Radiation Therapy for Prostate Cancer: Gold Seed Implant Procedure

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 this procedure. 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 the procedure
3. What will happen on the day of your procedure
4. What will happen after the procedure
5. Bladder and bowel preparation
Prostate Cancer Plan: Your Appointments

Gold Seed Implant Procedure
You have chosen to have a gold seed implant, followed by external beam radiation to treat your prostate cancer. This guide will help you prepare for your appointments. You will be called by a clerical staff member with all of the appointment times and dates. Please fill this information in below. If you have any questions or concerns, please contact the Radiation Therapy Department at 905-576-8711, ext. 3856.

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.

<table>
<thead>
<tr>
<th>Appointment</th>
<th>Date/Time</th>
<th>Location</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood work</td>
<td></td>
<td></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>
</tr>
<tr>
<td>Nurse (for teaching)</td>
<td></td>
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<tr>
<td>EKG</td>
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<thead>
<tr>
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<th>Instructions</th>
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</thead>
<tbody>
<tr>
<td>Anesthesia Consultation</td>
<td></td>
<td></td>
<td>This appointment may not be on the same day as the appointments listed above</td>
</tr>
</tbody>
</table>

Prostate Cancer Plan

Gold Seed Implant Procedure
You will be in the cancer centre for around 3 to 4 hours on this day.

<table>
<thead>
<tr>
<th>Appointment</th>
<th>Date/Time</th>
<th>Location</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold Seed Implant Procedure</td>
<td></td>
<td></td>
<td>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>
</tr>
</tbody>
</table>

External Beam Radiation

<table>
<thead>
<tr>
<th>Appointment</th>
<th>Date/Time</th>
<th>Location</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>CT Simulation (CT Sim)</td>
<td></td>
<td></td>
<td>To be ready for this appointment, please read the “Bladder and Bowel Preparation” on page 7.</td>
</tr>
<tr>
<td>MRI</td>
<td></td>
<td></td>
<td>If you are having an MRI, please read the “Bladder and Bowel Preparation” on page 7.</td>
</tr>
<tr>
<td>External Beam Radiation Treatments</td>
<td></td>
<td></td>
<td>To be ready for these appointments, please read the “Bladder and Bowel Preparation” on page 7.</td>
</tr>
</tbody>
</table>
Gold Seed Implant Procedure

This booklet will give you information about your gold seed implant procedure. During this procedure three tiny gold seeds will be placed into your prostate. The gold seeds are not radioactive and will stay in the prostate.

The gold seeds will be used to tell us about the position of your prostate for daily treatment. Pictures 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).

How to be ready for the procedure

One week before the procedure:

- Stop taking Aspirin, Ibuprofen or medications containing Aspirin if your doctor tells you to.
- Buy a rectal enema from any pharmacy.
- Ask a family member or friend to give you a ride to and from the centre on the day of your procedure.
- You should not be alone at home after the procedure. Ask a family member or friend to stay with you for the first night after your procedure.

Night before your procedure:

- If your doctor prescribed antibiotics, start taking them the night before your procedure.

On the day of your procedure:

- You will be given medications before the procedure to lessen pain or discomfort and anxiety.
  **Do not eat for 8 hours before** your procedure. You may drink clear fluids up to 2 hours before your procedure. Clear fluids include water, fruit juices without pulp, clear tea (no milk or sugar) and black coffee (no milk or sugar).
- **Do not drink for 2 hours** before your procedure.
- **Give yourself the rectal enema 2 hours before** your procedure.
- Wear loose fitting pants.
- **Come to the cancer centre 30 minutes before** your appointment for the procedure.
- If you are diabetic, bring your glucometer.
- If you have sleep apnea, bring your CPAP machine.

You must follow the above preparations before your appointment.
What will happen on the day you have the procedure

Come to the cancer centre 30 minutes before your appointment time on the day of your procedure. Check in at the registration computer on the B1 level for this appointment. The procedure is done in the radiation therapy department.

Before your appointment, your doctor will look at your medical history and order any tests that need to be done before the seed implant. You need to tell the doctor about all of the medications you take and any allergies you have. You will be given sedation before the procedure to lessen pain or discomfort and anxiety. Sedation means that you have had medications that make you sleepy or drowsy for the procedure.

For this procedure, sterile needles will be put through the perineum (the area between the scrotum and anus) and into the prostate. The doctor will use an ultrasound probe put into the rectum to see the 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. An additional 1 to 2 hours is needed for preparation and recovery.

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 walk with little help before you can leave the cancer centre.

What will happen after you have the 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 the procedure.

What you can do after you have the procedure:

- You may need to take a mild pain medication (such as Acetaminophen or Ibuprofen) for discomfort or pain. Your doctor may prescribe a stronger medication for you.
- You can use an ice pack in the area to relieve any discomfort or pain.
- You can still have sexual intercourse.
- No heavy lifting for 48 hours after your procedure.
- Have someone stay overnight with you after the procedure in case you have any difficulties.
- Do not drive a motor vehicle or operate machinery for 24 hours if you have had sedation.
We suggest you go home and rest for the remainder of the day.
Do not drink any alcohol for 24 hours.
Do not make any legal or financial decisions for 24 to 48 hours after receiving sedation.
If you vomit for more than 6 hours, have shortness of breath or fainting after the procedure go to the nearest emergency department

If you have questions or are worried about something that is not listed here, you can call the nurse at:

Local: 905-576-8711, ext. 5091
Toll-free long distance: 1-866-338-1778, ext. 5091
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 minimize these movements.

Enema for simulation/CT Scan appointment

Purchase a Fleet Enema kit from your pharmacy. Do the enema in the evening on the day before your simulation appointment. The enema is to be done for simulation/CT Scan/MRI only – not for treatment.

Instructions for Enema

1. Lie on your left side. Put right leg over the left.
2. Remove the protective shield from the 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. About 2 to 5 minutes.

Empty your rectum

Try to have a bowel movement before each of your treatment appointments.

Full bladder

One hour prior to your appointment, empty your bladder. Drink two large glasses of water (500 ml/16 oz.) in 15 minutes. Do not empty your bladder before your appointment. Your bladder should be comfortably full, but not painful. Follow for simulation/CT scan and all treatment appointments.