

# **Strontium 89**

## **(STRON – tee – um 89)**

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### **Other names for this medication**

Metastron® (brand name)

Strontium Chloride (generic name)

### **Appearance**

Clear, colourless solution for injection into the bloodstream.

### **Why is this medication used?**

Strontium is a radioactive agent used to help treat bone pain caused by a spread of cancer.

Your pain will probably not improve for 10 to 20 days after the injection.

Your pain relief should last for an average of 3 to 6 months. The length of your pain relief may vary from 4 to 12 months.

### **How do you prepare to receive this medication?**

Read this information.

Avoid food and medications containing calcium 2 weeks before and for 2 days after your Strontium treatment. This includes milk, cheese, yogurt, orange juice or soy beverage fortified with calcium or calcium supplements.

Strontium 89 can cause harm to a fetus or breastfeeding child. Women must not be pregnant or breastfeeding at the time of treatment.

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## **How do you take this medication?**

You will get a single injection. This may be repeated several months later at the request of your oncologist.

Strontium is injected into a vein by a technologist trained to handle radioactive material.

## **Radiation safety precautions following treatment**

Because Strontium 89 is radioactive, your blood and urine will be radioactive for a period of one week following the treatment.

**Please follow these precautions for 1 week after treatment to avoid exposing others to radiation:**

- Men should sit to urinate to avoid splashing.
- Wipe any urine spills with toilet tissue and flush it away.
- Flush the toilet 2 times with the lid closed after each use .
- Wash your hands with soap and plenty of water each time you use the toilet.
- Wash your clothes and bed linens right away if they become soiled with urine or blood. Wash them separately from other people's clothes.
- If you cut yourself, wash away any spilled blood right away.

Certain parts of your body (where the bone pain is) will retain the Strontium 89 for longer. You will be provided with a radiation safety information card "Radiation Safety Information for Strontium-89 Patients and Caregivers" which contains this information and contact information.

**In the first year after your treatment, you or your caregiver should show this card to:**

- a doctor if you:
  - have surgery
  - go to the emergency department.
- a dentist if you have a dental procedure.
- any persons who will be conducting an autopsy or funeral preparations.

## **Medical side effects following treatment**

- If you notice black tar-like stools, this can be a sign of bleeding in the gastrointestinal tract. Contact your oncologist right away.
- Use sharp objects with care.
- Use a soft toothbrush. Talk to your oncologist **before** any dental work is done.
- If you have bleeding or unusual bruising contact your doctor. If bleeding will not stop contact your oncologist right away or go to the emergency department.
- Take pain control medication as prescribed by your oncologist.

## **Contact information**

Your Oncologist: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## **Nuclear Medicine Department – Juravinski Hospital**

**Phone Number:** 905-521-2100 ext. 42237, between 7:00 am and 5:00 pm

**After hours:** 905-521-2100, Press “0” and ask for the Radiation Safety Officer

<p><b>Never prevent or delay emergency care because of the presence of Strontium-89</b></p>
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