

Somatostatin Analogues (SSA) Information

Daily (short acting) or monthly (long acting) injections of somatostatin analogues (Sandostatin, Sandostatin LAR, Lanreotide) are available to control some symptoms caused by NETs.

Short acting Octreotide may be given several times a day to control symptoms for 2 to 3 days until a correct dose of long acting SSA can be prescribed. Sometimes the short acting SSA may be included to reduce symptoms despite the use of the long acting SSA until a treatment regime can be ordered.

Somatostatin analogues are versions of the naturally occurring somatostatin, which is a hormone produced in the brain and digestive tract. Somatostatin regulates the release of several other hormones and chemicals from our internal organs.

Injections of these analogues can stop the overproduction of hormones (e.g. serotonin) that cause symptoms such as flushing and diarrhoea. There is evidence that these injections also slow down rate of growth of tumours.

Main side effects of Somatostatin analogues are:

- Loss of appetite
- Feeling sick
- Feeling bloated
- Stomach pain
- Tiredness (fatigue)
- Increased diarrhoea (this is rare)
- Soreness at the injection site
- Fat Malabsorption (stools that appear pale, oily, float or are hard to flush).
View our Factsheet on Vitamin and Mineral deficiencies for more info:

<https://neuroendocrine.org.au/factsheets>

You might have raised or lowered blood sugar levels. If you are a diabetic, you need to check your blood sugar more often. You might also need fewer diabetic tablets and less insulin. Page 4 **neuroendocrine.org.au** Treatment page 5

Having octreotide over many months can cause gallstones. Therefore, you may have an ultrasound scan of your gallbladder before you start treatment, and then every 6 to 12 months. Between 10 and 50 out of 100 people (10% to 50%) develop gallstones while they are having octreotide. Most people have no symptoms from the gallstones.

Sandostatin LAR® (depot preparation of octreotide)

Long Acting Octreotide (an analogue of the naturally occurring somatostatin) is the active ingredient in Sandostatin LAR®. Sandostatin LAR® blocks the somatostatin receptors and can slow the tumour growth and treat the symptoms of NETs. Sandostatin LAR must be mixed immediately prior to injection. It is usually given by a health professional however some patients and / or carers give the injection. There is a home program available whereby a GP or nurse can administer it in the patients' home or when travelling around Australia.

Somatuline® Autogel (depot preparation of Lanreotide)

Lanreotide (an analogue of the naturally occurring somatostatin) is the active ingredient in Somatuline® LA. Somatuline® Autogel blocks the somatostatin receptors and can slow the NET tumour growth and treat the symptoms of NETs. Lanreotide comes premixed and is usually given by a health professional, however, some patients can self-inject or receive injection by carer.

Watch our NET Nurse discuss the different forms of Somatostatin Analogues here:
<https://youtu.be/KccGkph0eUI>