



Lu-177-PSMA-617 (Pluvicto®) Therapy Discharge Instructions

You have received Pluvicto® therapy. In the days after your Pluvicto® treatment, you will need to take steps to prevent radiation exposure to others.

How can I prevent radiation exposures to others?

Preventing external radiation exposures

Over time, the radioactive injection you received will change into a non-radioactive form. Until then, your body will give off X-rays that can cause radiation exposures to others. You can reduce X-ray exposures to people around you by:

- **increasing your distance** from them
- **decreasing time spent** close to them

Medical experts think the possible health risks to others from these X-rays are low. However, you must follow the guidelines below for the safety of other people.

Follow these restrictions every time you receive Pluvicto®:	Number of days
Stay 3 feet away from other people	3
Night-time restrictions:	
Sleep in a separate bed (at least 3 feet away from any other bed)	3
Sleep in a separate bedroom from babies or children	7
Sleep in a separate bedroom from pregnant partners	15
Day-time restrictions:	
Wait to go back to work	3
Avoid close contact (less than 3 feet) with children and pregnant people	7
Avoid spending more than 1-2 hours in public places	3
Avoid mouth-to-mouth contact	3
Do not share items that come into contact with the mouth (toothbrushes, eating utensils, etc.)	3

Follow these restrictions every time you receive Pluvicto®:	Number of days
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

Preventing internal radiation exposures

It’s possible that a small amount of the radioactive medicine that you received for therapy could be transferred to others near you. Most of the radioactive medicine leaves your body in your **urine (pee)**, and some leaves through your feces (poop).

After your Pluvicto® therapy, follow these guidelines to help reduce any transfer of the radioactive medicine to others and prevent internal radiation exposures:

- Use toilets in a seated position for 3 days.
- Always wash your hands well after using the toilet to avoid getting anything on door handles or other items in your home.
- Flush any toilet paper that contains anything from your body (such as blood, urine, and feces) down the toilet for 3 days.
- Drink often and stay well-hydrated before for at least 2 days. You should be urinating frequently.
- We strongly recommend 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 7 days.
- Avoid sexual activity for 7 days.
- Patients of 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 1 week. This includes:
 - Sheets

- Towels
- Washcloths
- Pajamas
- Underwear
- Clothes that have sweat, blood, or urine on them
- Wash your items at least twice using a standard washing machine.
 - You do not need to use bleach and do not need extra rinses.
- Try to avoid using a public restroom for the first few times you urinate or have a bowel movement after your therapy.
- We strongly recommend you do not stay in a hotel in the first 3 days after your therapy.

What are my responsibilities as a caregiver for someone who received Pluvicto® therapy?

- If the patient you care for wears briefs or disposable pads, collect them in a sealable and disposable bucket for the first 3 days after treatment. Keep this bucket sealed (closed) for up to 2 weeks somewhere away from their regular living space (like a garage or shed) before throwing the bucket away.
- Wear disposable gloves (nitrile gloves are best) for at least 3 days after treatment when helping the patient go to the bathroom or when cleaning up vomit, blood, urine, or feces.
- Empty special medical equipment (such as catheters, colostomy bags, bedpans, or anything that may contain body fluids) immediately in the toilet, and then clean the equipment.
 - When possible, it's better to use disposable equipment instead of cleaning and reusing equipment.
 - Again, wear disposable gloves for these activities.

What are my guidelines for travel and emergency care?

- Carry your discharge letter with you at all times for at least 3 months after

each therapy.

- If you need emergency medical assistance for any reason during the first week after your treatment, tell the emergency medical providers about your radioactive treatment, including:
 - The radioactive medicine you received (Lu-177-PSMA-617 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 Pluvicto® therapy. Our fax number is (734) 936-5096.
- You should be in contact with your oncologist in between each Pluvicto® therapy visit.
- Bring your Zofran® medication with you for each therapy.

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