To better prepare yourself and your family for your upcoming prostate seed implant procedure, please read these instructions carefully.

Your physician supplied this information to help you learn about your Brachytherapy procedure. Becoming more knowledgeable about prostate cancer and your Brachytherapy procedure is an important step in your treatment and recovery. You may want to review these instructions with your spouse or family member(s).

Please consult your physician with any questions or concerns.

Date of Implant: _____________________ Hospital: _____________________
Report to: _______________________________ at _____________________ am/pm
Do not eat or drink anything after _____________________ am/pm
Urology Contact: ____________________________
Phone number: _____________________________
Radiation Contact: ____________________________
Phone number: _____________________________
Before you arrive for your Brachytherapy procedure your physician will measure your prostate gland by performing a volume study. This procedure will provide your treatment team with important information about your prostate, and will allow them to be ready on the day of treatment. This volume study may be done with ultrasound, MRI, CT or some other imaging technology. When the study is completed you can return to your normal activity, as soon as desired.

**Prior to implant:**
1) Obtain medical clearance from your primary care physician.
2) Stop aspirin or anti-inflammatory medication 1 week prior to implant.
3) Night before implant:
   a) Light dinner.
   b) Enema.
   c) Nothing to eat or drink after midnight.
4) Morning of implant:
   a) Repeat enema.
   b) Take prescribed antibiotic(s) with sip of water before coming to hospital.
   c) Consult with your medical doctor about diabetic medication.
   d) If directed by your physician, take regular blood pressure or heart medicine with sip of water.
5) Arrive at hospital at least 1.5 hours before scheduled time of procedure.

**Note:** You will not be able to drive yourself home after the procedure because of the use of anesthesia. Please make arrangements with a family member or friend to take you home and assist you (as necessary) after the procedure.

**During the implant:**
1) Prior to surgery you will have an opportunity to speak with your doctors to review and ask any last minute questions.
2) You will have either spinal or general anesthesia.
3) A catheter will be placed to drain your bladder during the procedure. It will be removed after the procedure.
4) The Brachytherapy procedure will be completed, with your doctors placing tiny radioactive seeds into your prostate.
5) Following the procedure, you will be taken to the recovery room and your family members or friends may visit with you until your discharge.
6) The decision to go home will be made by your doctor.

**Immediately after the implant:**
1) Most patients do not experience significant discomfort immediately after the implant.
2) However, you may experience one or more of the following symptoms:
   a) Pain or burning with urination.
   b) Bruising and swelling in the skin under your testicles.
   c) Increased need to urinate.
   d) Getting up frequently at night to urinate.
   e) Slow stream or hard to start urination.
   f) Not able to urinate.
   g) High fevers (over 101°).
3) Your physician will take several steps to help you if you develop bothersome symptoms.
4) Light activity is advised for the first 48 hours after your procedure, and you can return to normal activities as you feel comfortable.
   a) Avoid heavy lifting for one month.
   b) Avoid sitting on a hard seat (such as a bicycle) for 2 months.
   c) Avoid long periods of sitting, such as in a car or on an airplane without taking “leg stretching” breaks.
   d) Depending on the demands of your job, you may return to work any time during the week after the procedure, noting the precaution about prolonged sitting.
5) You may return to a regular diet as tolerated following the procedure.
   a) Do not drink excessive amounts of fluids, as they can make side effects worse.
6) You may return to sexual activity as you feel comfortable following the procedure.
   a) Wear a condom during sexual relations, as there is a small risk that you may ejaculate a seed.
   b) You will experience a decrease in ejaculate following the procedures. This is normal, as the prostate gland is responsible for generating over 80% of the fluid disseminated during ejaculation.
   c) You will most likely experience a reddish color in your ejaculate for a few weeks following the procedure. This is normal and will improve as time passes, if it persists, see your doctor.

Note: Your Brachytherapy seeds will remain active for at least 2 months following the treatment if your seeds are Palladium, and 6 months if your seeds are Iodine. As so, please follow the radiation safety measures noted below, as well as any additional precautions noted by your doctor.

Measures to help you if you experience symptoms or difficulties
1) Painful urination or burning with urination:
   a) If directed by your physician, take pyridium, as recommended.
      i) This tiny pill will ease the burning during urination.
      ii) It will turn the urine orange-yellow.
      iii) Take as directed by your physician.
   b) Sometimes burning on urination can be associated with certain foods. Try eliminating the following:
      i) Coffee and all caffeinated substances.
      ii) Spicy and peppery foods.
      iii) Citrate products (orange, grapefruit, pineapple, tomato).
      iv) Acids (vinegar and salad dressing).
2) Frequent urges to urinate or slow stream:
   a) An anti-inflammatory drug can be helpful for these symptoms. Take ibuprofen (or similar drug), as directed by your physician.
   b) If your stomach becomes upset or severe heartburn occurs, discontinue the drug.
   c) If symptoms persist, see your doctor.
3) Severe slow stream or constant urination of small amounts:
   a) If the prostate is severely swollen, then a stronger medication may be necessary. Speak with your medical doctor or urologist.
4) Getting up frequently at night:
   a) Do not drink anything after 6:00 pm.
   b) Reduce coffee and alcohol consumption late in the day and none at night.
5) Inability to urinate:
   a) If you develop a prolonged inability to urinate (greater than 4 hours), contact your urologist. If you are not able to do so then go to the emergency room. You may need to have a catheter placed for temporarily relief. You may try soaking in a warm tub first, this sometimes helps to relax the prostate and allows for urination. Do not take over-the-counter cold medication without consulting your urologist. These preparations can make urination after an implant very difficult.

6) High fever:
   a) If you experience a high fever (greater than 101°) after the implant, call your doctor.

7) You may see a pink color and / or a blood clot in your urine for a few weeks following the procedure.
   a) This is normal, and will improve as time passes, if it persists, see your doctor

8) You may experience some degree of fatigue that may take several weeks or longer to go away.
   a) This is normal, and will improve as time passes, if it persists, see your doctor.

Note: Most often, these side effects are temporary, and will improve as time passes, if they persist, see your doctor.

Radiation safety rules to follow:
Your Brachytherapy procedure continues to be active following the actual day of the procedure. The Brachytherapy seeds will remain active for approximately 6 months if the implant is with Iodine, and for 2 months if your implant is Palladium. During this time, please consider the following:

1) Do not place a pregnant woman or child under 13 years of age on your lap for 2 months following a Palladium implant or 6 months following an Iodine procedure.

2) Wear a condom for 2 months following an implant. This will protect your partner if a seed is passed during relations.

3) Any loose seeds that are found should be placed in a medicine bottle and placed in the medicine cabinet. Call your radiation oncologist during normal business hours for further instructions.

Patients taking hormonal therapy:
Follow any additional instructions provided by your physician.