



Somatostatin Analogues for people with Neuroendocrine tumours.

Your doctor has recommended treatment for you with a somatostatin analogue. Options include quick-acting octreotide (Sandostatin) or one of the long-acting drugs (Sandostatin LAR or Lanreotide Autogel). This leaflet has been written to help you understand your treatment and to answer any questions or concerns you may have.

What is a somatostatin analogue?

Somatostatin is a substance produced naturally in many parts of the body. It can stop the over production of hormones that cause symptoms such as diarrhoea, flushing and wheezing which we call '**carcinoid syndrome**'.

Why have I been prescribed this treatment?

1. Tumour control
2. Some neuroendocrine tumours produce hormones that can cause the symptoms mentioned above. These symptoms can be distressing and often affect your quality of life. It is anticipated that starting this treatment will reduce the amount of hormones your body is producing and improve your symptoms.

How is it given?

These drugs are given by injection and you will usually have treatment either two or three times a day (short acting) or once a month (long acting). Sometimes the frequency of the injections needs to be changed by your consultant. Octreotide (Sandostatin) is given by intra-muscular injection and lanreotide is given sub-cutaneously (under the skin) and are administered into the buttock. (These are both long acting). In most cases these injections will be given in the community by a designated nursing service.

Are there any side effects?

There may be some side effects, but it is important to remember that these are only possible side effects and do not affect all patients:

- Headache and/or dizziness
- loss of appetite and problems in the gastrointestinal tract (gut) such as nausea, vomiting, abdominal pain and bloating, wind, and upset bowels
- under-active thyroid (hypothyroidism) or over-active thyroid (hyperthyroidism)
- low blood sugar (hypoglycaemia) or high blood sugar (hyperglycaemia)
- occasional discomfort at the site of the injection
- some patients may develop gallstones as a result of prolonged treatment with this medication.

If you do experience any problems (or feel you may have developed another effect) please tell your doctor or nurse in clinic and we can try to relieve these.

Useful contact numbers

If you have any questions, or wish to discuss this information further, please contact:

Clinical nurse specialist **0161 918 7965.**

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

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The Christie NHS Foundation Trust
Wilmslow Road
Withington
Manchester M20 4BX
Tel: 0161 446 3000
www.christie.nhs.uk

The Christie Patient Information Service
May 2018 - Review July 2020

