

Radiation Safety Instructions: Lutathera

What is Lutathera?

Lutathera (lutetium Lu 177 dotatate) is a radioactive drug for the therapeutic treatment of **neuroendocrine** [nur-oh-EN-doh-krin] **tumors**.

After your treatment, Lutathera will leave your body in large amounts over a 2-day period, mostly in your urine (pee) and stool (poop). The rest of your body will continue giving off small amounts of radiation without you or others knowing it.

How safe is Lutathera?

The risks of radiation exposure are very small if you follow the instructions below. Remember that **you** need the radiation — others don't. To limit radiation exposure to others during these next few days, act as if you have the flu and follow these precautions:

- **Keep your distance from others.** The farther you are away from others, the less they will be exposed to radiation. During the first 8 hours of treatment, it is extremely important that you **stay at least 3 feet away from others**, except for brief interactions.
- **Limit your time with others.** The less time you spend with others, the less they will be exposed to radiation.
- **Keep your hands, mouth, and body clean.** Good personal hygiene [HI-jean] is the best way to lower the possibility of transferring any leftover Lutathera to others.

NOTE: If you are breastfeeding: STOP IMMEDIATELY. Do not breastfeed for 2½ months after the final dose is given. Some radioactive material will continue to appear in your breast milk. If you breast feed during this time, your child will receive unnecessary radiation exposure.

Follow these instructions to limit radiation exposure:

Activity	How long	Activity	How long
Avoid kissing	2 Days	Limit time spent in public places	3 Days
Avoid sharing items that contact the mouth	2 Days	Avoid prolonged car trips with others	3 Days
Use separate / disposable eating utensils	2 Days	Shower daily	3 Days
Drink plenty of fluids	3 Days	Stay at least 7 feet away from others	3 Days
Sit during urination (men)	7 Days	Sleep alone in a separate bed 7 feet away from others	4 Days
Flush the toilet 2 to 3 extra times after each use	7 Days	Avoid contact with pregnant women	3 Days
Urinate frequently (hourly)	3 Days	Avoid contact with young children	3 Days
Wash hands often and after using the toilet	7 Days	Don't have sex of any kind	7 Days
Use separate towels and washcloths	3 Days	Prevent pregnancy, use birth control	7 Months
Wash underclothes separately	3 Days	Don't breastfeed	STOP
Delay your return to work	3 Days	Patient hospitalization/Death (If occurs within 30 days post treatment)	CALL
Avoid using mass transit (bus, train, etc.) on trips that are 4 hours or longer	3 Days		

See page 2 for more information.

In the event that you are hospitalized after Lutathera treatment, show all healthcare providers this fact sheet and tell them that you have received Lutathera treatment as they will need to take proper radiation safety precautions.

If anyone has questions about your Lutathera treatment and why you are giving off radiation, ask them to contact the radiation safety officer. See contact information below.

Radiation safety officer: _____

Phone number: _____

Lutathera Treatment Information

Patient name: _____

Date of birth: _____

Date of treatment: _____

Radiopharmaceutical given: _____

Activity given: _____

Nuclear medicine technologist: _____

Notes
