



Colorado
UROLOGY®
PROVENGE

CALCIUM AND IRON RICH FOODS FOR YOUR GOOD HEALTH

During the treatment series, we encourage you to eat a diet that includes calcium and iron rich foods to help prevent adverse reactions and increase your strength throughout the process. Below you will find a reference guide to get you started.



Beef
Lamb
Ham
Turkey
Chicken
Veal
Pork
Dried beef
Liver
Liverwurst
Eggs (any style)



Shrimp
Clams
Scallops
Oysters
Tuna
Sardines
Haddock
Mackerel



Spinach
Sweet potatoes
Peas
Broccoli
String beans
Beet greens
Dandelion greens
Collards
Kale
Chard



White bread (enriched)
Whole wheat bread
Enriched pasta
Wheat products
Bran cereals
Corn meal
Oat cereal
Cream of Wheat
Rye bread
Enriched rice



Strawberries
Watermelon
Raisins
Dates
Figs
Prunes
Prune juice
Dried apricots
Dried peaches



Tofu
Beans (kidney, garbanzo, or
white, canned)
Tomato products (e.g., paste)
Dried peas
Lentils
Instant breakfast
Corn syrup
Maple syrup
Molasses

More on back...

ARE SOME FOODS WITH IRON BETTER THAN OTHERS?

Food has two types of iron — heme iron and non-heme iron. Heme iron is found in meat, fish and poultry, and is the form of iron that is most readily absorbed from your stomach and taken up into your body after you eat it. Non-heme iron is found in plant foods as well as meat. Foods with non-heme iron are still good to eat, but the iron contained in these foods won't be absorbed as completely as heme iron. You absorb up to 30 percent of heme iron, found only in animal tissues (meat, poultry, and fish). You absorb 2-10 percent of non-heme iron, found in plant foods as well as meat. Eating meat generally boosts your iron levels far more than eating non-heme iron. When you eat heme iron with other sources of non-heme iron, the iron is more completely absorbed. Foods high in vitamin C, like tomatoes, citrus fruits and red, yellow and orange peppers can also help with the absorption of non-heme iron.

Food	Calcium mg
Calcium in Dairy Products	
Skim Milk 1 cup	301
Whole Milk 1 cup	290
Plain Low fat Yogurt 1 cup	415
Cow Milk Cottage Cheese (Paneer) 1 cup	208
Buffalo Milk Cottage Cheese (Paneer) 1 cup	480
Feta cheese 40 g	144
Whipped Cream, 15 g	13
Calcium in Beans & Grains	
White beans 3/4 cup	120
Navy beans 3/4 cup	94
Black Turtle beans 3/4 cup	75
Chickpeas (Chhole) 3/4 cup	58
Tofu 150g	350
Soy bean curd slab 150g	310
Cooked Soy bean 1 cup	130
Instant oats, 1 pkt	165
Calcium in Nuts	
Almonds roasted 1/4 cup	93
Brazil Nuts 20 g	34
Hazelnuts 20 g	28
Walnuts 20 g	19
Almonds butter 2 Tbsp	88
Sesame seeds 12 g	80
Rice, plain, boiled 180 g	32
Calcium in Vegetables & Fruits	
Cabbage/bok choy 1/2 cup	190
Turnip greens 1/2 cup	104
Broccoli 1/2 cup	33
Okra 1/2 cup	65
Orange 1/2 cup	52
Orange juice fortified with calcium 1/2 cup	165
Calcium in Fish	
Sardines in oil, tinned, 100 g	500
Salmon, tinned, 100 g	91
Fish paste, 35 g	98
Calcium in Breads, Pizza	
White bread, 1 slice 30 g	53
Wholemeal bread, 1 slice 30 g	32
Muesli, Swiss style, 50 g	55
Lasagne, 400 g	400
Pizza, cheese & tomato, 410 g	873
Pasta, plain, cooked, 230 g	85

Source: The American Red Cross.
www.redcrossblood.org/learn-about-blood/health-and-wellness/iron-rich-foods

Sipuleucel-T (Provenge®) is a cellular immunotherapy used to treat certain men with advanced prostate cancer. It is customized to each individual using his own immune cells collected during a procedure called leukapheresis. After modification, the cells are infused back into the patient. The modified cells activate the patient's immune system to fight prostate cancer. This two-step process is done a total of three times. After this series, benefits are lifelong.

It is important to know that after the conclusion of the treatment series your PSA may increase, decrease, or remain steady. This does not mean the treatment was ineffective.

INFUSION CONSULTATION

If you have been identified as a candidate for Sipuleucel-T (Provenge®) you will be referred to the infusion team. We often take this opportunity to review your prostate cancer journey, treatment plan and goals of care. During your consultation appointment we will verify that you meet the qualifications for this therapy. Additional testing may be ordered if necessary.

You will be asked to sign the enrollment form using the name that appears on your photo ID. It is important that the name on your photo ID and on the enrollment form match exactly, so that we can identify and confirm product labels at the necessary points during the treatment process.

LEUKAPHERESIS

This is the process of removing white blood cells from whole blood.

- This process is completed using special equipment that filters a portion of the blood volume, removes the white blood cells, and then returns the remaining portion to the body
- The process takes approximately four hours

As part of your initial consultation the infusion team will assess your veins and take a history to determine if your leukapheresis and infusion can be done using a peripheral IV access (from your arms), or if you will need to have a central venous catheter placed.

- Peripheral venous access
 - Collection and infusions occur every two weeks
- Central venous access
 - Collection and infusion occur weekly
 - The catheter will be placed by interventional radiology shortly before the treatment series begins and will be removed shortly after completion



Preparing for Leukapheresis

- A CBC (complete blood count) is required to be drawn within 30 days of collection
 - Your infusion coordinator or medical provider will facilitate the order
- The 3 Days Prior to Collection
 - Focus on hydration
 - General rule: Body weight in pounds \div 2 = target # of fluid ounces you should drink per day
 - Some people find it helpful to measure out their target fluid intake for the day ahead of time using a reusable bottle to ensure they meet their goal
 - Avoid caffeine and alcohol consumption for 24 hours before and after
 - Focus on foods high in calcium and iron (see the reference located at the end of the packet)

THE DAY OF COLLECTION

- Leukapheresis collection averages about 4 hours from start to completion
- Eat a healthy breakfast
- Avoid high fat foods
- Focus on calcium rich foods
- Avoid excessive hydration and avoid caffeine as you may not be able to go to the bathroom during the procedure
- Medications:
 - Leukapheresis can impact your blood pressure. If you have been prescribed medications to lower your blood pressure, do NOT take it before the procedure. Please bring your blood pressure medication with you; you can take your medication before you go home
 - Take all of your other medications and supplements as usual



- Arrive to the collection center 15 minutes in advance
- Wear comfortable loose-fitting clothing
 - Peripheral IV access - short sleeves are preferred
 - Central line access - a button down or zippered shirt is preferred to allow the infusion team access to the line
- What to bring:
 - Photo ID
 - Current medication and allergy list
 - Blood pressure medication (see above)
 - Entertainment
 - We generally recommend audio or video entertainment. This is especially important if you are having peripheral IV collection as you will have limited use of both arms
 - A friend or family member to keep you company and assist you throughout the collection process. Again, this is especially important for those using peripheral IV access as you will have limited use of your arms

THE DAY OF INFUSION

- Eat a healthy breakfast and hydrate generously
- Arrive 15 minutes prior to your appointment to complete any additional paperwork
- Infusion averages 2-3 hours from start to completion
 - Note: it is sometimes necessary to slow or stop the infusion down. This may prolong the necessary time to complete the infusion
- Wear comfortable loose-fitting clothing
 - Peripheral IV access - short sleeves are preferred
 - Central line access - a button down or zippered shirt is preferred to allow the infusion team access to the line
- Bring a friend or family member to drive you home. The medications we use to prevent or treat side effects may make you drowsy and prevent you from being able to safely operate a motor vehicle

THE SIPULEUCEL-T (PROVENGE) INFUSION

We recommend you use the bathroom prior to your infusion. IV fluids and the treatment may result in the need to urinate.

You will be brought to the treatment room. We will make you as comfortable as possible. Your vital signs will be taken. Those needing peripheral access will have an IV established. Those with a central line will have their central line accessed. IV fluids will be started.

You will be given acetaminophen (Tylenol), and antihistamine medication(s) before your infusion begins to prevent potential side effects from the treatment. Using this regimen >95% of patients have no reactions to the Sipuleucel-T (Provenge®) therapy. Those who do experience side effects should alert their infusion provider as soon as possible. Side effects can often be managed by slowing or temporarily stopping the infusion. Those with persistent symptoms can be managed by administration of additional medications. These medications can cause sedation. For this reason, we strongly recommend you are accompanied by somebody who can drive you home.

At this point we will connect the Sipuleucel-T (Provenge®) and start the infusion. The actual infusion normally takes 60 minutes. Many patients relax or take a nap. Feel free to bring a book, music, or anything else to help ensure your comfort during your infusion.

At the end of your infusion, you will be monitored for any potential serious reaction for 30 minutes. After this time, you are free to go home.

After the infusion, most patients experience very few side effects. The most common are flu like symptoms including chills, fatigue, fever, back pain, muscle aches, joint ache, nausea, and headache.



PATIENT RESOURCES

DENDREON ON CALL - 877-336-3736

The Sipuleucel-T (Provenge®) patient assistance center, known as Dendreon On Call, is designed to be a comprehensive and convenient resource to answer your questions and provide you with information about Sipuleucel-T (Provenge®). Patients have access to a reimbursement coordinator, as well as a dedicated scheduling coordinator who work in partnership with our office and our patients to streamline the process.

FINANCIAL ASSISTANCE

Most major insurance covers the Sipuleucel-T (Provenge®) therapy, but there may be additional copays and deductibles that you will be responsible for. There are several cancer foundations that offer grants to cover these extra out of pocket costs. Our team will work with you to identify these resources and can submit applications on your behalf. In order for our funding

team to help you through this process you will need to provide us with accurate personal and financial information.

ADDITIONAL SERVICES:

- Referrals to community services
 - Support groups for patients and family
 - Sipuleucel-T (Provenge®) ambassador network
 - Counselling
 - Dietary
- Financial
 - We are happy to connect you with our financial team
 - Financial assistance programs
- Patient education
 - We can recommend books, websites, brochures that provided educations on disease process, medications, therapies



Infusion Coordinator

Your primary point of contact throughout the infusion process will be a member of our Prostate Cancer Nurse Navigator team. Please do not hesitate to reach out with questions or concerns.

Name: _____

Location

Phone: _____

Email: _____

Central Venous Access (select patients)☐ Not Applicable

	Line Placement	Line Removal
Date		
Time		

Apheresis (collection) Schedule:

	Collection #1	Collection #2	Collection #3
Date			
Time			

☐ **Vitalant**
717 Yosemite St.
Denver CO 80230
Phone: 877-258-4823

☐ **Other**

☐ **American Red Cross**
Located inside the Colorado Urology Office Suite
255 S Routt St.
Suite 420
Lakewood CO 80228
Phone: 303-985-2550

More on back...

Infusion Schedule:

	Infusion #1	Infusion #2	Infusion #3
Date			
Time			

☐ **Colorado Urology – Park Meadows**

10535 Park Meadows Blvd.

Suite 102

Lone Tree CO 80124

Phone: 303-695-6106

☐ **Other**

☐ **Colorado Urology – Lakewood**

255 S Routt St.

Suite 420

Lakewood CO 80228

Phone: 303-985-2550

Premedications:

☐ None

☐ Acetaminophen (Tylenol) _____

☐ Famotadine (Pepcid) _____

☐ Diphenhydramine (Benadryl) _____