

For the Patient: UGILAN

Symptomatic management of functional carcinoid and neuroendocrine tumours of the GI tract using Lanreotide (SOMATULINE AUTOGEL®)

UGI = Undesignated, **G**astroIntestinal

LAN = Lanreotide

ABOUT THIS MEDICATION

What is this drug used for?

- Lanreotide is a hormone drug that is used to treat tumours of the GI tract that grow from the neuroendocrine cells. Neuroendocrine cells are cells in your body that produce hormones after stimulation from the nervous system.

How does this drug work?

- Lanreotide works by mimicking a naturally occurring hormone in your body and helps manage the symptoms of your cancer, such as reducing diarrhea, flushing and wheezing.

INTENDED BENEFITS

- You are being asked to take lanreotide as a treatment to manage the symptoms of your cancer.

TREATMENT SUMMARY

How is this drug given?

- Lanreotide is given as an **injection** under the skin. It is usually given once every 4 weeks, or once a month.
- The first injection is usually given to you at the cancer clinic by a nurse. Please ask your nurse where your following injections are to be given. Many people have their injections given to them by their family doctor or a home care nurse, but some people come back to the cancer clinic. Please pick up additional injections from either the cancer clinic or community hospital pharmacy before receiving your injection.
- Please stay on schedule for your injections. It will not do any harm if a dose is a few days late, but your symptoms may reappear until you are back on schedule.

The calendar below outlines your overall treatment plan.

C Y C L E	DATE	TREATMENT PLAN
	1	
		▶ Week 2 → no treatment
		▶ Week 3 → no treatment
		▶ Week 4 → no treatment

C Y C L E	DATE	TREATMENT PLAN
		▶ Week 1 → Lanreotide (Somatuline Autogel®) injection on Day 1
		▶ Week 2 → no treatment
	2	▶ Week 3 → no treatment
		▶ Week 4 → no treatment

Treatment is continued as long as you are benefitting from treatment and not having too many side effects, as determined by your oncologist.

What will happen when I get my drugs?

- A **blood test** may be taken from time to time. The dose and timing of your lanreotide may be changed based on the test results and/or other side effects.

SIDE EFFECTS AND WHAT TO DO ABOUT THEM

Unexpected and unlikely side effects can occur with any drug treatment. The ones listed below are particularly important for you to be aware of as they are directly related to the common actions of the drug in your treatment plan.

You doctor will review the risks of treatment and possible side effects with you before starting treatment. The nurse or pharmacist will review possible side effects of the drug and how to manage those side effects with you on the day you receive your first treatment.

SIDE EFFECTS DURING TREATMENT	MANAGEMENT
Injection site reactions such as pain, inflammation, or swelling may sometimes occur.	You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day or ibuprofen (e.g., ADVIL®) for mild to moderate pain.
Nausea does not usually occur with lanreotide.	
Diarrhea and flatulence may sometimes occur.	If diarrhea is a problem: <ul style="list-style-type: none"> • Drink plenty of liquids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in <i>Food Ideas to Help Manage Diarrhea*</i>
Gall stones may sometimes form in your bile tract. These may or may not cause any symptoms.	Report any of these symptoms to your doctor: <ul style="list-style-type: none"> • Recurring or ongoing indigestion • Pain or tenderness under your rib cage on the right side • Pain between your shoulder blades • Light or chalky coloured stools • Indigestion after eating, especially fatty or greasy foods
Slower heart rate may rarely occur.	Your doctor will check your heart rate at each visit.

SIDE EFFECTS DURING TREATMENT	MANAGEMENT
Abdominal or joint pain may sometimes occur.	You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day or ibuprofen (e.g., ADVIL®) for mild to moderate pain. Tell your doctor if the pain interferes with your activity.
Blood sugar control may rarely be affected in diabetics.	Check your blood sugar regularly if you are diabetic.
Weight loss may rarely occur, and may persist after discontinuation of lanreotide.	Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i> .*
Tiredness and lack of energy may rarely occur.	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in <i>Your bank of energy savings: How people with cancer can handle fatigue</i>.*
Hair loss is rare with lanreotide. If you lose hair, it will grow back once you stop treatment with lanreotide. Colour and texture may change.	<ul style="list-style-type: none"> • Use a gentle shampoo and soft brush. • Care should be taken with use of hair spray, bleaches, dyes and perms. • If hair loss is a problem, refer to For the Patient: Hair Loss Due to Chemotherapy.*

*Please ask your chemotherapy nurse, pharmacist or dietician for a copy.

INSTRUCTIONS FOR THE PATIENT

- Tell your doctor if you have **gallstones** now, or have had them in the past, as you may develop gallstones when you are using lanreotide.
- **Store** lanreotide out of the reach of children, in the refrigerator (do not freeze), and protected from light.
- Lanreotide is often given by your family doctor or home care nurse.
 - The site of injection will be alternating between right and left side.
 - Take the pre-filled syringe out of the refrigerator about 30 minutes before injection and allow it to warm to room temperature. Do not heat the syringe.
 - Each syringe should be used only once to avoid infection. Used syringes should be placed in a rigid plastic container with a lid. Discard container as instructed by your treatment centre. Keep out of reach of children.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of lanreotide.
- Lanreotide may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with lanreotide. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed during treatment.
- **Tell** doctors, dentists, and other health professionals that you are being treated with lanreotide before you receive any treatment from them.

Medication Interactions

Other drugs such as bromocriptine (eg, PARLODEL®), cyclosporine (NEORAL®), insulin, and some heart medications (eg, beta blockers) may **interact** with lanreotide. Tell your doctor if you are taking these or any other drugs as you may need extra blood tests or your dose may need to be changed. If you are diabetic, your doctor may need to adjust your antidiabetic treatment.

Check with your doctor or pharmacist before you start taking any new drugs.

THE FOLLOWING INFORMATION IS VERY IMPORTANT

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heartbeat, face swelling or breathing problems.
- Signs of **heart or lung problems** such as slow, fast, or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, or fainting.
- Severe **abdominal pain** with or without nausea or vomiting.
- Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores.

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of **anemia** such as unusual tiredness or weakness.
- **Pain** in your head, back, bones, joints, or elsewhere.
- **Dizziness.**
- **Changes in eyesight.**
- Ringing in your ears or **hearing problems.**
- **Changes in mood.**
- **Numbness or tingling** in feet or hands.
- **Swelling** of feet or lower legs.

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting or diarrhea.
- For diabetics: uncontrolled blood sugars.
- Pain not controlled with acetaminophen.
- Skin rash or itching.
- Excessive sweating.
- Runny nose.
- Loss of appetite.
- Difficulty sleeping.
- Changes in fingernails or toenails.
- Redness, swelling, pain or sores where the needle was placed.

If you experience symptoms or changes in your body that have not been described above but worry you, or if any symptoms are severe, contact:

_____ at telephone number: _____