How to Prepare for your **High Dose Rate (HDR)**Prostate Brachytherapy Implant

Tom Baker Cancer Centre

This is a companion resource to the "Prostate Brachytherapy" booklet and will give you specific information on how to prepare for this procedure.

Before treatment is scheduled you will:

- meet with the Radiation Oncologist and decide if prostate brachytherapy is right for you.
- attend a CT simulation appointment to measure the size of the prostate.
- receive a phone call from the Pre-Admission Clinic (PAC) nurse to review information and make an appointment to see the anesthesiologist.



Once you know your brachytherapy appointment date, arrange for someone to drive you to your appointment and pick you up. It is not safe to drive after you have anesthetic. The Pre-Admission Clinic will give you more information.

Follow the instructions in the chart below. Start 2 weeks (14 days) before your implant.

Please follow these steps carefully.

Stop taking blood thinners (such as Aspirin®, Ibuprofen, or drugs that contain Aspirin®).

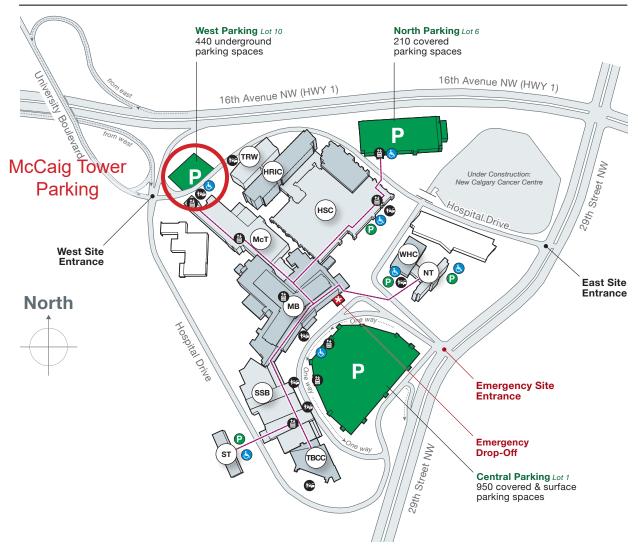
Ask your Radiation Therapist when to start taking these medications again if you do not already have instructions. If you take Coumadin or Warfarin restart as per your bridging instructions. ☐ **Stop taking** vitamins or herbal supplements (you can still take Vitamin D and Calcium). 2 Weeks Before ☐ Buy from the pharmacy: **Implant** • 6 Dulcolax® pills, no prescription needed • A box of Pico-Salax® (containing 2 packages), no prescription needed • Flomax[®], also known as Tamsulosin (with your prescription) Your brachytherapy team will let you know when your prescription has been sent to the pharmacy. The pharmacy may contact you once it is ready for pickup or you may need to phone them and check. ☐ Start taking Flomax® 1 Week Before • Take 1 pill, 1 hour (60 minutes) after supper daily (or as **Implant** directed). Continue on this medication until your 3 month follow-up appointment or as directed by your doctor. ☐ Take 3 Dulcolax® tablets (laxative) around 8 pm. 2 Days Before **Implant** (x) **Do not eat** solid food after midnight (12 am).

1 Day Before Implant	 □ Start clear fluid (see-through) diet when you get up in the morning and drink at least 12 –15 cups (3.0 – 4.0 litres) of fluid throughout the day so you don't get dehydrated from your bowel cleanse. • Drink: water, clear juices (apple, cranberry, grape), caffeine free soft drinks (no Coke®, Pepsi® or Rootbeer), Gatorade® • Dessert: Jello®, popsicles, flavored ice • Soups: broth, bouillon • Do not drink caffeine, dairy or alcohol
10 am	 □ Drink 1 package of Pico-Salax[®]. Follow package instructions. □ Remember to drink 2 cups (500 ml) of fluid every hour (60 min), for the next 3 hours (180 min).
4–7 pm	□ Day Surgery staff will call you to confirm the time you should arrive at Day Surgery in McCaig Tower. If you have not heard from Day Surgery by 7 pm, please call 403-944-6400 before 10 pm to speak with a staff member.
6 pm	 ☐ Mix and drink 1 package of Pico-Salax[®]. Follow package instructions. ☐ Drink 2 cups (500mL) of fluid every hour (60 min), for the next 3 hours (180 min).
7 pm	☐ Take 1 Flomax [®] pill (or as prescribed by your doctor)
8 pm	☐ Take 3 Dulcolax ® pills
Day of Implant Before procedure	 Drink clear fluids up to 3 hours before check in time. After that, do not eat or drink anything. If you need to take medication, take with a small sip of water. Park in the West Lot (Lot 10; see page 4). Check in at McCaig Tower reception, on ground floor. You will be admitted to the Day Surgery Unit on the 3rd floor. Bring your health care card and government ID. Do not bring any valuables. A porter will take you to the Operating Room (OR). Family members can come with you. You will meet with the Anesthesiologist, Radiation Oncologist, Radiation Therapist and the OR Nurse.
During procedure	• The procedure will take about 3 hours.

 You will be taken to the Recovery F A porter will take you back to the Da 		
• A porter will take you back to the Da		
you are ready to go home.	ay Surgery unit to stay until	
After procedure • You will have a urinary catheter inservou will go home after the procedure catheter will be removed before leaven a sometimes the catheter needs to be for you, you will get instructions to he	re. For most people, the ving the hospital. I left in overnight. If this is true	
• You will receive a phone call from a to review the post implant teaching will be given to you after the proced hospital.	package. This package	
you will come back to the Tom Bake	» If you are sent home with a urinary catheter in place, then you will come back to the Tom Baker Cancer Centre at 9:30 am (Basement level - radiation therapy department) to have the catheter removed.	
4 Weeks after all Radiation Treatment is done • You will have a phone follow up with brachytherapy team.	h a member of the	
	Log in and check your PSA results yourself -	
all Radiation appointment with your	https://myhealth.alberta.ca/ myhealthrecords Please ask your brachytherapy	
t	eam any questions you have about finding your own results.	



Visiting Foothills Medical Centre





Brachytherapy Office 403-521-3955

Monday to Friday, 8:00am-4:30pm

