

Getting ready for treatment with Xofigo[®]▼ (radium-223 dichloride)



Helping you prepare for conversations with your healthcare professional who has prescribed radium-223 dichloride



This booklet is intended for patients who have been prescribed radium-223 dichloride.

For more information, please refer to the Package Leaflet that can be provided by your healthcare professional.

Reporting of side effects. ▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.yellowcard.mhra.gov.uk or search for MHRA Yellow Card in Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

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 **Xofigo[®]**
radium Ra 223 dichloride
SOLUTION FOR INJECTION

WHAT is radium-223 dichloride treatment?

If you're living with prostate cancer that has spread to other parts of the body (advanced prostate cancer), you may have been prescribed a type of treatment called radium-223 dichloride.¹

Radium-223 dichloride is a radiopharmaceutical medicine that contains a radioactive element, which exerts an anti-tumour effect on cancer that has spread to the bones (bone metastases). Very small amounts of radium-223 dichloride are injected into veins, where it travels through blood to reach cancer cells that have spread around the body.¹

HOW will I receive radium-223 dichloride treatment?

Radium-223 dichloride is administered at a treatment centre via an injection into the veins. This process can be as quick as 1 minute.^{1,2}

You may need to visit your treatment centre up to 6 times to complete treatment with radium-223 dichloride. Your progress will be monitored via blood tests, which help to make sure you're ready for the next round of treatment.¹

A team will support you throughout your treatment with radium-223 dichloride. Your healthcare professional will discuss radiotherapy with you, explain the treatment process and help you manage your treatment journey.¹

WHY have I been prescribed radium-223 dichloride treatment?

You may have been prescribed radium-223 dichloride treatment if hormonal therapy is not controlling your prostate cancer and if the cancer has spread to your bones.³ The benefits of radium-223 dichloride treatment in advanced prostate cancer may include increased life expectancy and reduced bone pain.^{1,3}

Unlike other types of radiation therapy, radiopharmaceuticals, such as radium-223 dichloride, travel through the blood stream to reach their target. Radium-223 dichloride deposits at sites of high bone turnover, which is why it is used for treating prostate cancer that has spread to the bones.^{1,3}

The type of radiation that radium-223 dichloride emits only travels a short distance, limiting damage to surrounding healthy tissue. This helps to minimise side effects.²

As with all treatments, some side effects could occur with radium-223, dichloride. The most frequently ($\geq 10\%$) observed side effects include diarrhoea, nausea, vomiting, thrombocytopenia (low platelets) and bone fracture.^{*4} You can speak with your healthcare professional about any side effects you are concerned about and how they can be managed.

*This list is not exhaustive. Please refer to the radium-223 dichloride package leaflet for a full list of side effects and/or speak to your healthcare professional.

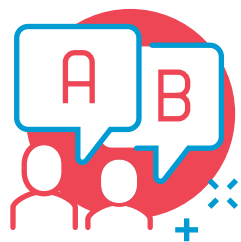
Scan to learn more
about radium-223
dichloride



TALK to your healthcare professional about radium-223 dichloride treatment

Appointments with your healthcare professional are a great opportunity to answer any questions you may have. To get the most out of these conversations, it's important that you feel confident discussing your ambitions, options and personal preferences.

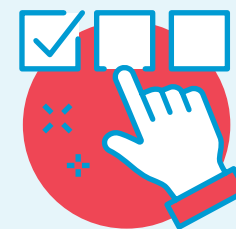
Here are some tips and techniques you can use to support healthy conversations about your treatment:



Open questions – These are questions that can't be answered with a “yes” or “no” response. Open questions often lead to more informative, detailed answers. For example, instead of asking your oncologist “Can I exercise while receiving treatment?” you could ask “How can I keep active while receiving treatment?”



Scaling techniques – Use scales as a device to frame information within a clear and precise context. For example, instead of asking your treating healthcare professional “Will radiotherapy improve my bone pain?” You could ask “On a scale of 1–10, how likely is it that radiotherapy will reduce my bone pain?” You can use scales to break down a big challenge into smaller steps; for example, you could ask “My satisfaction with my treatment is currently a 6/10, what steps could we take to help me move to 7?”



Summaries – A lot of things can be mentioned during appointments. Stopping during the conversation to ask your oncologist for a summary of what you've just discussed can make the information easier to follow. You can also choose to stop and summarise what you've heard to your treating healthcare professional – this gives them the chance to identify topics where further explanation could be beneficial.



Personal plans – To structure conversations with your treating healthcare professional it can be useful to write a short, personalised plan about the change you want to make. The following structure can be helpful: 1) The changes I plan to make are... 2) The reasons I plan to make these changes are... 3) I will know I have been successful when... 4) People who can help me are... 5) Things that might get in the way are... 6) I will find ways around this by...

You may also find it helpful to keep a note of any questions you have to take to your next appointment.

Here are examples of some questions that you may find useful to ask:



- How can I minimise the impact of treatment on my lifestyle?
- What steps can I take to ensure my treatment proceeds smoothly?
- How can I best manage the side-effects of treatment?

Notes

This image shows a full page of blank handwriting practice paper. It features 20 evenly spaced, horizontal light blue lines across the entire width of the page. The background is a solid off-white color, providing a clean surface for writing practice. There are no margins, text, or other markings present.



References:

1. Prostate Cancer UK. Radiotherapy for advanced prostate cancer. Available at: <https://shop.prostatecanceruk.org/our-publications/all-publications/radiotherapy-for-advanced-prostate-cancer?limit=100> Accessed: June 2024.
2. Cancer Research UK. Radium 223 for metastatic prostate cancer. Available at: <https://www.cancerresearchuk.org/about-cancer/prostate-cancer/metastatic-cancer/treatment/radiotherapy/radium-223> Accessed: June 2024.
3. MacMillan Cancer Support. Radiotherapy for advanced prostate cancer. Available at: <https://www.macmillan.org.uk/cancer-information-and-support/treatments-and-drugs/radiotherapy-for-advanced-prostate-cancer> Accessed: June 2024.
4. Xofigo (radium-223 dichloride) Patient Information Leaflet. <https://www.medicines.org.uk/emc/files/pil.5204.pdf>

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For any medical information requests, please contact: medical.information@bayer.co.uk

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