

## BCCH LUPRON DEPOT® PROGRAM

Your endocrinologist has recommended treatment for your child's precocious puberty. The small booklet entitled *Precocious Puberty: Information for Families* describes the diagnostic process for precocious puberty. The large pamphlet entitled *Precocious Puberty: A Parent's Handbook* describes the treatment with Lupron Depot®.

The following website provides additional information: [www.magicfoundation.org/www/docs/146/](http://www.magicfoundation.org/www/docs/146/)

### USING LUPRON DEPOT®:

**Administration:** The medication is given by intramuscular injection, preferably into the vastus lateralis (mid-thigh, lateral aspect; see diagram below). The kit comes supplied with a long needle appropriate for adults. **Please request a shorter needle** from your nurse or doctor (usually 23-gauge, 1-inch). Some children like to use EMLA® at least an hour prior to the injection to prevent feeling the "poke".



**Schedule:** The injection is prescribed on a strict schedule every 3-4 weeks. Changing the schedule 2-3 days would not be of concern, but irregular administration may actually accelerate puberty. For the first year on treatment, your child needs a one-hour blood test every 3-6 months to determine that the medication is effective; thereafter the blood test is necessary every 6 months. **The testing is done just prior to the regular injection** to measure the hormone levels as the medication starts to "wear off". **Should you have any change in the schedule, please call the Clinic Nurse to discuss your next appointment.**

**Cost:** Lupron Depot® is approximately \$425 per 7.5-mg kit, with one kit being used every 3-4 weeks. It is paid for in a similar way to any other prescription medication used

by your family. **You must enroll your family for Fair Pharmacare to work out your yearly deductible.** To register online or check out whether you are registered visit: <https://pharmacare.moh.hnet.bc.ca/>. Information brochures are also available in all pharmacies. MSP Premium Assistance is a program available to families with an Adjusted Net Income under \$24,000. Application is made through the BC Medical Services Plan. Website: [www.health.gov.bc.ca/pharmacare/](http://www.health.gov.bc.ca/pharmacare/).

#### **STEPS FOR GETTING STARTED:**

1. Prior to starting treatment, please clarify any payment/insurance issues. Verify that your extended benefits insurer will cover Lupron Depot® 7.5 mg (DIN 00836273) every 3-4 weeks. **If your insurance company requires a letter from your Endocrinologist, please fax your doctor directly at 604-875-3231 and give him/her all relevant information: insurance company name, contact person, fax number, your group number, ID number, and your child's dependent number.**
2. The medication may be obtained most conveniently from your local pharmacy. Ensure adequate supply, since missing a dose is detrimental to your child.
3. Arrange for administration of the medicine. If you would like your family doctor to give the medicine, you will need to discuss this with him/her and book appointments according to the schedule recommended by the Endocrinologist. Take your Lupron kit with you and any other information that you have received. Your family doctor may not have received the written summary of your child's most recent visit to the endocrinologist and is welcome to telephone to clarify any details. Some families learn to give the injection themselves with the assistance of a Home Care Nurse.
4. After the first injection, call the Endocrine Nurse to review the schedule and to book your follow-up appointment with the clinic and testing room. Follow up is expected to be every 3-6 months for the first year, and every 6 months thereafter, synchronized with the injection schedule.

#### **WHAT TO EXPECT AFTER THE FIRST INJECTION:**

Your child may experience a temporary increase in pubertal signs in the first 6 weeks after the first injection (e.g. increased moodiness, increased breast development and vaginal bleeding in girls; increased aggressiveness in boys). This is normal and will reverse once the medication levels stabilize.

Rarely, an ingredient that makes the medication last longer can cause an allergic reaction. Contact your doctor the next business day if you notice redness and swelling at the site of the injection.

If you have other questions or concerns please call the Endocrine Clinic Nurse or Endocrinologist.

Endocrine Clinic Nurses, Endocrinology & Diabetes Unit:

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