

## Patient information

# Long Term Hormone Treatment

Your hospital doctor has recommended that you have treatment using hormones. Please follow the following guidelines:

- Collect your tablets and first injection from the hospital pharmacy.
- Make an appointment at your GP surgery to have the first injection, called \*Zoladex or Decapeptyl, for 2 weeks after you have started taking the tablets.
- Take the tablets, for 4 weeks in total, 2 weeks before the first injection continuing for 2 weeks after the first injection, and then stop – this will be Bicalutamide, 1 tablet each day or Cyproterone acetate (CPA) 1 tablet 3 times a day.
- You should also take the Bicalutamide or Cyproterone Acetate tablet on the day of your first injection.
- Arrange to have the second Zoladex injection at your GP surgery 4 weeks after the first injection.
- Subsequent injections can be given at 12 week intervals using the long acting Zoladex or Decapeptyl injection.
- Continue all your other medications unless the hospital doctor or your GP advises otherwise.
- If you are unsure about the tablets or injections either ask your GP for advice or telephone the specialist nurses, Jane Thacker, on 01284 712735 or Oncology CNS on 01284 713212 (or 01284 713000 bleep 874) for guidance.
- Please have a PSA (Prostate Specific Antigen) blood test done at your GP surgery a

week before each visit to the hospital urology or oncology clinic.

<b>Week 1</b>	Bicalutamide or CPA
<b>Week 2</b>	Bicalutamide or CPA First Injection
<b>Week 3</b>	Bicalutamide or CPA
<b>Week 4</b>	Bicalutamide or CPA
<b>Week 6</b>	Injection every 12 weeks

\*Zoladex is the trade name for Goserelin

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the disabledgo website link below:*

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>