Degarelix

Patient Education Sheets
Understanding Your Cancer Treatment

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is used for prostate cancer.
- It may also be used for other reasons.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Degarelix (DEH-guh-REH-lix): Firmagon (FER-muh-gon)	Slows down or stops the growth of cancer cells by lowering levels of certain hormones in the body.	Injection under the skin (subcutaneous injection) into the abdomen.

Treatment Administration and Schedule

Your treatment typically has 2 parts: starting (loading) dose and maintenance dose. Treatment is typically repeated every 28 days. This length of time is called a "cycle."

Starting Dose

- Degarelix is given as 2 injections at once as a first dose.

Maintenance Dose

- The first maintenance dose should be given 28 days after the starting dose.
- Degarelix is given on Day 1.

Treatment Name	Cycle 1								Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	…	Day 28	Day 1
Degarelix	✓								✓

Brought to you by: ACCC Association of Cancer Care Centers, HOPA Hematology/Oncology Pharmacy Association, NCODA Network for Collaborative Oncology Development & Advancement, ONS Oncology Nursing Society

Appointments

Appointments may include regular check-ups with your care team, treatment appointments, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss an appointment, call your care team as soon as possible to reschedule it.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Given at the Clinic or Hospital	Supportive Care Taken at Home
Supportive care used to treat or prevent side effects		

Common Side Effects

Side Effect	Important Information
Injection-Site Reactions	Description: An injection-site reaction is a local skin reaction where the medicine is given under the skin (subcutaneous injection). It can cause pain, redness, swelling, itching, or a lump at the injection site. Recommendations: • Tell your nurse or care team right away if you feel burning, stinging, or pain during the injection. • After the injection, you may use a cool compress on the area for 10–15 minutes to ease pain or swelling. • Keep the area clean and dry. Gently wash with mild soap and water if needed. • Avoid scratching, rubbing, or massaging the site. • Wear loose, soft clothing over the area to reduce rubbing. Talk to your care team if you have: • Increasing redness, swelling, warmth, or pain at the site • A growing lump or hard area that does not get better • Drainage of pus or fluid from the site • Heavy or prolonged bleeding or new bruising at the site • Fever or chills with the injection-site reaction

Hot Flashes	Description: Hot flashes are sudden feelings of warmth that spread over your body, often leading to sweating and a rapid heartbeat. Hot flashes may last from a few seconds to several minutes and can be uncomfortable or disrupt daily activities. Recommendations: • Keep a journal to track frequency, duration, and triggers of hot flashes. • Dress in layers with lightweight clothing to adjust to temperature changes. • Stay cool by using fans, air conditioning, or cool cloths. • Avoid triggers such as hot drinks, spicy foods, caffeine, and alcohol. • Practice relaxation techniques like deep breathing, yoga, or meditation to reduce stress. • Maintain healthy habits with a balanced diet and regular exercise. Talk to your care team if you have: • Severe hot flashes

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Changes in the Electrical Activity of Your Heart Called QT Prolongation	QT prolongation can cause irregular heartbeats that can be life-threatening. • Feel faint, lightheaded, dizzy • Fast or irregular heartbeat
Allergic Reactions, Including Anaphylaxis	Get emergency medical help right away if you develop any of the following signs or symptoms: • Swelling of your lips, mouth, tongue, or throat • Trouble breathing or swallowing • Raised red areas on your skin (hives) • A very fast heartbeat • You feel dizzy or faint

Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

Intimacy, Fertility, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body.** However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment can affect your **ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment.
- Treatment may **harm an unborn baby**.
    - If you are able to become pregnant:
        - Your care team will verify your pregnancy status before treatment.

    - Use an effective method of birth control during treatment with degarelix.
    - If you think you might be pregnant or if you become pregnant, tell your care team right away.
  - If your partner is able to become pregnant, use an effective method of birth control—such as condoms—during treatment with degarelix.
- It is **not known** if degarelix is present in **breast milk**. Talk with your care team if you are breastfeeding or plan to breastfeed.

Additional Information

- **Tell your care team about all the medicines you take**.
  This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- **Changes in blood tests**. Degarelix may affect the results of certain blood tests, including tests that measure hormone levels and prostate-specific antigen (PSA). Your care team will monitor these blood tests during treatment.
- **This Patient Education Sheet may not describe all possible side effects.**
  Call your care team for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

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