

Urology Associates of Rochester, LLC

**995 Senator Keating Blvd., Building E, Suite 330
Rochester, NY 14618**

Brachytherapy or Radioactive Seed Implants

Brachytherapy or Radioactive Seed Implants is the implantation of seeds (tiny pellets containing radioactive medication) directly into the prostate gland. These radioactive seeds will give off low-level radiation for about one year.

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW

1. You will be admitted to the hospital the day of your surgery. You will go home the same day.
2. If you are on IBUPROFEN or drugs for ARTHRITIS or INFLAMMATION, please discontinue five days before the procedure. If you are on ASPIRIN or aspirin products, please discontinue two weeks before the procedure. If you are on HERBAL SUPPLEMENTS, please discontinue one week before the procedure.
3. If you are on COUMADIN, please consult your primary care physician or cardiologist before discontinuing.
4. If you take antibiotics prior to dental work, have an orthopedic prosthesis, or were told by another physician to take antibiotics prior to surgery, please call the office.
5. If you take blood pressure, thyroid, seizure or heart medication, you may take it with a sip of water the morning of your surgery.
6. No eating or drinking after midnight the night before your surgery except for medications as mentioned above.
7. No alcohol 24 hours prior to surgery.
8. We suggest you wear comfortable clothing.
9. You will be receiving anesthesia for this surgery. You will see an anesthesiologist who will discuss this with you prior to your surgery.
10. You will need to give yourself a fleet's enema the morning of your procedure.

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RECOVERING FROM SURGERY: WHAT TO EXPECT

1. You will be discharged the same day as your surgery. Please make sure someone accompanies you to the hospital.
2. You have been given several prescriptions to take at home when discharged from the hospital after your surgery. Please take as directed.
3. You may go home with a catheter. This will be removed in the office within 2-3 days.

INSTRUCTIONS: POST BRACHYTHERAPY or SEED IMPLANTS

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

1. Avoid heavy lifting or strenuous exercise for 5 days.
2. It is okay to shower after discharge from the hospital. No bathing until seen in follow-up.
3. It is okay to climb stairs when discharged from the hospital.
4. Walking is good exercise and it improves the circulation. Do not overdo it! Go easy at first and slowly increase the distance as you feel better.

DRIVING:

You may drive the day after your surgery if you are feeling okay, unless you have a catheter in place. If you have a catheter in place, do not drive. Do not drive while on pain medication.

SEXUAL ACTIVITY:

No restrictions.

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RETURN TO WORK:

You may return to work one week after surgery.

PAIN MEDICATION:

You have been given a prescription for pain medication to take at home when discharged from the hospital. As your activity increases, you may experience increased discomfort. This is normal. Take your medication as directed.

ANTIBIOTICS:

You have been given a prescription for antibiotics to take at home when discharged from the hospital. Please make sure you take all of your antibiotics.

You will also be given a prescription for Flomax to be taken beginning the day after your procedure. If you already take Flomax, just continue taking it as you have in the past.

RADIATION SAFETY:

The radiation level of these seeds is very low and the majority of radiation does not get past the prostate. Any amount of radiation that does escape is so small that there is no risk. However, it is recommended that no children or pregnant women sit on your lap after brachytherapy.

FOLEY CATHETER:

If you go home with a catheter, it is normal to feel some pressure and discomfort from the catheter. You may also experience some leaking around the catheter; this is normal. Make sure the tubes are not kinked so the urine flows freely.

FOLLOW-UP:

A follow up appointment has been scheduled for you. **Your follow up office visit has been scheduled for:**

If you have any questions or concerns, please call us at **(585) 232-2980**.