Radiation Therapy for Prostate Cancer: Gold Seed Implant Procedure and External Beam Radiation

You will be having a gold seed implant procedure. During this procedure three tiny gold seeds will be put into your prostate. The gold seeds are not radioactive and will stay in your prostate. This booklet tells you what to do to be ready for the gold seed implant procedure and external beam radiation. It is important for you and your family to read this booklet.

This booklet will tell you about:

1. Your Prostate Cancer Plan: A calendar of your appointments
2. How to be ready for your gold seed implant procedure
3. What will happen on the day of your gold seed implant procedure
4. What will happen after your gold seed implant procedure
5. What will happen next
6. Bladder and bowel preparation for your CT/MRI and external beam appointments
Prostate Cancer Plan: Your Appointments

Gold Seed Implant Procedure
You have chosen to have a gold seed implant procedure, followed by external beam radiation treatments to treat your prostate cancer. This booklet will help you get ready for your appointments. You will be called by the radiation therapy receptionist with all of your appointment dates and times. Please add these appointments in to the table below. If you have any questions or concerns, please call the radiation therapy receptionist at 905-576-8711, ext. 3856 between the hours of 8am and 6pm from Monday to Friday. After these hours you may leave a voicemail message. Your call will be returned the next business day. The Cancer Centre is closed on weekends and holidays.

Consultation and Education
You will be in the Cancer Centre for around 1 to 2 hours on this day. The tests that you will have are listed below. You will also meet with the nurse and possibly the radiation oncologist. Before your appointment, your radiation oncologist will look at your medical history and order any tests that need to be done before your gold seed implant procedure. You need to tell the radiation oncologist about all of the medications you take and any allergies you have.

<table>
<thead>
<tr>
<th>Appointment</th>
<th>Date/Time</th>
<th>Location</th>
<th>Instructions</th>
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<tbody>
<tr>
<td>Blood work</td>
<td></td>
<td>Cancer Centre, Main Level</td>
<td>After your blood work is taken, go down to the B1 level of the Cancer Centre (lower level) and check in at the reception desk.</td>
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<tr>
<td>Nurse (for teaching)</td>
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<td>Cancer Centre, B1 Level</td>
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<tr>
<td>DRCC EKG</td>
<td></td>
<td>Cancer Centre, Main Level</td>
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<th>Instructions</th>
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<tr>
<td>Radiation Anesthetic Consultation</td>
<td></td>
<td>This info</td>
<td>You may not need this appointment. If you have this appointment, it may not be on the same day as the appointments listed above.</td>
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Gold Seed Implant Procedure
You will be in the Cancer Centre for around 3 to 4 hours on this day.

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<th>Appointment</th>
<th>Date/Time</th>
<th>Location</th>
<th>Instructions</th>
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<tbody>
<tr>
<td>Gold Seed Implant Procedure</td>
<td></td>
<td>Cancer Centre, B1 Level</td>
<td>Please arrive 30 minutes before this appointment time. To be ready for this procedure, please read the rest of this booklet. This information will help you to be ready for this procedure.</td>
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CT Simulation/ External Beam Radiation

<table>
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<th>Appointment</th>
<th>Date/Time</th>
<th>Location</th>
<th>Instructions</th>
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<tbody>
<tr>
<td>Radiation Simulation</td>
<td></td>
<td>Cancer Centre, B1 Level</td>
<td>Please arrive 15 minutes before this appointment time. Check in at the reception desk. To be ready for this appointment, please read the “Bladder and Bowel Preparation” on page 5.</td>
</tr>
<tr>
<td>MRI</td>
<td></td>
<td>Main hospital N Wing, B1 Level</td>
<td>If you are having an MRI, please read the “Bladder and Bowel Preparation” on page 5.</td>
</tr>
<tr>
<td>External Beam Radiation Treatments</td>
<td></td>
<td>Cancer Centre, B1 Level</td>
<td>To be ready for these appointments, please read the “Bladder and Bowel Preparation” on page 5.</td>
</tr>
</tbody>
</table>

Some things to think about when you come for your appointments:
- Do you understand everything that is happening with your treatment?
- Do you have any questions about your treatment?
- Are you having any symptoms or side effects of treatment, or changes in the treatment area?
- Do you need any prescription renewals before your next appointment with your radiation oncologist?

Talk to your healthcare team if you have any questions.

How to be ready for your gold seed implant procedure

During the gold seed implant procedure three tiny gold seeds will be placed into your prostate. The gold seeds are not radioactive and will stay in your prostate.

The gold seeds will be used to tell us about the position of your prostate for daily treatment. Images of your pelvis will be taken before every radiation therapy treatment. Small changes can be made for each treatment based on the position of your prostate seeds.

One week before the procedure:
- Buy a rectal enema kit from your pharmacy.
- Ask someone to drive you to and from the Cancer Centre on the day of your gold seed implant procedure. You will need someone to stay with you for 24 hours after your procedure.

The night before your procedure:
- If your radiation oncologist prescribed antibiotics for you, start taking them the night before your procedure.

How to give yourself a fleet enema:
1. Lie on your left side. Put your right leg over your left leg.
2. Take the protective shield off of the fleet enema tip before inserting.
3. Gently insert the enema tip into your rectum with a slight side-to-side movement.
4. Do not force the enema tip into the rectum. This can cause injury.
5. Squeeze the bottle until nearly all the liquid is gone. The bottle may not be empty.
6. Remove the tip from your rectum.
7. Hold this position until the urge to have a bowel movement is strong. Do this for about 2 to 5 minutes.

On the day of your procedure:
- **Do not eat or drink for 8 hours before** your procedure.
- **Give yourself the rectal enema 2 hours before** your procedure.
- Wear loose comfortable clothing to your appointment.
- **Come to the Cancer Centre 30 minutes before** your appointment for the procedure.
- If you are diabetic, bring your glucometer and the medications you take for your diabetes.
- If you have sleep apnea, bring your CPAP machine.

You need to follow the above preparations before your appointment.

**What will happen on the day you have your gold seed implant procedure**

Come to the Cancer Centre **30 minutes before** your appointment time on the day of your procedure. Check in at the computer or at the registration desk on the B1 level for this appointment. The procedure is done in the radiation therapy department. You will be given an anesthetic (a medication to put you to sleep) before your gold seed implant procedure.

For this procedure, sterile needles will be put through your perineum (the area between the scrotum and anus) and into the prostate. The radiation oncologist will use an ultrasound probe put into your rectum to see your prostate as well as the needles. A small gold seed will come out from the tip of the needle and the needle will be removed. The procedure takes approximately 30 minutes. You will need to stay for another 1 to 2 hours before you can go home.

You will stay in the recovery area after the procedure. A nurse will care for you during this time. You may be given antibiotics and pain medication. You will need to empty your bladder and be steady on your feet before you can leave the Cancer Centre.

**What will happen after you have your gold seed implant procedure**

This procedure may make you feel uncomfortable. You may have some swelling in the area of the needle insertion (between the anus and scrotum). You may also have nausea (upset stomach), dizziness or headache for up to 24 hours after your procedure.

**What you can do after you have your gold seed implant procedure:**
- Take acetaminophen (also called Tylenol) for mild pain or discomfort you may have. Your radiation oncologist may also give you a stronger pain medication.
- Wrap an ice pack or bag of frozen peas in a towel and put on the area to lessen any discomfort or pain you have (use up to 20 minutes at a time for up to 6 times a day).
- You can still have sexual intercourse.
- Have someone stay overnight with you after your procedure in case you have any difficulties.

**What you cannot do after you have your gold seed implant procedure:**
- No heavy lifting or strenuous activity for 1 week after the procedure.
- Do not drive for 24 hours after your procedure.
- Do not make any legal or financial decisions for 24 to 48 hours after your procedure.
Go to the Emergency Department at the hospital that is closest to you if you:

- Vomit for more than 6 hours.
- Have shortness of breath.
- Are not able to urinate.
- Faint after your procedure.
- Have a fever above 38.3°C/100.9°F at any time or above 38.0°C/100.4°F for more than an hour.

What you can do if you have questions or concerns

Please talk to any member of your healthcare team if you have questions or if you do not understand any of the information in this handout. Your nurse will have given you a card with the number for you to call between the hours of 8:30am and 4:00pm from Monday to Friday. The Cancer Centre is closed on weekends and holidays. After these hours, go to the Emergency Department at the hospital closest to you.

What will happen next?

After your gold seed implant procedure, you will be given an appointment to come back for a CT scan. This is done in the Radiation Therapy Department. This scan will be used to plan for the external beam radiation treatments. Please read the “Bladder and Bowel Preparation” information below to be ready for your appointment.

About 3 weeks after your gold seed implant procedure you will start your external beam radiation treatments. You will need to come to the Cancer Centre every day for these treatments (not including weekends). The radiation oncologist will decide how many treatments you will need.

Bladder and Bowel Preparation

Your pelvis contains many organs that are close to each other. These organs can move for many reasons. Bladder and bowel preparation helps to lessen the movements of your organs.

Getting ready for your CT simulation/MRI appointment

You will need to buy a rectal fleet enema kit from your pharmacy. Give yourself the enema in the evening on the day before your CT simulation/MRI appointment. The enema is to be done for your CT simulation/ MRI appointment only. You do not need to use an enema before your external beam treatments.

How to give yourself the fleet enema:

1. Lie on your left side. Put your right leg over your left leg.
2. Take the protective shield off of the fleet enema tip before inserting.
3. Gently insert the enema tip into your rectum with a slight side-to-side movement.
4. Do not force the enema tip into the rectum. This can cause injury.
5. Squeeze the bottle until nearly all the liquid is gone. The bottle may not be empty.
6. Remove the tip from your rectum.
7. Hold this position until the urge to have a bowel movement is strong. Do this for about 2 to 5 minutes.
Empty your rectum before your appointments
Try to have a bowel movement before each of your external beam treatment appointments.

Have a full bladder before your appointments
You will need to empty your bladder 1 hour before your CT simulation/MRI appointment and each of your external beam treatment appointments. Then you will need to drink 2 cups of water (500 ml) within 15 minutes. After drinking the water, do not empty your bladder. Your bladder should be comfortably full, but not painful. It is important for you to follow these instructions.

Last revised: February 2017