

Prostate Seed Brachytherapy Pre-op Preparations

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The aim of this leaflet is to explain the two procedures that will occur for your seed brachytherapy.

The process involves two appointments, 4 weeks apart.

The first appointment is for an ultrasound volume study. This is carried out under anaesthetic and images of the prostate are obtained so that the prostate volume can be measured and the seed placement decided.

Before the ultrasound procedure, your oncologist will see you to explain the procedure and ask you to sign a consent form.

The second appointment is for the insertion of the radioactive seeds into the prostate and is also carried out under anaesthetic. You will be admitted to Waddington ward the day before the implant and discharged the day of the implant. You will also be given some medications to take prior to the actual seed implant.

Ultrasound volume study preparations

- Follow the gas reducing diet you were sent for a minimum of 3 days before attending for the ultrasound appointment.
- You will be admitted to the surgical admissions lounge (SAL) early on the morning of the ultrasound session. We will collect you from there and bring you to the brachytherapy suite.
- The ultrasound of your prostate will be carried out under general anaesthetic. An ultrasound probe will be positioned in your rectum in a similar manner to that used at prostate biopsy.
- Do not eat for the six hours prior to the ultrasound appointment, but please have a light snack before this deadline.
- Only water can be drunk after you begin fasting and up until 2 hours before your anaesthetic. Take your usual medication with the water unless told otherwise.
- You will need to use an enema before this appointment, even if you have already opened your bowels that day.
- You do not need a full bladder.
- Overall procedure time is 1 to 2 hours.

When the procedure has been completed you will be taken to the main theatres recovery suite to be monitored before returning to SAL, where you will have something to eat and drink. You will need to pass urine before you go home.

You must not drive for 48 hours after the anaesthetic.

Seed insertion (implant) preparations

- Follow the low residue diet again for a minimum of 3 days before attending for the seed implant appointment.
- The seeds will be placed into the prostate gland under general anaesthetic.

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- You will be admitted to Waddington ward (telephone 01522 307199) the day before the seed implant. Phone the ward at approximately 10:30am on the Sunday morning to check when your bed will be available.
- Do not eat after midnight (Sunday before seed implant on Monday), but please have a light snack before this deadline.
- Plain water can be drunk until 6:00am on the morning of your anaesthetic. Unless told otherwise, take your usual medication and the medication we will give you at your brachytherapy assessment with the water.
- You will be given 3 antibiotic tablets called Ciprofloxacin at your brachytherapy assessment. Take one on Sunday evening (the day before the seed implant), one on Monday morning (day of the implant) and one on Monday evening.
- You will have also been given Tamsulosin, which helps with urination. Start this the day before your implant and take it once daily for a month, or as directed by your oncologist.
- Some medications such as Aspirin, Persantin/Dipyridamole, Clopidogrel and any form of Heparin or other blood thinning/anti-coagulant drugs must be stopped for a period of time before the procedure. We will discuss this at the brachytherapy assessment.
- If you take Warfarin it should be stopped 10 days before the seed implant and your INR checked one week after stopping. If greater than 1.2 please inform us.
- It is very important that you restart all of those medications once the implant has been done, unless told otherwise. If you are unsure about any of your other medications please discuss them with a radiographer.
- You will need to use an enema before this appointment, even if you have already opened your bowels that day.
- You do not need a full bladder.
- Overall procedure time is 2 to 3 hours.

Once the procedure is complete you will be taken to theatre recovery to be monitored. Once awake you will be taken back to Waddington ward (telephone 01522 572255/572257) . You will usually be discharged later that day after your CT appointment, during which the positions of the seeds are imaged. You must not drive for 48 hours after the anaesthetic.

Contact:

Melanie Fisher/Lucy Darby (Advanced Practitioners Brachytherapy) on telephone 01522 572243.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at patient.information@ulh.nhs.uk