrease in your:
   - Red blood cells, which carry oxygen in your body to help give you energy
   - White blood cells, which fight infection in your body
   - Platelets, which help clot the blood to stop bleeding.

   It is very important to keep your lab appointments and tell your doctor or nurse if you have any signs of low blood cell counts, such as shortness of breath, feeling very tired, fever, chills, cough, bleeding, or bruising.

3. Mild to moderate nausea and vomiting may occur. You may be given medicine to help with this.

4. Loose stools or diarrhea may occur after the drug is given. If you have diarrhea that persists for more than 24 hours, you should call your doctor or nurse right away. It is also important to drink fluids (water, juice, sports drinks).

5. Your body may not be able to get rid of extra fluid. This is called edema. You may notice some swelling in your arms or legs.

6. Your bone pain may get worse. You should report any increase in pain or new pain to your doctor or nurse. They may increase your pain medication.
The above information includes some, but not necessarily all, of the possible side effects of this medication. The side effects in this teaching sheet may not be the same ones you experience. Your side effects may be different, depending on how often you receive treatment (your schedule) and how much you receive each time (your dosage). Side effects may also vary if you take other medications. Please talk with your doctor or nurse if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your health care team.

If you experience any significant change in your health during or after treatment, contact a member of your health care team right away.

Safe Handling of Body Waste in the Home

Most of the Radium-223 stays in the body. A very small amount may be found in in vomit, urine, stool, and sweat (body wastes) for about a week after treatment. Special care must be taken to prevent the patient’s body waste from coming into accidental contact with the patient and caregiver.

Body Wastes

- Patient: You may use the toilet (septic tank or city sewage) as usual. Urinate while sitting rather than standing. Avoid using a commode or urinal if possible. Flush the toilet twice after using and continue to do so for a week after treatment. Wash your hands well with soap and water after using the toilet. If urine, vomit or stool gets on your body, wash with soap and water.

- Caregiver: When handling patient waste, wear gloves and flush the toilet twice after disposal and wash your skin with soap and water. Continue to do this for a week after treatment. Pregnant caregivers should not handle patient body waste.

Laundry

- The underwear you have worn during the first week after each injection of Radium-223 should be washed separately from your other clothing. The same applies to bed linen and any clothing soiled with blood, urine, stool or vomit. Do not use the water saving feature of your washing machine (if any) and, if available, activate an additional rinse.

- Always wear disposable gloves when handling sheets or clothing that has been soiled with body waste.

Personal Contact

- During the first week after each injection, try to avoid close contact with pregnant woman and small children. Please talk to your doctor nurse if you have any questions.

- If you are sexually active, it is very important to prevent pregnancy. Use condoms and one other form of birth control during treatment and for at least 6 months after treatment is finished. Please talk to your nurse about types of birth control that you can use.
General Guidelines

- Any body fluids, such as blood, urine, vomit, or stool, may be radioactive and should be handled with care. Always use medical gloves when wiping up body fluids.

- Use toilet paper, tissue or other flushable paper products to wipe up body fluids.

- Flush the toilet twice after each use and when disposing of soiled, flushable paper products.

- Urinate while sitting on a toilet rather than while standing or using a urinal so that urine is not splattered accidentally. If any urine or stool is splattered on you, the toilet seat, or basin, wipe it up carefully with toilet paper or tissue and flush the toilet twice.

- After each trip to the toilet and after each contact with dirty laundry or body fluids (e.g., blood, urine, stool, vomit), wash your hands thoroughly with soap and much water to remove any radioactive residues that may be present (even if not visible).

- If you have diarrhea or urinary incontinence, use protective underwear such as Depends or Poise pads during the first week after each injection of Radium-223 to prevent contamination of clothing and your home. Place the used protective underwear in a plastic bag. Store the plastic bag for 30 days prior to throwing out in the trash. The bag needs to be stored in an isolated location, where no person will come in contact with it for a long period of time. Please talk to your doctor or nurse if you have any questions.

- If you cut yourself, carefully wipe up all the blood with flushable paper products and flush the toilet twice.