

Prostate Cancer Care Instructions - Androgen Deprivation Therapy

- Please start taking daily calcium supplementation (1200 mg) and daily vitamin D (at least 800 IU or International Units) to help keep your bones strong and healthy.
- You will be prescribed medication called Casodex (generic bicalutamide) 50 mg daily tablet for 4 weeks.
- In approximately 2 weeks after starting Casodex you will return to our office for your first intramuscular injection of medication called Lupron (leuprolide). This medication will be administered every 3 or 6 months depending on the formulation chosen. The total duration of Lupron administration will depend on your prostate cancer characteristics and on the treatment plan developed between you and your doctor.
- To evaluate your bone density, a bone density scan (DEXA scan) may be ordered for you.
- If your prostate cancer characteristics warrant it, an imaging study called a PET CT scan may be ordered to evaluate for prostate cancer spread.
- Please schedule an appointment with a medical oncologist and/or radiation oncologist if recommended by your doctor.
- Treatment consisting of Casodex and/or Lupron is oftentimes referred to as Androgen Deprivation Therapy or ADT for short. This therapy has many potential side effects. Not every patient taking these medications experiences many or all of these side effects. These side effects include but are not limited to mood changes, hot flashes, breast tenderness, breast enlargement, impotence, decreased sex drive, decreased semen volume during ejaculation, weight gain, decreased muscle mass, decrease in bone density, increased risk of diabetes, high blood pressure, heart attack, stroke, blood clots.