

How to Prepare for your Low Dose Rate (LDR) 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.

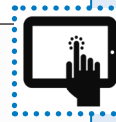


Follow the instructions in the chart below. Start 2 weeks (14 days) before your implant. **Please follow these steps carefully.**

2 Weeks Before Implant	<p><input type="checkbox"/> Stop taking blood thinners (such as Aspirin[®], Ibuprofen[®], or drugs that contain Aspirin[®]).</p> <p>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.</p> <p><input type="checkbox"/> Stop taking vitamins or herbal supplements (you can still take Vitamin D and Calcium).</p> <p><input type="checkbox"/> Buy from the pharmacy:</p> <ul style="list-style-type: none"> • 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) <p>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.</p>
1 Week Before Implant	<p><input type="checkbox"/> Start taking Flomax[®]</p> <ul style="list-style-type: none"> • Take 1 pill, 1 hour (60 minutes) after supper daily (or as directed). Continue on this medication until your 3 month follow-up appointment or as directed by your doctor.
2 Days Before Implant	<p><input type="checkbox"/> Take 3 Dulcolax[®] tablets (laxative) around 8 pm.</p> <p><input checked="" type="checkbox"/> Do not eat solid food after midnight (12 am).</p>

<p>1 Day Before Implant</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 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
<p> 10 am</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Drink 1 package of Pico-Salax®. Follow package instructions. <input type="checkbox"/> Remember to drink 2 cups (500 ml) of fluid every hour (60 min), for the next 3 hours (180 min).
<p> 4–7 pm</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 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.
<p> 6 pm</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Mix and drink 1 package of Pico-Salax®. Follow package instructions. <input type="checkbox"/> Drink 2 cups (500mL) of fluid every hour (60 min), for the next 3 hours (180 min).
<p> 7 pm</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Take 1 Flomax® pill (or as prescribed by your doctor)
<p> 8 pm</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Take 3 Dulcolax® pills
<p>Day of Implant Before procedure</p>	<ul style="list-style-type: none">  • 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.
<p>During procedure</p>	<ul style="list-style-type: none">  • The procedure will take about 3 hours.

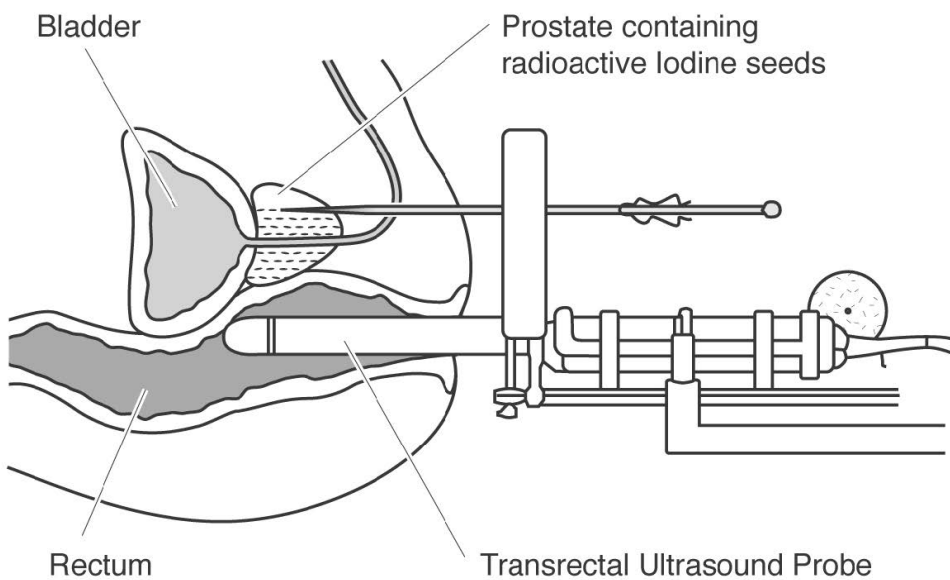
<p>Day of Implant After procedure</p>	<ul style="list-style-type: none">  You will be taken to the Recovery Room for about 45 minutes.  A porter will take you back to the Day Surgery unit to stay until you are ready to go home.  You will have a urinary catheter inserted during the procedure. You will go home after the procedure. For most people, the catheter will be removed before leaving the hospital. <ul style="list-style-type: none"> » Sometimes the catheter needs to be left in overnight. If this is true for you, you will get instructions to help you manage at home.
<p>Day after Implant</p>	<ul style="list-style-type: none">  You will receive a phone call from a member of the brachy team to review the post implant teaching package. This package will be given to you after the procedure, before you leave the hospital.  » 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.
<p>4 Weeks after Implant</p>	<ul style="list-style-type: none">  You will have a CT scan.  You will have a follow-up appointment with a Radiation Therapist.
<p>3 Months after Implant</p>	<ul style="list-style-type: none">  You will have a follow-up appointment with your Radiation Oncologist.
<p>1 Year after Implant</p>	<ul style="list-style-type: none">  You will have a follow-up appointment with your Radiation Oncologist.

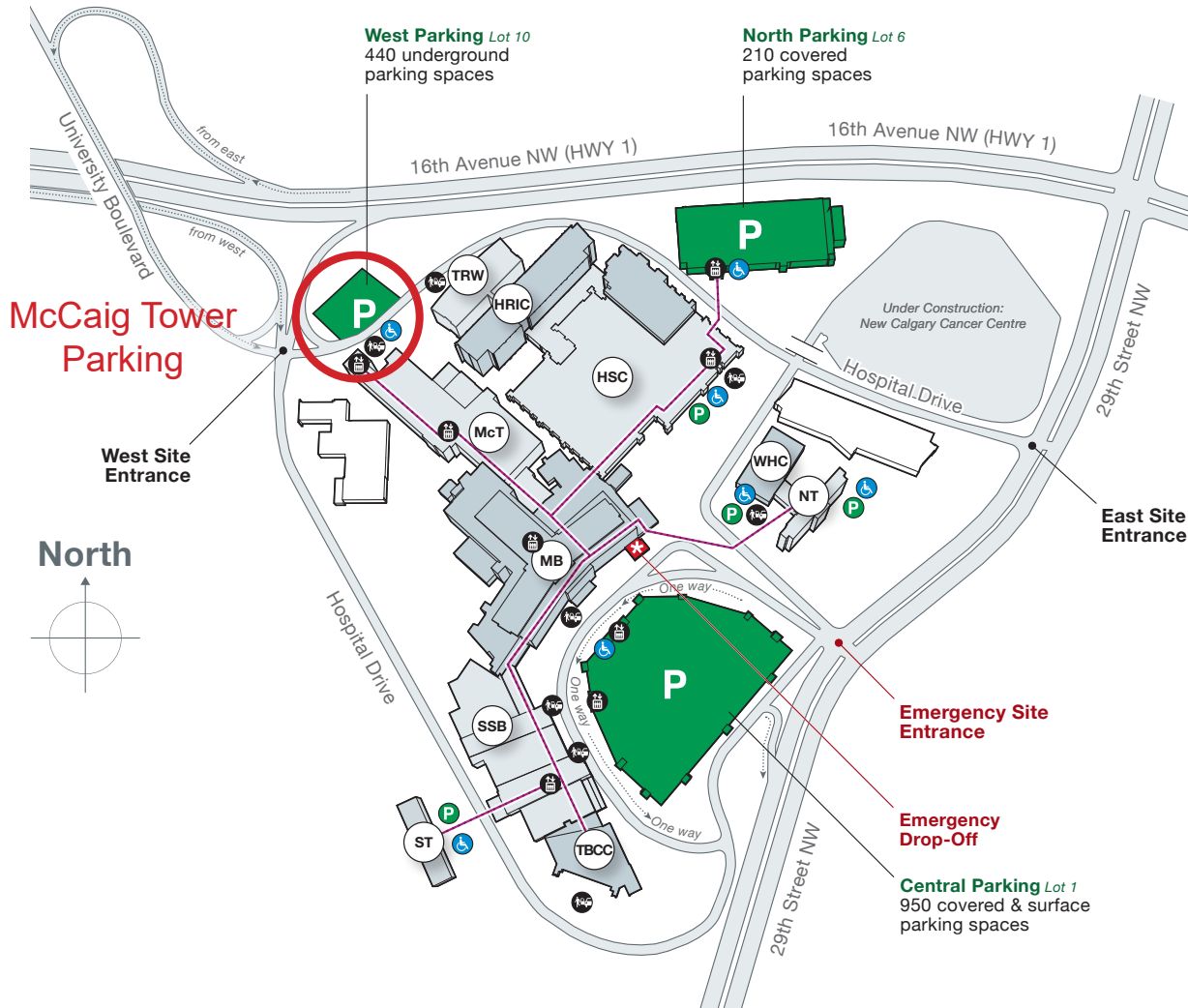


Log in and check your PSA results yourself -
<https://myhealth.alberta.ca/myhealthrecords>

Please ask your brachytherapy team any questions you have about finding your own results.

Image of Implant Procedure





Questions about Treatment?

📞 Brachytherapy Office 403-521-3955

🕒 Monday to Friday, 8:00am–4:30pm