

PHARMACY

Drug Information

Luteinizing Hormone Releasing Hormone (LHRH) Agonists Injection



What is Luteinizing Hormone Releasing Hormone (LHRH) Agonists?

- LHRH agonists are used to treat prostate cancer and breast cancer.
- Medications in this medicine class include Triptorelin, Leuprolide and Goserelin injections.

How are LHRH Agonists Administered?

- LHRH agonists is usually given under your skin (subcutaneous) or into the muscle (intramuscular) monthly, at every three-month or every six-month interval.

Can LHRH Agonists be Administered / Taken with Other Medications?

- Please inform your doctor or pharmacist if you are taking other medications, including Traditional Chinese Medicines, Jamu medicines or supplements.

What are the Important Side Effects of LHRH Agonists?

- Medications prescribed by your doctor should be beneficial for your condition even though they may result in some inevitable side effects.

Side Effect	Management
Hot flushes (sudden sweating and feeling of warmth)	<ul style="list-style-type: none"> • If you are experiencing hot flushes, wearing light clothing, staying in a cool environment, and putting cool cloths on your head may reduce these symptoms. • Inform your doctor if these symptoms affect you significantly.
Fatigue or tiredness	<ul style="list-style-type: none"> • Do not drive or operate machinery if you are feeling tired. Inform your doctor if fatigue is persistent or worsens.
Bone pain	<ul style="list-style-type: none"> • This may occur during the first two weeks of starting LHRH agonists. Bone pain usually improves as your body adjusts to the medication.

Side Effect	Management
	<ul style="list-style-type: none"> Mild pain can be relieved by taking Paracetamol (Panadol®). Inform your doctor If pain is not controlled by Paracetamol (Panadol®). If you experience sudden back pain or weakness in your legs, inform your doctor immediately.
Bone loss and fractures	<ul style="list-style-type: none"> Bone loss may occur over time. Maintain sufficient calcium and vitamin D intake. Your doctor will monitor your bone density and start therapy when required.
Loss or reduced sexual desire, breast swelling or soreness	<ul style="list-style-type: none"> These are temporary and may go away after you have stopped treatment with LHRH agonists. Inform your doctor if these symptoms bother you.
High blood sugar levels	<ul style="list-style-type: none"> Your doctor may monitor your blood sugar more frequently, and prescribe medications if required to control your blood sugar.
Fluid retention	<ul style="list-style-type: none"> You may experience swelling of hands, feet or lower legs. Elevating your legs on a foot stool or with a cushion or pillow may help to reduce the swelling.
Increase in cholesterol or triglycerides	<ul style="list-style-type: none"> You may have your cholesterol level checked before starting LHRH agonist, and periodically after starting.

Side Effect	Management
Heart problems	<ul style="list-style-type: none"> Please proceed to the A&E department immediately if you experience shortness of breath, chest pain or sudden swelling of legs.

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.

Are There any Special Precautions That I Need to Take?

- You must not become pregnant during treatment with LHRH agonist and must use an effective method of contraception. You should take appropriate contraceptive measures during and up to six months after stopping treatment. If pregnancy occurs during your treatment, you must inform your doctor immediately.
- LHRH agonist may have an anti-fertility effect, which could be irreversible. You should discuss with your doctor regarding fertility preservation prior to starting treatment.
- You should not breast-feed during treatment.

What Else Can I Do to Help My Condition?

- Exercise
Light exercise is recommended as it helps to improve mobility, balance and even emotional well-being. Do avoid strenuous exercise, and rest when you are feeling tired.
- Stay positive
Understand your condition and take an active role in managing it. Do not be afraid to talk about it with your doctor/ pharmacist/ family members. Repressed feelings can be harmful to your immediate well-being and long-term health.
- Adequate hydration
Maintain adequate hydration with two to three litres (8 to 12 cups) of fluids per day unless informed by your doctor to restrict fluids. This will decrease your chances of being constipated and also prevent dehydration.

- Medical and dental treatment

If you need to go into hospital for any reason other than cancer, always inform the doctors and nurses that you are receiving anti-cancer treatment.

Talk to your cancer doctor if you think you need dental treatment. Always inform your dentist that you are receiving anti-cancer treatment.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.

You can also find useful information with regards to your medication on this website:

<https://www.macmillan.org.uk/information-and-support>

