

Decapeptyl® (triptorelin)

and your treatment journey

A guide for
men prescribed
Decapeptyl®

This guide is intended only for men
prescribed Decapeptyl®.

For further information about
Decapeptyl® you should also refer
to the Patient Information Leaflet
provided with Decapeptyl®.

This booklet has been developed by Ipsen.

Provided by

Introduction

This guide is intended only for patients prescribed Decapeptyl®.

It is designed to help you understand your treatment and how to get the most from it. Always read the Patient Information Leaflet provided with Decapeptyl® before you start to take this medicine, as it contains specific information about your treatment. If you have any questions about any aspect of your treatment plan, please speak to your healthcare professional.

Why have I been prescribed Decapeptyl® ?

Your doctor has prescribed a treatment called Decapeptyl®, also known as triptorelin. It is used to treat prostate cancer, and your doctor believes that it is a suitable treatment for you.

What is Decapeptyl® ?

Decapeptyl® is a hormone therapy. In men, it acts by helping to lower the levels of the hormone testosterone, which plays a role in the growth of prostate cancer cells.

How does Decapeptyl® work?

Decapeptyl® contains an active ingredient called triptorelin which is a medicine known as a gonadotropin-releasing hormone analogue (GnRHa). These treatments are also sometimes referred to as luteinising hormone-releasing hormone agonists (LHRHAs). Treatment results in testosterone levels falling to a lower level than they would be without treatment, inducing a chemical castration.

How is Decapeptyl® given?

Decapeptyl® is delivered by an injection into a muscle, usually the buttocks. The injection will be given by a doctor or nurse in your GP practice or at a hospital or clinic. The frequency of your injections will depend on which formulation/dosing option of Decapeptyl® you have been prescribed.

What dosing options are there?

Decapeptyl® is available in three strengths whose effects all last for different periods of time. All three strengths have the same clinical effect once they are taken at the correct intervals.

Decapeptyl® SR 3 mg:

One injection every 28 days (4 weeks)

Decapeptyl® 3-month 11.25 mg:

One injection every 3 months

Decapeptyl® 6-month 22.5 mg:

One injection every 6 months (24 weeks)

Decapeptyl® SR 3 mg:

One injection every 28 days (4 weeks)



Decapeptyl® 3-month 11.25 mg:

One injection every 3 months (12 weeks)



Decapeptyl® 6-month 22.5 mg:

One injection every 6 months (24 weeks)



Which formulation will I be given?

Your healthcare professional should discuss your dosing options with you and will let you know how often you need to have your injections. If you would like to discuss changing the frequency of your injections, please speak to your doctor.

Remember that there may be medical reasons why your doctor has recommended you have a particular injection frequency.

What if I forget to make or attend an injection appointment?

As soon as you realise you have missed an injection, you should tell your doctor straight away. They will be able to advise you what to do and when your next injection will be.

Can I stop my treatment?

Please do not stop making injection appointments or stop attending them. This could have serious implications for your health and wellbeing. If you have any questions or concerns about any aspect of your treatment, speak to your doctor.

Making your appointments

It is important to make and attend all of your injection appointments. Keeping up to date with your schedule is key to your treatment, and any changes or missed appointments might impact on your symptoms.

Use the section at the end of this booklet to make notes of your treatment plan and also of your upcoming appointments. Don't forget to write them in your diary or schedule them into the calendar on your computer or mobile device, if you have one.

What do I need to do to prepare for my appointment?

You will need to collect your injection from your nominated pharmacist and bring it with you to your appointment for administration by your healthcare professional. Do not store above 25°C while awaiting your appointment.

What side effects can Decapeptyl® cause?

Most of the side effects of Decapeptyl® arise because it works by lowering the levels of testosterone in your body. If you experience any effects from your treatment which make you uncomfortable, or cause you distress, please talk to your doctor or nurse. They will be happy to help and can provide treatment and/or advice. They can also tell you about local patient support groups where you can share your experiences with people who understand what you are going through.

The most common side effects associated with Decapeptyl® (those which may affect more than 1 in 10 people) are hot flushes, weakness, excessive sweating, back pain, pins and needles sensation in the legs, reduced libido and impotence. Tips on coping with some of these are given in the following sections. Remember hormone therapy can affect men in different ways.

Hot flushes/excessive sweating

Hot flushes are one of the most common side effects of this hormone therapy. They can vary from a few seconds of feeling overheated to a few hours of heavy sweating. If your hot flushes are uncomfortable, or affecting your everyday life, please speak to your healthcare professional.

They can suggest many things to help manage hot flushes such as lifestyle advice (ensuring you are drinking enough fluid, or making dietary changes).

Reduced sex drive (libido)

Hormone therapy works by lowering your level of testosterone. This is what gives you your sex drive, so you may find you have less interest in sex while you are taking your treatment. Speak to your doctor or nurse about any concerns you may have.

Impotence or erectile dysfunction

Hormone therapy can cause difficulty in getting or keeping an erection. Please speak to your nurse or doctor if this is a concern. Remember your healthcare professional will have talked about these problems with other patients many times before.

Weakness

Hormone therapy can cause extreme tiredness or fatigue which can affect your energy levels. Talk to your doctor or nurse if tiredness is affecting you. Staying active and eating a healthy diet will help. Hormone therapy can also cause a decrease in muscle tissue and weakness. Regular gentle resistance exercise such as fast walking, swimming and exercising with small weights may help. Speak to your doctor before you start any exercise so they can advise what will be suitable for you.

Other side effects

Certain side effects may develop which can and should be treated so it is important to tell your doctor if you:

- Develop a depressed mood
- Have back pain, weakness, numbness or tingling in your legs

Other side effects which are common (those which may affect up to 1 in 10 patients) may include nausea, dry mouth, pain, bruising, redness and swelling of injection site, muscle and bone pain, pain in the arms and legs, oedema (build-up of fluid in the body tissues), lower abdominal pain, high blood pressure, allergic reaction, increase in weight, dizziness, headache, loss of libido and mood changes.

Refer to the Patient Information Leaflet for details of other potential side effects. If you experience any unwanted effects from your treatment which make you uncomfortable, or cause you distress, please talk to your doctor or nurse. They will be happy to help and can provide treatment or advice. You should also tell your doctor if you think your symptoms have worsened or changed, particularly if you are experiencing more pain and/or if you have difficulty passing urine during the course of your treatment.

On very rare occasions there may be a severe allergic reaction, hypersensitivity or anaphylaxis. If you develop symptoms such as swallowing or breathing problems, a rash, swelling of the lips, face, throat or tongue you must tell your doctor and get medical help immediately.

Special warnings and precautions for use

The use of GnRHs to treat prostate cancer may be associated with increased bone loss and may lead to osteoporosis and increases in the risk of bone fracture. Speak to your doctor or nurse about any concerns you may have.

■ My Decapeptyl® treatment plan

I have been prescribed Decapeptyl® ____ mg

This means I will have injections every ____ days/months

My first injection is on _____ at _____ am/pm

My injection will be given at _____
(hospital/clinic/GP practice): _____

GP name/contact number: _____

Consultant name/contact number: _____

Specialist nurse name/contact number: _____

PSA Levels Record

PSA (Prostate Specific Antigen) is a protein produced by some cells in the prostate. The blood level of PSA is often elevated in people with prostate cancer.

Your doctor will check your PSA levels to see how well you are responding to treatment.

You may find it useful to record the results of your PSA blood tests plus any other results here so that you can keep track of them.

My PSA log

Date		PSA Value	
Date		PSA Value	
Date		PSA Value	
Date		PSA Value	
Date		PSA Value	
Date		PSA Value	
Date		PSA Value	
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My PSA log

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Date		PSA Value	

Follow-up injection appointments

Notes

Details of local patient groups that may be of interest

Group:

Contact:

Details:

Group:

Contact:

Details:

Group:

Contact:

Details:

Group:

Contact:

Details:

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse.
This includes any possible side effects not listed in this leaflet.

You can also report side effects directly via HPRA
Pharmacovigilance: Website: www.hpra.ie.

Adverse events should also be reported to Ipsen via email at
pharmacovigilance.uk-ie@ipsen.com or phone on +441753 627777, IE phone 018098256.

By reporting side effects, you can help provide more information on the safety of this medicine.

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