

INTRUCTIONS FOR PROSTATE RADIOACTIVE SEED IMPLANTATION

Academic Urology-Pottstown/Phoenixville

Day time phone (610) 323-5550 Pottstown or (610) 935-9010 Phoenixville

Emergency phone after 5:00pm (610) 792-2871

NATURE OF PROCEDURE

Prostate Brachytherapy is known in laymen's term as a radioactive seed implant. It involves permanently implanting tiny radioactive seeds into the prostate with a needle and these seeds gradually lose their therapeutic radioactivity over 6 months. This form of therapy allows us to deliver 3 times more radiation to the prostate as compared to external beam radiation with less radiation exposure to the bladder and rectum. It is a 1 to two hour outpatient procedure that is performed under either spinal or general anesthesia. It is performed by a special surgical team consisting of a radiation oncologist, urologist and a physicist. The technique uses state of the art equipment allowing real time 3 dimensional computerized imaging of the prostate which takes into account the radioactivity of each individual seed. Depending on the size of the prostate and the radioactivity of the pellets the number of seeds implanted can range anywhere between 40 to 80 seeds or more.

INSTRUCTIONS PRIOR TO SEED IMPLANT

Do not eat or drink anything including water after midnight the evening prior to the operation. Do not smoke for at least 12 hours before or after the procedure and do not drink alcohol 24 hours prior to the procedure. Do not take aspirin or any aspirin containing products or drugs containing Ibuprofen for 10 days prior to the scheduled treatment (see medication list). You can take Tylenol or ask your physician for recommendations. If you are taking anticoagulants such as Coumadin, please consult with your physician, as this medication may need to be discontinued 5 days prior to the procedure. Leave all valuables at home and wear comfortable clothing. If you have a managed care insurance, it is your responsibility to obtain referrals from your primary care physician.

AFTER THE SEED IMPLANT

Any discomfort experience after the implant is usually limited to mild soreness and swelling behind the scrotum and some purplish discoloration in the scrotal area. This is not uncommon. You may also experience the increased need to urinate and getting up more frequently at night. Your stream may also be a bit slower. After the procedure you will go home the same day in most cases. It will be up to your urologic surgeon as to whether you go home with a catheter draining your bladder or if you go home without a urinary catheter. This will depend on many factors including the size of your prostate and whether or not you had a slow stream prior to the procedure. In all cases you will be provided with medications such as Flomax, Uroxatral, Hytrin or Cardura to assist you with urination. If a catheter is placed it may be draining for 1 to 5 days depending on the discretion of your urologist. If you go home without a catheter it is not uncommon to

experience a slower stream, getting up more frequently at night and the urge to urinate more often. Again, if you are unable to urinate you must contact us immediately to determine whether or not you need to have a catheter placed back into your bladder. There are certain measures you can take to minimize discomfort from urination. You may be given a medication Pyridium which is a tiny pill which may ease burning with urination. It soothes the lining of the bladder and may turn the color of your urine orange-yellow. This medication can be taken only as needed if you are having burning with urination. An anti-inflammatory medication such as Ibuprofen may be helpful to alleviate any discomfort or troubles with urination. If you are prone to heart burn please avoid this medication.

RADIATION SAFETY RULES ARE AS FOLLOW

Do not place a pregnant woman or child on your lap for 6 months following an Iodine 125 seed implant. Wear a condom for 6 months following the procedure. Strain your urine for 10 days following the procedure. Any loose seeds that are found should be placed in a medicine bottle or wrapped in aluminum foil and taken to the radiation oncology office during normal business hours.

Minor rectal bleeding is not uncommon following this procedure. The radiation oncologist may prescribe steroid suppositories.

FOLLOW-UP APPOINTMENTS AND POSSIBLE STUDIES NEEDED

Call (610) 323-5550 Pottstown Office or (610) 935-9010 Phoenixville Office to schedule an appointment to see:

___ Drs. Rose ___ Leech ___ Moreno ___ Kabler ___ Kalra
in ___ days ___ weeks

___ nurse in ___ days ___ weeks
for ___ foley removal ___ fill and pull ___ other

MEDICATIONS

Take ___ Levaquin once daily until finished
___ Cipro twice daily until finished
___ Bactrim DS one twice daily until finished
___ Pyridium/or Prosed as directed
___ Vicodin 1 – 2 every 4 hours as needed for pain
___ Percocet 1 – 2 every 4 hours as needed for pain
___ Flomax 0.4mg daily ½ hour after supper/dinner
___ Uroxatral 10mg daily with a meal (supper/dinner)
___ Hytrin 5mg daily at bed
___ Cardura 4mg daily at bed

Regarding Spinal Anesthesia: If you develop a headache specifically after **SPINAL ANESTHESIA**, we recommend drinking more fluids, a caffeinated beverage (ie coffee,coke) and bed rest. If this does not relieve your “spinal headache” you should contact the hospital anesthesiologist on call.

Pottstown Hospital (610) 327-7000
Phoenixville Hospital (610) 983-1000

04/30/2012