

GENERAL PATIENT INSTRUCTIONS AFTER STRONTIUM-89 THERAPY

Strontium is a radioisotope that is used for the treatment of bone pain in patients with metastatic bone cancer. It is important that you are aware of the precautions that you should undertake after receiving this treatment.

Personal Hygiene and Laundering

Some of the Strontium is excreted in the urine, over the first few days following treatment.

In the first 72 hours:

- Where a normal toilet is available it should be used in preference to a urinal. The toilet should be flushed twice.
- Wipe up any spilled urine with a tissue and flush it away.
- Ensure that you always wash your hands after using the toilet.
- Immediately wash any linen or clothes which become stained with urine. Wash them separately from other clothes and rinse thoroughly.
- If you should cut yourself wash any spilled blood.

Please keep this information card with you and bring it to the attention of your doctor should you require medical care such as an operation or hospital admission within the next month.

Specifically, please bring this notice to the attention of your doctor should you develop obstruction to urine flow so that they may contact the Nuclear Medicine Department for advice on management of potentially radioactive urine.

Be sure to keep appointments for follow-up **blood tests**. These are to monitor the effect on the bone marrow which is maximal at about 3 to 5 weeks. The blood counts normally recovery in 6-8 weeks.

Flare reactions (worsening pain shortly after treatment) can occur in a small number of patients, usually within 3 days of treatment, and are usually mild and easily controlled with analgesics.

Patient name:

Date of therapy administration:

Activity of Strontium-89 administered:

Referring Specialist responsible for continuing management:

Specific advice to patient: