

# Octreotide

Care Team Contact Information: \_\_\_\_\_

Pharmacy Contact Information: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

- Octreotide is often used for a type of cancer known as neuroendocrine tumors, from the gastrointestinal tract or the pancreas (GEP-NETs). It is also used for carcinoid syndrome, acromegaly, and other reasons.

Goal of Treatment: \_\_\_\_\_

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Octreotide (ok-TREE-oh-tide): Sandostatin (san-doe-STAT-in), Sandostatin LAR Depot (san-doe-STAT-in el-a-ar DEE-poh)	A protein to reduce the growth hormone level in the body that help cancer cells survive and grow.	Sandostatin: Injection given under the skin into the stomach area (abdomen), outer thigh, or outer upper arm. Sandostatin LAR Depot: Injection given into the muscle of the buttock.

**Treatment Administration and Schedule:** Your treatment schedule depends on whether you receive the short-acting or long-acting form of octreotide. Your care team may prescribe both the short-acting and long-acting forms.

Talk with your care team about your exact treatments and schedules.

**Long-Acting Octreotide (Sandostatin LAR Depot)**

- The injection is typically given every 4 weeks. This length of time is called a “cycle”.

Treatment Name	Cycle 1								Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	...	Day 28	Day 1
Octreotide	✓								✓

**Short-Acting Octreotide (Sandostatin)**

- The injection is typically given 2 to 4 times a day.

Your short-acting octreotide dosing instructions:

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- Bring the medicine to room temperature for about 20 to 30 minutes before you give it.
- Inject under the skin into the stomach-area (abdomen), the front middle of the thigh, or the back/outer part of the upper arm. Change sites each time and pick a spot at least 2 inches (5 cm) away from the last injection.
- Read the manufacturer's instructions for any extra steps, including how to prime the pen.
- If you miss a dose of short-acting octreotide, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not double doses.

**Storage and Handling of Short-Acting Octreotide**

- Store octreotide in the refrigerator between 36°F to 46°F (2°C to 8°C). Do not freeze.
- You may also keep the vials at room temperature, away from heat and direct light, for up to 14 days. Throw away any unused medicine after 14 days.
- After first use of the prefilled pen, you can keep it at room temperature, away from heat and direct light, for up to 28 days. Throw away any unused medicine after 28 days.
- Throw away used needles in a hard, closed container that the needles cannot poke through. Keep this container away from children and pets.
- Keep octreotide and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused octreotide.

**Appointments:** Appointments may include regular check-ups with your care team, injection appointments, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

**Supportive Care to Prevent and Treat Side Effects**

Description	Supportive Care Given at the Clinic or Hospital	Supportive Care Taken at Home
Supportive care to prevent or treat side effects	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

## Common Side Effects

Side Effect	Important Information
Stomach-Area (Abdominal) Pain	<p>Description: Abdominal pain is when you feel discomfort or pain in the belly area.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Severe abdominal pain</li> </ul>
Nausea and Vomiting	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. This may or may not cause vomiting.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Eat smaller, more frequent meals.</li> <li>Avoid fatty, fried, spicy, or highly sweet foods.</li> <li>Eat bland foods at room temperature and drink clear liquids.</li> <li>If you vomit, start with small amounts of water, broth, or other clear liquids when you are ready to eat again. If that stays down, then try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal). Slowly work up to eating solid food.</li> <li>Your care team may prescribe medicine for these symptoms.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>Vomiting for more than 24 hours</li> <li>Vomiting that's nonstop</li> <li>Signs of dehydration (like feeling very thirsty, having a dry mouth, feeling dizzy, or having dark urine)</li> <li>Blood or coffee-ground-like appearance in your vomit</li> <li>Bad stomach pain that doesn't go away after vomiting</li> </ul>
Diarrhea	<p>Description: Diarrhea is when you have loose, watery bowel movements more often than usual. The need to use the bathroom may occur urgently.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>Keep track of how many times you go to the bathroom each day.</li> <li>Drink 8 to 10 glasses of water or other fluids every day, unless your care team tells you otherwise.</li> <li>Eat small meals of mild, low-fiber foods like bananas, applesauce, potatoes, chicken, rice, and toast.</li> <li>Avoid eating foods with high fiber (like raw vegetables, fruits, and whole grains), foods that cause gas (like broccoli and beans), dairy foods (like yogurt and milk), and spicy, fried, and greasy foods.</li> <li>Your care team may recommend medicine (such as loperamide) for diarrhea.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>4 or more bowel movements than normal in 24 hours</li> <li>Dizziness or lightheadedness while having diarrhea</li> <li>Bloody diarrhea</li> </ul>

Headache	<p>Description: A headache can cause you to feel pain or discomfort in your head, making it hard to concentrate or feel your best.</p> <p>Recommendations:</p> <ul style="list-style-type: none"><li>Keep a headache diary to track the frequency, duration, intensity, and triggers of your headaches.</li><li>Stay hydrated by drinking plenty of water, as dehydration can contribute to headaches.</li><li>Apply a cold or warm compress to your forehead or neck to help ease headache pain.</li><li>Get adequate sleep (7-8 hours per night) and establish a regular sleep schedule.</li><li>Limit caffeine intake.</li><li>Your care team may recommend medicine for headaches.</li></ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"><li>Severe headache</li><li>More frequent headaches</li><li>Dizziness or light-headedness</li><li>Confusion</li><li>Vision changes</li></ul>
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## Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Gallstones	<p>Your care team may check your gallbladder before and during treatment. Possible complications of gallstones include inflammation and infection of the gall bladder, and pancreatitis.</p> <ul style="list-style-type: none"> <li>• Sudden pain in your upper right stomach area (abdomen)</li> <li>• Yellowing of your skin and whites of your eyes</li> <li>• Nausea</li> <li>• Sudden pain in your right shoulder or between your shoulder blades</li> <li>• Fever with chills</li> </ul>
Fatty Stools	<p>Octreotide may cause your body to have issues absorbing dietary fats.</p> <ul style="list-style-type: none"> <li>• Changes in the color of your stools</li> <li>• Loose stools</li> <li>• Stomach (abdominal) bloating</li> <li>• Weight loss</li> </ul>
Changes in your Blood Sugar	<p>If you have diabetes, test your blood sugar as your care team tells you to. Your care team may change your dose of diabetes medicine, especially when you first start receiving octreotide or if your dose of octreotide changes.</p> <p>Signs and symptoms of <b>high blood sugar</b> may include:</p> <ul style="list-style-type: none"> <li>• Increased thirst</li> <li>• Increased appetite</li> <li>• Nausea</li> <li>• Weakness or tiredness</li> <li>• Urinating more often than normal</li> <li>• Your breath smells like fruit</li> </ul> <p>Signs and symptoms of <b>low blood sugar</b> may include:</p> <ul style="list-style-type: none"> <li>• Dizziness or lightheadedness</li> <li>• Sweating</li> <li>• Confusion</li> <li>• Headache</li> <li>• Blurred vision</li> <li>• Slurred speech</li> <li>• Shakiness</li> <li>• Fast heartbeat</li> <li>• Irritability or mood changes</li> <li>• Hunger</li> </ul>
Slow or Irregular Heart Rate	<ul style="list-style-type: none"> <li>• Dizziness or lightheadedness</li> <li>• Fainting or near-fainting</li> <li>• Chest pain</li> <li>• Shortness of breath</li> <li>• Confusion or memory problems</li> <li>• Weakness, extreme tiredness</li> </ul>
High Blood Pressure	High blood pressure usually doesn't have symptoms but can become serious. Talk to your care team if your blood pressure is high.
Changes in Thyroid Function	<p>Octreotide can cause the thyroid gland to not make enough thyroid hormones that the body needs (hypothyroidism).</p> <ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Weight gain</li> <li>• A puffy face</li> <li>• Being cold all of the time</li> <li>• Constipation</li> <li>• Dry skin</li> <li>• Thinning, dry hair</li> <li>• Decreased sweating</li> <li>• Depression</li> </ul>
Injection Site Reactions	<ul style="list-style-type: none"> <li>• Itching</li> <li>• Swelling</li> <li>• Bruising or bleeding</li> <li>• Pain</li> <li>• Rash or redness of the skin</li> </ul>

Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.  
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

### Intimacy, Fertility, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment with octreotide may lead to **improved fertility in people who can become pregnant**. This may increase your chances of an unintended pregnancy.
- Treatment may **harm an unborn baby**.
  - If you are able to become pregnant, take a pregnancy test before starting treatment.
  - Use an effective method of birth control during treatment.
  - If you think you might be pregnant or if you become pregnant, tell your care team right away.
  - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment.
- Talk with your care team about **breastfeeding** during treatment.

### Additional Information

- **Tell your care team about all the medicines you take.**

This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.

- **This Patient Education Sheet may not describe all possible side effects.**

Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

### Notes

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Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources.

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PES-565