

CAUTION

During the 1st week after the treatment, **Metastron** will be present in your blood and urine.

You should follow these guidelines:

- If available, use a normal toilet instead of a urinal and flush it twice after use.
- Wipe away any spilled urine with a tissue and flush it away.
- Ensure that you wash your hands thoroughly after using the toilet. Immediately wash linen or clothes which become stained with urine
- If you cut yourself, wash away any spilled blood

What happens if the pain returns?

The Metastron treatment is usually effective for several months. If the pain returns, you should speak to your doctor, who may request that you have another dose of Metastron.

Austin Health

Nuclear Medicine Department
Austin Hospital
Level 1, Harold Stokes Building
(03) 9496 5718

Metastron *(Strontium-89)* *Treatment*

Department of Nuclear Medicine

Name: _____

Appointment Details

Date: _____

Time: _____

What is Metastron?

Metastron is a treatment, which is given intravenously; to relieve the pain in your bones caused by your illness. Metastron is similar to calcium chemically, which means that it locates in all areas where bones are absorbing extra calcium and causing pain. Metastron stays in the affected area for several months, providing pain relief.

Metastron contains small amounts of a specially selected form of radioactive Strontium. Strontium is selected because the radiation is given to the area where it is absorbed. This allows for the therapy to be delivered precisely where it is required.

Metastron is only given for pain control and has no definite effect on the tumor cell growth.

It is important to tell anyone who is giving you medical treatment that you have received Metastron therapy.

Are there any side effects after receiving the Metastron treatment?

You may feel a slight increase in pain during the week after the injection. This is not an uncommon symptom, and is called a “flare” response. If this occurs, you may need to increase your dose of pain-killers.

The pain should begin to diminish within 1 week, although for some people, it may take a little longer.

There may also be a slight drop in the number of cells in your blood. Your doctor will want you to have routine blood tests to check on your blood counts. This is also normal. Rarely, a more serious drop in blood cell counts occurs. This is usually because of previous bone marrow damage from other treatments. It occurs in less than 5% of persons who receive Metastron treatment. If this happens, there is a risk of serious infections and bleeding. Transfusions may be required. You should not have this treatment if your blood counts are already very low.

Should I stop taking pain-killers after Metastron treatment?

Your doctor may advise that you continue with the pain-killers until the pain begins to subside.

You will be able to gradually reduce the dose as the pain reduces, but this should only be done after consultation with your doctor. If you have any doubts about reducing or stopping the pain-killers, speak to your doctor immediately.

After Metastron treatment, will I be able to continue with my everyday activities?

Metastron treatment will not interfere with your everyday activities. It relieves the pain and you may find that you can do things that were previously too difficult or too painful, but do not overdo it.

What precautions should I take after the treatment?

The effects of Metastron are limited to the affected area in the bones. There is a small amount of radiation, but not enough to harm you or other people through bodily contact.

Who should I talk to if I have other questions concerning Metastron?

If you have any further questions or concerns regarding Metastron treatment, you should discuss these with one of the Nuclear Medicine Physicians in the Department.