



Radium Ra 223 Dichloride (Xofigo®)

How drug is given: by vein (IV)

Purpose: To kill cancer cells and reduce pain in the bones with prostate cancer

Treatment plan

1. The course of treatment is six separate injections of radium 223, given at 4-week intervals.
2. Your 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. Drink lots of fluids, go to the bathroom often, and tell your cancer care team if you notice any signs of dehydration, urinary problems, 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
3. Keep all lab appointments and tell your cancer care team if you have any signs of low blood cell counts, such as shortness of breath, feeling very tired, fever, chills, cough, bleeding, or bruising.
4. Mild to moderate nausea and vomiting may occur. You may be given medicine to help with this.
5. Loose stools or diarrhea may occur after the drug is given. If you have diarrhea that persists for more than 24 hours, call your doctor or nurse right away.
6. Your body may not be able to get rid of extra fluid. You may notice some swelling in your arms or legs.

7. Tell your cancer care team if you notice any increase in pain or new pain. They may increase your pain medication.

Safe Handling of Body Waste in the Home

Most of the radium 223 stays in your body. For about a week after treatment, a very small amount may be found in your body wastes, such as vomit, urine, stool, and sweat. Special care must be taken to prevent your body waste from coming into accidental contact with you or your caregivers.

Patient:

- You can use the toilet (septic tank or city sewage) as usual. Sit while urinating, rather than standing. Avoid using a urinal or commode if possible.
- Flush the toilet twice after you use it 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.
- If you have diarrhea or urinary incontinence during the first week after an injection, use protective underwear, such as Depends or Poise pads. This helps prevent contamination of clothing and your home. Place any used protective underwear in a plastic bag and store this bag for 30 days prior to throwing out in the trash. The plastic bag needs to be stored in an isolated location, where no person will come in contact with it. Please talk with your doctor or nurse if you have any questions.
- If you cut yourself, carefully wipe up all the blood with flushable paper products, throw them in the toilet, and flush the toilet twice.

Caregivers:

- When handling patient waste, wear disposable gloves and throw them in the toilet after each use. Flush the toilet twice after disposal. 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:

- Any underwear you wear 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. Always wear disposable gloves when handling sheets or clothing that has been soiled with body waste.
- Do not use the water-saving feature of your washing machine (if any). Activate an additional rinse, if available on your washing machine.

Personal Contact:

- 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 water to remove any radioactive residues that may be present (even if not visible).
- During the first week after each injection, try to avoid close contact with pregnant woman and small children. Please talk to your doctor or 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.

The above information includes some, but not necessarily all, of the possible side effects of this medication. The side effects listed 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 are taking other medications. Please speak with your cancer care team if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your cancer care team.

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

THIS SPACE RESERVED FOR WRITTEN COMMENTS OR NOTES FOR THE PATIENT AND FAMILY: