

Goserelin

for Urological cancer

About the treatment

Goserelin is an anti-hormone, where the effect of testosterone (the male sex hormone) is blocked and the cancer cells are prevented from multiplying. Goserebin is injected under the skin. The drug works as a drug depot that continuously releases the right dose into the body. A new injection is given regularly every or every 3 months, depending on your particular treatment. Before the first treatment and for a month, it is usually supplemented with Bicalutamide, tablets. This is to reduce side effects that occur early in the treatment.

Side effects - symptoms and tips

The side effects we list here are the most common and important. They can vary greatly from person to person, and even from time to time. Side effects may determine your dose or require you to stop taking the medicine.

Tell your doctor or nurse if you have any side effects. Often the symptoms can be prevented or alleviated.

Fallopian tubes

Hot flashes and sweating are common.

Tips: Try to exercise and move around.

Decreased sexual desire

Decrease in testosterone level can lead to loss of sexual desire. The potency can disappear, that is, it becomes difficult to get an erection, you become impotent.

Initiative, mood and moodiness

You may feel that you lack initiative, have mood swings and feel depressed

Weight gain

The hormone treatment can affect the body's metabolism so that you gain weight more easily. Fatigue can also make you unable to move as usual. Tip: There is no particular diet or diet that is better than any other for losing weight. What determines is how much energy you eat in relation to what you need. It is also important that you enjoy your eating habits and can maintain them over a long period of time.

Problems with stomach and intestines

Constipation is common. You may also get diarrhoea.

Tip: Drink a lot, a few glasses more than usual per day. If you're constipated, try high-fibre foods and exercise. If you have diarrhoea, avoid fatty, spicy and high-fibre foods. Talk to your doctor if you get diarrhoea or constipation - you may need medication.

Problems with skin, hair and nails

Skin often becomes dry and more sensitive to the sun. You may also lose hair or your hair may change texture. Nails can become brittle.

Tip: When washing your skin, be gentle and use mild soap. Lubricate often with moisturiser. Wear covering clothing to protect against the sun, and sunscreen on parts of your body that you can't cover. Wear gloves for work that is dirty or abrasive for your hands. If your nails are bothering you, you can use nail polish and brush your cuticles with oil or apply a moisturiser.

General information about cancer

Useful information about cancer is available from both 1177 Vårdguiden and Cancerfonden:

www.1177.se

www.cancerfonden.se

Notes
