

## Sandostatin®

### Composition

#### Active substances

Octreotide (as octreotide acetate).

#### Excipients:

*Ampoules (1 ml):* Lactic acid, mannitol, sodium hydrogen carbonate (for pH adjustment), water for injections.

*Vial (5 ml):* Lactic acid, mannitol, phenol (5 mg/ml), sodium hydrogen carbonate (for pH adjustment), water for injections.

### Pharmaceutical form and quantity of active substance per unit

Solution for injection/infusion for s.c. injection or i.v. infusion

*Ampoules (1 ml)* containing 0.05 mg/ml, 0.1 mg/ml or 0.5 mg/ml

*Vial (1 mg/5 ml)* containing 0.2 mg/ml

### Indications/Potential uses

#### • Acromegaly

Symptom control and reduction of plasma levels of growth hormone (GH) and insulin-like growth factor 1 (IGF-1) in acromegalic patients who have failed to respond to surgery or radiotherapy, are unable or unwilling to undergo surgery or are in the latency period before radiotherapy becomes fully effective.

#### • Relief of symptoms of functional gastroenteropancreatic (GEP) endocrine tumours

Efficacy has been adequately documented in these indications:

- *Carcinoid tumours with features of the carcinoid syndrome*
- *ViPoma (VIP: Vasoactive Intestinal Peptide)*
- *Glucagonomas*

Sandostatin shows efficacy in about 50% of cases (limited number of patients treated thus far) in these indications:

- *Gastrinomas/Zollinger-Ellison syndrome (usually in conjunction with proton pump inhibitors or H<sub>2</sub>-antagonist therapy)*
- *Insulinomas (for pre-operative prevention of hypoglycaemia and for maintenance therapy)*
- *GRFomas (GRF: growth-hormone-releasing factor)*

In the above-mentioned conditions Sandostatin often leads to improvement in symptoms, but not to a cure.

- *Prevention of complications following pancreatic surgery*
- *Emergency treatment of bleeding gastro-oesophageal varices secondary to cirrhosis in combination with specific therapy such as endoscopic sclerotherapy*

### Dosage/Administration

#### • Acromegaly

Initial dose of 0.05 to 0.1 mg every 8 hours by s.c. injection. The dose should be adjusted based on monthly assessment of its effects on levels of circulating GH and IGF-1 (target: GH < 2.5 ng/ml; IGF-1 in normal range), clinical symptoms and tolerability. In most patients, the optimum daily dose is 0.2 to 0.3 mg. IGF-1 and/or GH should be measured every 6 months in patients who continue to receive the same dose.

A maximum daily dose of 1.5 mg should not be exceeded. After several months of treatment, with monitoring of plasma GH levels, dose reduction may be considered.

If there is no appreciable reduction in IGF-1 and/or GH levels and clinical symptoms have not improved by the end of one month of treatment with Sandostatin, discontinuation of treatment should be considered.

See also Sandostatin LAR (long-term treatment of acromegaly).

#### • Gastroenteropancreatic endocrine tumours

The starting dose is 0.05 mg once or twice daily s.c. The dose may be gradually increased to 0.2 mg three times daily, with tolerability and therapeutic efficacy (improvement in symptoms, reduction in elevated levels of tumour-produced hormones) being taken into account. Higher doses may be required in exceptional cases. The maintenance dosage requires individual titration.

It is recommended that treatment be discontinued after one week if there is a lack of therapeutic efficacy.

#### • Prevention of complications following pancreatic surgery

0.1 mg three times daily s.c. on 7 successive days, the first dose being administered on the day of the operation at least one hour before the start of surgery.

- *Bleeding gastro-oesophageal varices* 0.025 mg/hour, given as a continuous i.v. infusion for a maximum of 5 days. Sandostatin may be diluted with physiological saline (see also "Instructions for administration by i.v. infusion" under "Other Information").

### Special dosage instructions

**Elderly patients:** Results of a small-scale, single-dose study in elderly subjects show no need for any special dosage in elderly patients at the start of treatment with Sandostatin.

**Children and adolescents:** Experience with octreotide in children is limited.

**Hepatic impairment:** The half-life of the product may be longer in patients with liver cirrhosis and may necessitate a change in the maintenance dose. Sandostatin was well tolerated when administered by continuous i.v. infusion at doses up to 0.050 mg/hour over a period of 5 days to cirrhotic patients with bleeding gastro-oesophageal varices.

**Renal impairment:** Renal impairment had no effect on total exposure (AUC) to subcutaneously administered octreotide and it is therefore not necessary to adjust the dose of Sandostatin.

Use: See "Instructions for use and handling" under "Other information".

**Note:** Patients who are to self-administer the drug by s.c. injection must receive precise instructions from the physician or healthcare professional (see "Other information").

It is recommended that the solution for injection be allowed to reach room temperature prior to administration so that injection site pain can be avoided as much as possible. Repeated injection at short intervals at the same site should be avoided. To prevent contamination of the vial, the rubber cap should not be punctured more than ten times.

Gastrointestinal adverse effects can be attenuated by allowing as long an interval as possible between administration and mealtimes, i.e. by giving injections between meals or at bedtime.

### Contraindications

Known hypersensitivity to octreotide or to any of the excipients.

### Warnings and precautions

#### General

GH-secreting pituitary tumours may expand, causing serious complications (e.g. restriction of the visual field) and patients must therefore be closely monitored. If evidence of tumour expansion is detected, alternative treatment methods should be considered.

**Glucose metabolism**  
Octreotide may exacerbate and prolong hypoglycaemic episodes in patients with insulinoma because it inhibits GH and glucagon secretion more potently than insulin secretion and for a greater length of time. Such patients require particularly close monitoring at the start of Sandostatin treatment and whenever the dose is changed.

Marked fluctuations in blood glucose may sometimes be controlled by more frequent injections with smaller doses.

Sandostatin may reduce the insulin requirements of patients with type I (insulin-dependent) diabetes. Hypoglycaemia was reported.

Sandostatin can cause a postprandial rise in blood sugar in non-diabetics and in type II diabetics with partially intact insulin reserves. It is therefore recommended to monitor blood sugar levels and to adjust anti-diabetic therapy, if required.

Following bleeding episodes from oesophageal varices there is an increased risk of the development of insulin-dependent diabetes or changes in insulin requirements in patients with pre-existing type I diabetes. Appropriate monitoring of blood glucose levels is therefore particularly important in these patients.

**Biliary disorders**  
Somatostatin analogues inhibit gallbladder contractility and decrease bile secretion, which may lead to gallbladder abnormalities, the formation of biliary sludge or gallstones. The incidence of cholelithiasis during Sandostatin treatment is estimated at 15-30% compared to an incidence of 5-20% in the general population. Cholelithiasis is mostly asymptomatic during Sandostatin treatment.

Biliary dilatation has also been reported during use of Sandostatin as well as cases of cholecystitis or cholangitis (as a complication of cholelithiasis). Therefore, a sonographic examination of the gallbladder is recommended before treatment initiation and during treatment with Sandostatin at 6-12-month intervals.

### Pancreatitis

In very rare cases, acute pancreatitis has been reported after the first few hours or days of treatment with Sandostatin. It has resolved again on withdrawal of treatment. In addition, cholelithiasis-induced pancreatitis has been reported in patients receiving long-term treatment with Sandostatin.

### Cardiovascular adverse effects

Bradycardia is a common adverse effect of somatostatin analogue treatment. Dose adjustment of medicinal products such as beta blockers, calcium channel blockers or medicinal products used to control the electrolyte and fluid balance may be necessary.

Furthermore, cases of AV block (including complete AV block) were reported in patients who received octreotide as an i.v. bolus (50 µg bolus followed by a continuous infusion of 50 µg/hour) or in the form of a high-dose continuous infusion (100 µg/hour). Patients who receive high intravenous octreotide doses should therefore be monitored accordingly. An infusion rate of 50 µg/hour should not be exceeded.

In acromegaly and carcinoid patients ECG changes such as QT prolongation, axis shifts, early repolarisation, low voltage, R/S transition, early R wave progression and non-specific ST-T wave changes have also been observed. The relationship of these events to octreotide has not been definitively established as many of the patients in question had underlying heart disease.

### GEP endocrine tumours

There may be rare instances of a sudden loss of symptomatic control with recurrence of severe symptoms in patients with GEP (gastroenteropancreatic) endocrine tumours receiving Sandostatin.

**Hypersensitivity reactions**  
There have been post-marketing reports of hypersensitivity and allergic reactions. These were mainly associated with skin reactions; rarely, the mouth and respiratory tract were affected. Isolated cases of anaphylactic shock have been reported.

### Other precautions

Lower vitamin B<sub>12</sub> blood levels and abnormal Schilling test results have been observed in some patients receiving octreotide therapy. In patients with a history of vitamin B<sub>12</sub> deficiency monitoring of vitamin B<sub>12</sub> levels is recommended during treatment with Sandostatin.

Thyroid function should be monitored in patients receiving long-term treatment with octreotide. Octreotide may alter the absorption of dietary fats in some patients. Faecal fat excretion may be increased in particular. However, there is no evidence of a nutritional deficiency due to malabsorption, even during long-term treatment with octreotide.

The therapeutic benefit of a reduction in growth hormone (GH) levels and normalisation of insulin-like growth factor 1 (IGF-1) concentrations in female acromegalic patients may potentially restore fertility. Where indicated, patients of childbearing potential should be advised to use adequate contraception during treatment with octreotide (see "Pregnancy/Breast-feeding").

This medicinal product contains less than 1 mmol (23 mg) of sodium per dosage volume, making it practically "sodium-free".

### Interactions

#### Pharmacokinetic interactions

Octreotide reduces the intestinal absorption of ciclosporin and delays that of cimetidine. Co-administration of octreotide and bromocriptine increases the availability of bromocriptine. A limited amount of published data indicates that somatostatin analogues might reduce the metabolic clearance of substances metabolised by cytochrome P450 enzymes. This is attributed to the suppression of growth hormones. As it cannot be ruled out that octreotide might also have such an effect, caution is indicated when using other drugs that are principally metabolised by CYP3A4 and have a narrow therapeutic index (e.g. quinidine, terfenadine).

**Pharmacodynamic interactions**  
Dose adjustment of medicines such as beta blockers, calcium channel blockers or agents to control fluid and electrolyte balance may be necessary when Sandostatin is co-administered (see "Warnings and precautions").

Dose adjustments of insulin and anti-diabetic medicines may be required when Sandostatin is co-administered (see "Warnings and precautions").

**Gastrointestinal disorders and nutrition**  
In rare instances, gastrointestinal adverse effects may resemble acute intestinal obstruction with progressive abdominal distension, severe epigastric pain and painful abdominal tenderness.

**Thrombocytopenia**  
There have been post-marketing reports of thrombocytopenia, particularly during treatment with Sandostatin (i.v.) in patients with liver cirrhosis. The thrombocytopenia was reversible after discontinuation of treatment.

**Administration-site reactions**  
Local reactions to Sandostatin include paraesthesia, pain, stinging or burning at the site of s.c. injection with redness and swelling. Such symptoms do not normally last more than 15 minutes and can be attenuated by allowing the Sandostatin solution to reach room temperature prior to injection or by injecting a smaller volume in a more concentrated solution.

### Pregnancy/Breast-feeding

#### Pregnancy

Animal studies with octreotide have not shown reproductive toxicological effects, apart from transient delayed growth of offspring (see "Pre-clinical data").

There are no adequate and well-controlled studies in pregnant women. In the post-marketing period, there have been a limited number of reports concerning female acromegaly patients who were pregnant and received octreotide, but pregnancy outcomes are unknown in half of these cases. Most of the patients received octreotide during the first trimester of pregnancy at doses ranging from 100 to 300 µg Sandostatin s.c. daily or 20 to 30 mg Sandostatin LAR per month. In approximately two-thirds of the cases of pregnancies with known outcome, the women chose to continue octreotide therapy during their pregnancies. Normal newborns were reported in most of the cases with known outcome, but

some spontaneous abortions during the first trimester were also reported. Congenital abnormalities or malformations were not observed. Sandostatin should only be prescribed to pregnant woman if absolutely necessary.

### Breast-feeding

It is not known whether octreotide is excreted in human milk. Animal studies have shown excretion of octreotide in the breast milk. Women should not breast-feed while undergoing treatment with Sandostatin.

### Fertility

It is not known whether octreotide has an effect on human fertility. Octreotide did not impair fertility in male and female rats at doses of up to 1 mg/kg body weight per day (see "Preclinical data").

### Effects on the ability to drive and to use machines

No data are available on the effect of Sandostatin on the ability to drive and to use machines.

### Adverse effects

In clinical studies, the most commonly reported adverse effects following administration of octreotide were diarrhoea, abdominal pain, nausea, flatulence, headache, cholelithiasis, hyperglycaemia and constipation.

**Gastrointestinal disorders and nutrition**  
In rare instances, gastrointestinal adverse effects may resemble acute intestinal obstruction with progressive abdominal distension, severe epigastric pain and painful abdominal tenderness.

### Thrombocytopenia

There have been post-marketing reports of thrombocytopenia, particularly during treatment with Sandostatin (i.v.) in patients with liver cirrhosis. The thrombocytopenia was reversible after discontinuation of treatment.

**Skin and subcutaneous tissue disorders**  
*Common:* Pruritus, skin rash, alopecia  
*Not known:* Urticaria.

### General disorders and administration site conditions

*Very common:* Injection site reactions (10 to 30% depending on the dose and injection interval, e.g. pain, paraesthesia, erythema).

*Common:* Asthenia  
Reporting suspected adverse effects after authorisation of the medicinal product is very important. It allows continued monitoring of the risk-benefit ratio of the medicinal product.

### Overdose

#### Symptoms

A limited number of accidental overdoses of Sandostatin have been reported in adults and children. In adults the doses ranged from 2,400-6,000 µg/day administered as a continuous infusion (100-250 µg/hour), intravenous bolus (50 µg followed by a continuous infusion) or subcutaneously (1,500 µg 3 times daily). The reported symptoms were AV block (including cases of complete AV block), arrhythmia, hypotension, cardiac arrest, cerebral hypoxia, pancreatitis, steatohepatitis, diarrhoea, weakness, lethargy, weight loss, hepatomegaly and lactic acidosis.

In children, the doses ranged from 50 to 3,000 µg/day, administered by continuous infusion (2.1 to 500 µg/hour) or subcutaneously (50 to 100 µg). Mild hyperglycaemia was the only reported adverse effect.

### Blood and lymphatic system disorders

*Not known:* Thrombocytopenia.

### Immune system disorders

*Not known:* Hypersensitivity reactions (including anaphylactoid reactions).

### Endocrine disorders

*Common:* Hypothyroidism, thyroid dysfunction (e.g. decreased TSH, decreased total T4 and decreased free T4).

### Metabolism and nutrition disorders

*Very common:* Hyperglycaemia (10.8%).

*Common:* Hypoglycaemia, impaired glucose tolerance, decreased appetite.

*Uncommon:* Dehydration.

### Nervous system disorders

*Very common:* Headache (12.4%).

*Common:* Dizziness.

### Cardiac disorders

*Common:* Bradycardia.

*Uncommon:* Tachycardia.

*Not known:* Arrhythmias.

### Respiratory, thoracic and mediastinal disorders

*Common:* Dyspnoea.

### Gastrointestinal disorders

*Very common:* Diarrhoea (26.1%), abdominal pain (24.2%), nausea (14.3%), flatulence (14.2%), constipation (12.7%).

*Common:* Dyspepsia, vomiting, abdominal distension, steatorrhoea, discoloured faeces.

*Unknown:* acute pancreatitis

### Hepatobiliary disorders

*Very common:* Cholelithiasis (12.0%).

*Common:* Increased transaminases, hyperbilirubinaemia, cholecystitis.

*Not known:* Increased blood alkaline phosphatase, increased gamma glutamyl transferase, jaundice, cholestasis, cholestatic jaundice, cholestatic hepatitis, acute hepatitis without cholestasis.

### Skin and subcutaneous tissue disorders

*Common:* Pruritus, skin rash, alopecia

*Not known:* Urticaria.

### General disorders and administration site conditions

*Very common:* Injection site reactions (10 to 30% depending on the dose and injection interval, e.g. pain, paraesthesia, erythema).

*Common:* Asthenia  
Reporting suspected adverse effects after authorisation of the medicinal product is very important. It allows continued monitoring of the risk-benefit ratio of the medicinal product.

### Overdose

#### Symptoms

A limited number of accidental overdoses of Sandostatin have been reported in adults and children. In adults the doses ranged from 2,400-6,000 µg/day administered as a continuous infusion (100-250 µg/hour), intravenous bolus (50 µg followed by a continuous infusion) or subcutaneously (1,500 µg 3 times daily). The reported symptoms were AV block (including cases of complete AV block), arrhythmia, hypotension, cardiac arrest, cerebral hypoxia, pancreatitis, steatohepatitis, diarrhoea, weakness, lethargy, weight loss, hepatomegaly and lactic acidosis.

In patients with functional tumours of the GEP endocrine system, Sandostatin exerts a beneficial effect on various clinical features by virtue of its wide spectrum of endocrine activity. Sandostatin may bring about appreciable improvement in patients who, despite other treatment (surgery, hepatic artery embolisation, chemotherapy [e.g. streptozocin or 5-fluorouracil]), suffer from severe tumour-related symptoms.

### Pharmacodynamics

#### Clinical efficacy

#### Effects of Sandostatin on different types of tumours

#### Carcinoid tumours

Use of Sandostatin may bring about an improvement in symptoms, in particular flush and diarrhoea.

No unexpected adverse effects have been reported in cancer patients receiving s.c. doses of 3,000 to 30,000 µg Sandostatin per day in divided doses.

### Treatment

The management of overdosage is symptomatic. Close ECG monitoring should be performed in the case of intravenous octreotide therapy.

### Properties/Actions

#### ATC code

H01CB02

### Mechanism of action

Sandostatin is a synthetic octapeptide derivative of naturally occurring somatostatin, with qualitatively similar pharmacological effects but a considerably longer duration of action. It inhibits the pathologically increased secretion of growth hormone (GH) and of peptide hormones of the gastroenteropancreatic (GEP) endocrine system. In animals, Sandostatin is a more potent inhibitor of GH, glucagon and insulin release than somatostatin is, with greater selectivity for GH and glucagon suppression.

In healthy volunteers Sandostatin has been shown to inhibit:

- GH release in response to arginine, exercise, or insulin-induced hypoglycaemia.
- postprandial release of insulin, glucagon, gastrin and other peptides of the GEP system and the secretion of insulin and glucagon in response to arginine.
- release of thyroid-stimulating hormone (TSH) in response to thyrotropin-releasing hormone (TRH).

In contrast to somatostatin, octreotide inhibits GH secretion preferentially over insulin and does not cause rebound hypersecretion of hormones (e.g. GH in acromegalic patients).

In acromegalic patients, Sandostatin lowers plasma levels of GH and IGF-1. These levels fall by 50% or more in up to 90% of patients, with a reduction in serum GH to < 5 ng/ml in about half of the cases.

In most patients, there is a marked improvement in clinical manifestations such as headache, skin and soft tissue swelling, hyperhidrosis, arthralgia and paraesthesia. In patients with a large pituitary adenoma, Sandostatin treatment may result in a degree of tumour shrinkage.

In patients with functional tumours of the GEP endocrine system, Sandostatin exerts a beneficial effect on various clinical features by virtue of its wide spectrum of endocrine activity. Sandostatin may bring about appreciable improvement in patients who, despite other treatment (surgery, hepatic artery embolisation, chemotherapy [e.g. streptozocin or 5-fluorouracil]), suffer from severe tumour-related symptoms.

### Insulinomas

Although Sandostatin causes a reduction in circulating immunoreactive insulin, this effect is normally of short duration (approx. 2 hours). In patients with operable tumours, Sandostatin may be given pre-operatively to help achieve and maintain normoglycaemia. Sandostatin may bring about an improvement in blood-sugar regulation in a limited number of patients with inoperable benign or malignant tumours, even without a sustained reduction in circulating insulin.

### GRFomas

This is a rare type of tumour that produces growth-hormone-releasing factor (GRF) alone or

rohea. In some cases, there may also be a fall in plasma serotonin and reduced urinary excretion of 5-hydroxyindole acetic acid.

It is recommended that treatment be discontinued after one week if there is a lack of therapeutic efficacy.

### ViPomas

The biochemical feature of these tumours is overproduction of vasoactive intestinal peptide (VIP). In most cases Sandostatin treatment results in alleviation of the severe secretory diarrhoea typical of the condition, with consequent improvement in quality of life. Fluid and electrolyte disturbances (e.g. hypokalaemia) associated with this diarrhoea also improve, so that enteral and parenteral fluid and electrolyte replacement can be withdrawn. CT scan has indicated slowing or arrest of tumour growth – or even shrinkage – in some patients, particularly those with liver metastases. Clinical improvement is usually accompanied by reduction – or even normalisation – of plasma VIP levels.

### Glucagonomas

In most cases, there is substantial improvement in the necrotic migratory rash which is characteristic of this condition. Sandostatin has little effect on the mild diabetes mellitus to which glucagonoma patients are prone and there is normally no reduction in the required dosage of insulin or oral antidiabetics. Diarrhoea, where present, responds, resulting in weight gain. Sandostatin frequently brings about an immediate reduction in plasma glucagon. This effect is not sustained as treatment continues, although symptoms continue to improve.

### Gastrinomas / Zollinger-Ellison syndrome

Treatment with proton pump inhibitors or H<sub>2</sub>-receptor blockers cannot always prevent the recurrent peptic ulceration which results from chronic gastrin-stimulated hypersecretion of gastric acid and does not alleviate diarrhoea, which may be prominent. In such cases, Sandostatin – either alone or in combination with proton pump inhibitors or H<sub>2</sub>receptor blockers – may reduce increased gastric acid secretion and induce an improvement in the clinical manifestations (including diarrhoea) in 50% of cases. Other manifestations assumed to be due to peptide production by the tumour (e.g. flush) may also respond. Sandostatin produces a fall in plasma gastrin levels in some patients.

### Metabolism

Metabolism occurs in line with general protein metabolism.

### Elimination

The elimination half-life after s.c. administration is 100 minutes. After i.v. injection, the elimination is biphasic, with half-lives of 10 and 90 minutes. Most of the peptide is eliminated via the faeces, while approximately 32% is excreted unchanged into the urine.

### Pharmacokinetics in special populations

**Renal impairment:** Renal impairment had no effect on total exposure (AUC) to subcutaneously administered octreotide.

**Hepatic impairment:** Cirrhosis of the liver, but not fatty liver, is associated with a 30% reduction in octreotide elimination.

### Preclinical data

#### Mutagenicity

Octreotide and/or its metabolites did not display any mutagenic potential *in vitro*.

*In vivo* studies did not show any clastogenic activity in the bone marrow of mice treated with octreotide i.v. (micronucleus test) or any evidence of genotoxicity in male mice (DNA assay).

### Carcinogenicity/chronic toxicity

In rats, local tumours were observed at the injection site, a species-specific reaction. They were

in conjunction with other biologically active peptides. In one of two cases studied, Sandostatin treatment resulted in clinical improvement of the resulting symptoms of acromegaly. This effect is probably due to reduced production of GRF and inhibition of GH secretion, possibly accompanied by a reduction in the size of the enlarged pituitary gland.

### Complications following pancreatic surgery

In patients undergoing pancreatic surgery, peri- and post-operative Sandostatin reduces the incidence of typical post-operative complications (e.g. pancreatic fistula, abscess followed by sepsis, acute post-operative pancreatitis).

### Bleeding gastro-oesophageal varices

A clinical study has shown that use of Sandostatin in combination with sclerotherapy in the management of bleeding gastro-oesophageal varices secondary to cirrhosis resulted in improved control of bleeding and of early rebleeding, a reduction in transfusion requirements and an increase in the rate of survival at day 5. The precise mechanism of action of Sandostatin in this indication remains unclear, although it has been suggested that Sand