



Singapore  
General Hospital  
SingHealth

# Peptide Receptor Radionuclide Therapy (PRRT)

Department of  
Nuclear Medicine &  
Molecular Imaging

Radiological  
Sciences



Patient & Family Education

Dear Patient

The following instructions contain general information and advice regarding your condition and are designed to protect you and others around you to keep everyone's radiation exposure to a minimum. However, they are not intended to be exhaustive instructions.

In specific cases you may receive different/additional instructions from your doctor. You are advised to follow any specific written or oral instructions given to you by your doctor or healthcare worker. Please seek clarification in case of doubt.

## 01 Activity / Rehabilitation

- Remain in the room throughout treatment period.



## 02 Nutrition / Diet

- Drink at least 1 litre of fluid per day, unless otherwise advised by the doctor.



## 03 Safe & effective use of medication

- Take all medication as prescribed by the doctor.



## 04 Treatment

- 2 intravenous cannulas will be inserted. One will be used for intravenous hydration with amino acids and the other used to infuse the radioactive medication.
- A urinary catheter may be inserted to monitor your urine output and radioactivity in the urine.
- Anti-nausea medication will be given prior to treatment unless contraindicated.
- Intravenous hydration will be started with amino acids prior to treatment to protect the kidneys from the radiation.
- The radioactive medication will be infused half an hour after the start of the amino acids. The infusion will take around 20-30 minutes.
- During the infusion, your vital signs will be monitored closely.
- After the completion of the radioactive medication, you will be scheduled accordingly for a Whole Body Scan (WBS) at the Department of Nuclear Medicine and Molecular Imaging. The doctor will review you thereafter.



## 05

### Special Instructions

Any radioactive medication that is not taken up by the tumour will mainly be excreted in the urine.

#### If warded inpatient,

- Wear hospital pyjamas during stay. Use disposable undergarments if possible.
- Instruct relative/caregiver to bring a set of clothing for you to change upon discharge.
- Use disposable cutlery. Discard used cutlery and plates into designated bin.
- Maintain personal hygiene. Take daily showers and wash your hands after visiting the toilet.
- Discard soiled linen into green disposal bag for soiled laundry.
- Flush toilet 3 times after use. Male patients should use the toilet sitting down to prevent spills of urine on the floor.
- Inform the nurse immediately of any urine or vomitus spillage.
- The cleaner will do basic cleaning of the outer space during your stay. The rubbish bins will only be cleared after your discharge.
- Please bring the medication you are currently taking.
- There is no Wifi/internet connection or TV in the ward, please bring your own entertainment.



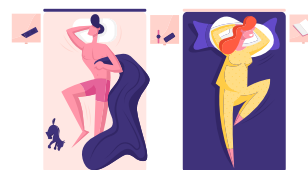
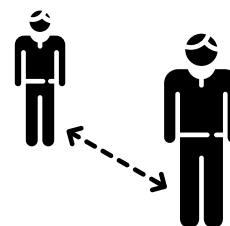
#### Visitors

- Visitors should report to the nurses' counter prior to visit.
- No children or pregnant women are allowed to visit.
- All visits should be restricted to 30 minutes.
- Visitors should remain at the foot end of the bed.
- Visitors must not use the toilet in the isolation room.
- No family member is allowed in the room or corridor before, during and after radioactive medicine infusion.

## 06 Discharge Advice

A follow-up appointment date will be given to you at the Department of Nuclear Medicine and Molecular Imaging after your last WBS.

- For the next 2 days,
  - Flush the toilet 2 times after use. Males should use the toilet sitting down to prevent spills of urine on the floor.
  - Avoid prolonged stay in public or crowded places.
  - Sleep in a separate bed from adults and avoid intimacy.
- Avoid close and prolonged contact with children under 12 years old and pregnant women. Try to stay at least an arm's length away.
- Sleep in a separate bed from pregnant woman or child under 12 years old.
- Avoid pregnancy for 6 months. For female patient, stop breastfeeding until the next pregnancy.
- During the first 3 days, it is recommended avoid using public transportation (including air travel) that requires you to sit next to another person for more than three hours.
- You may return to work as soon as you feel well enough.



## 07 When Travelling

- Over the next few weeks, there is a possibility that you may trigger radiation detection devices at airports, public transportation facilities and other ports of entry by the low radiation levels.
- You are advised to carry this discharge note with you at all times when travelling for the next 4 weeks after the treatment.
- You may request for a memo from your doctor if you are travelling overseas shortly after the treatment.

## 08 When and How to Seek Further Treatment

Seek medical consultation with your doctor at the Department of Nuclear Medicine and Molecular Imaging at Block 2 Basement 1 during office hours or at the Department of Emergency Medicine of Singapore General Hospital after office hours, if any one of the following conditions occurs:

- Fever of 38°C and above.
- Persistent vomiting
- Any other abnormal and/or prolonged symptoms, which cause concern.

If you need to clarify on any of the above conditions, you can contact your primary physician through the operator or ward nurse clinician in-charge.

- **Ward Nurse Clinician:**
- **SGH Operator:**
- **National Cancer Centre (Office hours only):**
- **SGH Department of Nuclear Medicine and Molecular Imaging:**



6321 \_\_\_\_ / 6326 \_\_\_\_  
6222 3322  
6436 8000  
  
6326 5357

## 09 Follow-up Appointment

All follow-up appointments will be obtained from the Department of Nuclear Medicine and Molecular Imaging at Block 2 Basement 1, SGH.

**Keep your appointment(s) as scheduled.**

For any change of appointment(s), please call SGH appointment hotline at **6321 4377** OR email to **appointments@sgh.com.sg**.

Alternatively, you may call the Department of Nuclear Medicine and Molecular Imaging at **6321 4203** or **6321 3838** to schedule a new appointment.



