Decapeptyl® SR (triptorelin)

and your treatment journey

A guide for men prescribed Decapeptyl® SR

This guide is intended only for men prescribed Decapeptyl® SR.

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

This booklet has been developed by Ipsen.

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Introduction

This guide is intended only for patients prescribed Decapeptyl® SR.

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® SR 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® SR?

Your doctor has prescribed a treatment called Decapeptyl® SR , 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® SR?

Decapeptyl® SR 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® SR work?

Decapeptyl® SR 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® SR given?

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

What dosing options are there?

Decapeptyl® SR is available in three strengths whose effects all last for different periods of time.

Decapeptyl® SR 3mg:
One injection every 28 days (4 weeks)

Decapeptyl® SR 11.25mg:
One injection every 3 months

Decapeptyl® SR 22.5mg:
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 side effects can Decapeptyl® SR cause?

Most of the side effects of Decapeptyl® SR 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® SR (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. If appropriate, medical treatment for this side effect is available for men with prostate cancer on the NHS, so 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
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
At the beginning of treatment there will be an increased amount of testosterone in your body. This may cause the symptoms of the cancer to worsen. Contact your doctor if this happens. Your doctor may give you some medicine (an anti-androgen) to prevent your symptoms from getting worse.

You should also inform your doctor if you have diabetes, heart problems, heart or blood vessel conditions, including heart rhythm problems (arrhythmia), or are being treated with medicines for these conditions.

Once you start treatment with Decapeptyl® SR, inform your doctor immediately if you experience any of the following: depressed mood, suicidal thoughts, convulsions, symptoms due to compression of your spine cord (e.g. pain, numbness or weakness of legs) and blockage in the urethra (where you pass urine). Your healthcare team will be able to monitor and treat you for these conditions appropriately.

Decapeptyl® SR may increase your risk of developing anaemia (low levels of red blood cells). It may also cause thinning of the bones (osteoporosis) with an increased risk of bone fractures. Do inform your doctor if you have any of the following risk factors as they might give you bisphosphonate (drugs used to treat weak bones) to treat bone loss. Risk factors may include:

- If you or any of your close family have thinning of the bones
- If you drink excessive amounts of alcohol, and/or smoke heavily, and/or have a poor diet
- If you take medicines for epilepsy or steroids (such as hydrocortisone or prednisolone) over a long period of time

Please refer to the patient information leaflet for more information on special warnings and precautions.

PSA Levels Record

PSA (Prostate Specific Antigen) is a protein produced by some cells in the prostate.

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 Decapeptyl® SR treatment plan

I have been prescribed Decapeptyl® SR ____ ____ ____ ____ 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: _____

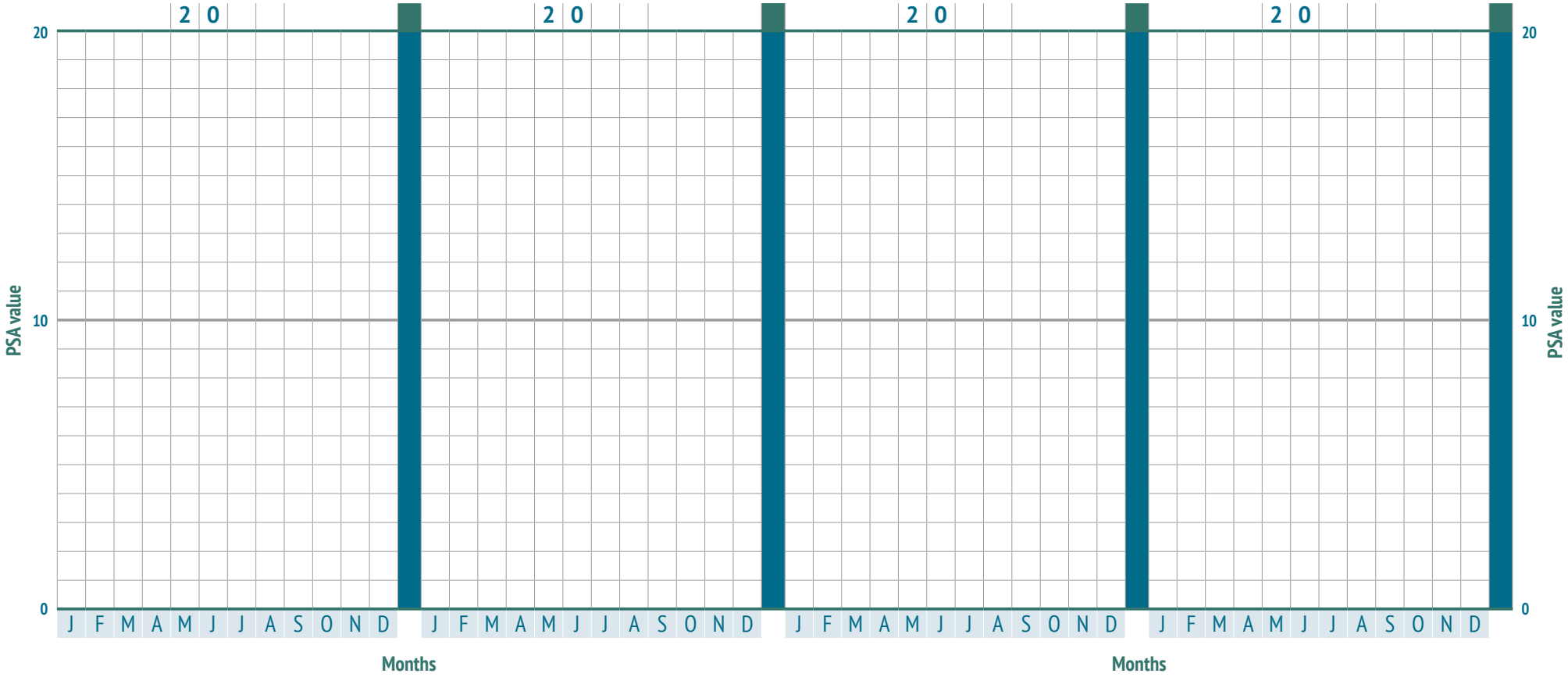
Consultant name/contact number: _____

Specialist nurse name/contact number: _____

Follow-up injection appointments

Date	Time	Attended Y/N	Notes

My PSA log



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 the package leaflet.

You can also report side effects directly via the Yellow Card Scheme at https://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.

Adverse events should also be reported to Ipsen via email at pharmacovigilance.uk-ie@ipsen.com or phone on 01753 627777.

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