

# Lutetium Lu-177 Dotatate

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

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

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

- This treatment is often used for neuroendocrine tumors from the gastrointestinal tract or the pancreas (GEP-NETs).

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

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

## Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Lutetium Lu-177 Dotatate (loo-TEE-shee-um ... DOH-tuh-tayt): Lutathera (LOO-tuh-THAYR-uh)	Helps slow down or stop the growth of certain cancer cells by delivering radiation directly to them.	Infusion given into a vein.

**Treatment Administration and Schedule:** Treatment is typically repeated every 8 weeks. This length of time is called a “cycle”.

- Your care team may give you the next dose a week earlier or later than every 8 weeks. Talk with your care team about your exact schedule.
- To protect your kidneys, you will receive an infusion of amino acids before, during, after your dose of lutetium Lu 177 dotatate.

Treatment Name	Cycle 1								Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	...	Day 56	Day 1
Lutetium Lu-177 Dotatate	✓								✓

You may be getting **octreotide injections** as part of your cancer treatment. If you get octreotide too close before your lutetium Lu-177 dotatate infusion, the treatment may not work as well.

- If you take **long-acting octreotide**, don't take it for **4 weeks** before each lutetium Lu-177 dotatate infusion. Your care team will give you an injection of long-acting octreotide after each infusion.
- If you take **short-acting octreotide** (also called immediate-release octreotide), you can keep taking it during your lutetium Lu-177 dotatate. Do not use short-acting octreotide for **24 hours** before each lutetium Lu-177 dotatate infusion unless your care team gives you other instructions.

**Appointments:** Appointments may include regular check-ups with your care team, treatment 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
To help prevent infusion-related reactions	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
To help prevent or treat nausea and vomiting	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Other	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

**Common Side Effects**

Side Effect	Important Information
<p>Low White Blood Cell (WBC) Count and Increased Risk of Infection</p>	<p>Description: WBCs help protect the body against infections. If you have a low WBC count, you may be at a higher risk of infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Wash your hands and bathe regularly.</li> <li>• Avoid crowded places.</li> <li>• Stay away from people who are sick.</li> <li>• Your care team may prescribe a drug that promotes the growth of WBCs.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Fever of 100.4 °F (38°C) or higher</li> <li>• Chills</li> <li>• Cough</li> <li>• Sore throat</li> <li>• Painful urination</li> <li>• Tiredness that is worse than normal</li> <li>• Skin infections (red, swollen, or painful areas)</li> </ul>
<p>Low Platelet Count</p>	<p>Description: Platelets help the blood clot and heal wounds. If you have low platelet counts, you are at a higher risk of bruising and bleeding.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Blow your nose gently and avoid picking it.</li> <li>• Brush your teeth gently with a soft toothbrush and maintain good oral hygiene.</li> <li>• Use an electric razor for shaving and a nail file instead of nail clippers.</li> <li>• Avoid over-the-counter medications that may increase the risk of bleeding, such as NSAIDs.</li> <li>• Talk with your care team or dentist before medical or dental procedures, as you may need to pause your treatment.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Nosebleed lasting over 5 minutes despite pressure</li> <li>• Cut that continues to bleed</li> <li>• Significant gum bleeding when flossing or brushing</li> <li>• Severe headaches</li> <li>• Blood in your urine or stool</li> <li>• Blood in your spit after a cough</li> </ul>
<p>Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb)</p>	<p>Description: RBCs and Hgb help bring oxygen to your body's tissues and take away carbon dioxide. If you have low RBC counts or Hgb, you may feel weak, tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Get 7 to 8 hours of sleep each night.</li> <li>• Avoid operating heavy machinery when tired.</li> <li>• Balance work and rest, staying active but resting when needed.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Shortness of breath</li> <li>• Dizziness</li> <li>• Fast or abnormal heartbeats</li> <li>• Severe headache</li> </ul>

<p>Fatigue</p>	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Routine exercise has been shown to decrease levels of fatigue. Work with your care team to find the right type of exercise for you.</li> <li>• Ask your family and friends for help with daily tasks and emotional support.</li> <li>• Try healthy ways to feel better, like meditation, writing in a journal, doing yoga, and using guided imagery to lower anxiety and feel good.</li> <li>• Make a regular sleep schedule and limit naps during the day so you can sleep better at night, aiming for 7 to 8 hours of sleep.</li> <li>• Don't use heavy machines or do things that need your full attention if you're very tired to avoid accidents.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Tiredness that affects your daily life</li> <li>• Tiredness all the time, and it doesn't get better with rest</li> <li>• Dizziness and weakness, along with being tired</li> </ul>
<p>Nausea and Vomiting</p>	<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>
<p>Liver Problems</p>	<p>Description: Treatment can harm your liver. This may cause nausea, stomach pain, and bleeding or bruising. It can also turn your skin and eyes yellow and make your urine dark. Lab tests may be performed to monitor liver function.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Yellowing of your skin or the whites of your eyes</li> <li>• Severe nausea or vomiting</li> <li>• Pain on the right side of your stomach area (abdomen)</li> <li>• Dark urine (tea colored)</li> <li>• Bleeding or bruising more easily than normal</li> </ul>

<p>Kidney Problems</p>	<p>Description: Treatment can cause kidney problems, including damage to the kidneys and decreased kidney function. Your care team will monitor your kidney function during treatment.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Drink 8 to 10 glasses of water or other fluids each day, especially the before, on the day of, and on the day after your treatment.</li> <li>• Your care team may give you fluids and electrolytes with your treatment.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Decrease in your amount of urine</li> <li>• Blood in your urine</li> <li>• Swelling of your ankles</li> <li>• Loss of appetite</li> </ul>
<p>High Blood Sugar</p>	<p>Description: Treatment can increase your blood sugar levels.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Eat a well-balanced diet.</li> <li>• Limit sugary drinks and foods.</li> <li>• Eat smaller, more frequent meals.</li> <li>• Be physically active for at least 30 minutes most days.</li> <li>• Your care team may ask you to check your blood sugar at home. If you are already doing this, they may ask you to do it more frequently.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Frequent urination</li> <li>• Drowsiness</li> <li>• Increased thirst</li> <li>• Loss of appetite</li> <li>• Blurred vision</li> <li>• Fruity smell on your breath</li> <li>• Confusion</li> <li>• Nausea, vomiting, or stomach pain</li> <li>• It becomes harder to control your blood sugar</li> </ul>
<p>Changes in Electrolytes and Other Laboratory Results</p>	<p>Description: Treatment may cause increased levels of uric acid in your blood. It may also cause decreased levels of calcium in your blood. Your care team will do blood tests to check you for these changes and will treat you if needed.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Fever of 100.4 °F (38°C) or higher</li> <li>• Severe pain in your joints, back, side, or lower stomach-area (abdomen)</li> <li>• Painful or frequent urination</li> <li>• Muscle stiffness or muscle spasms</li> <li>• Numbness or tingling in your fingers, toes, or around your mouth</li> <li>• Extreme tiredness</li> <li>• Seizures</li> </ul>

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
<p>Neuroendocrine Hormonal Crisis (often called Carcinoid Crisis)</p>	<p>A neuroendocrine hormonal crisis (carcinoid crisis) can happen during or soon after receiving a dose of lutetium Lu-177 dotatate as tumor cells may release large amounts of stored hormones into your blood. This most often happens during or within 24 hours of the first dose, but can rarely occur later.</p> <ul style="list-style-type: none"> <li>• Trouble breathing or wheezing</li> <li>• Chest tightness</li> <li>• Fainting or lightheadedness</li> <li>• Fast heartbeat</li> <li>• Intense flushing (face, neck, chest suddenly turning red and hot)</li> <li>• Severe, sudden diarrhea or vomiting</li> </ul>
<p>Bone Marrow Problems called Myelodysplastic Syndrome (MDS) or Acute Myeloid Leukemia (AML)</p>	<p>Symptoms of low blood cell counts are common during treatment, but can be a sign of serious bone marrow problems, including MDS or AML. Symptoms may include:</p> <ul style="list-style-type: none"> <li>• Weakness</li> <li>• Weight loss</li> <li>• Fever</li> <li>• Frequent infections</li> <li>• Blood in urine or stool</li> <li>• Shortness of breath</li> <li>• Feeling very tired</li> <li>• Bruising or bleeding more easily</li> </ul>
<p>Infusion-Related Reactions</p>	<ul style="list-style-type: none"> <li>• Chills or shaking</li> <li>• Itching, rash, or flushing</li> <li>• Trouble breathing or wheezing; tongue-swelling</li> <li>• Dizziness or feeling faint</li> <li>• Fever of 100.4°F (38°C) or higher</li> <li>• Pain in your back or neck</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.**

## Fertility, Pregnancy, and Breastfeeding

- Treatment can affect your **ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment.
- 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 and for 7 months after your last dose.
  - 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 and for 4 months after your last dose.
- **Do NOT breastfeed** during treatment and for 2.5 months after your last dose.

## Radiation Safety Measures

- After your treatment, there will be radiation coming from your body. Talk with your care team about specific instructions to follow at home.
- Drink more water than usual and void as often as possible to reduce radiation exposure to your bladder.
- Mild exercise, such as a light walk, can help to reduce radiation amounts in the body
- To minimize radiation exposure to others following administration of lutetium Lu-177 dotatate:
  - For at least **3 days** after treatment
    - Use the toilet in a seated position and flush twice
    - Stay 3 feet or more apart from other people and pets
    - Minimize public transportation and use of public facilities
    - Sleep in a separate bed from others and avoid intimate contact
    - Use separate towels and washcloths, and wash clothes separately from the rest of your household
  - For at least **7 days** after treatment
    - Shower each day
- Some security scanners (such as at airports or tunnel entrances) can detect tiny amounts of radiation. You may emit low levels of radioactivity for up to **2 months** after each treatment. Your care team may give you a card or note stating you received radioactive medicine—carry it and show it to security or law enforcement if stopped.

## Handling Body Fluids and Waste

Some drugs you receive may stay in your urine, stool, sweat, or vomit for many days after treatment. Because many cancer drugs are toxic, your body waste may also be dangerous to touch. To help protect yourself, your loved ones, and the environment, **follow these instructions** for at least **30 days** after each dose of **lutetium Lu-177 dotatate**:

- People who are pregnant should avoid touching anything that may be soiled with body fluids from the patient.
- You can use your usual toilet. Always close the lid and flush to discard all waste. If you have a low-flow toilet, flush twice.
- If the toilet or seat is soiled with urine, stool, or vomit, clean the surface after each use before others use it.
- Wash your hands with soap and water for at least 20 seconds after using the toilet.
- If you need a bedpan, inform your caregiver so they can wear gloves and assist with cleanup. Wash the bedpan with soap and water daily.
- If you cannot control your bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb waste.
- Wash any skin exposed to body waste with soap and water.
- Wash soiled linens or clothing separately from other laundry. If you don't have a washer, place them in a plastic bag until they can be washed.
- Wash your hands with soap and water after touching soiled linens or clothing.

## 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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Updated Date: February 23, 2026

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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