



HDR Prostate Brachytherapy: Preparing for Your Procedure

Date of your procedure: _____

Date to call the surgery nurse: _____

What information will I get from the nurse before my procedure?

The Friday before your procedure, **please call (866) 936-8800 between 7:30 – 9:30 AM**. Please leave your name and phone number. A nurse from surgery will call you before procedure and provide you with the following information:

- When to arrive: _____
- Where to arrive: University of Michigan Hospital Surgery Check-in (Floor 1 of the main hospital)
- The time of your procedure: _____
- When you should stop eating solid food: 2 days before your procedure
- When you should stop drinking water: 12:00 AM (midnight) on the night before your procedure

How can I prepare for my procedure?

- Following healthy habits before your procedure can improve your overall wellbeing and help you recover better after. Examples of these habits include things like eating a well-balanced diet rich in nutrients, walking and staying active, and quitting smoking at least a few weeks before your procedure.
- It is important to try to be well-rested for several days before your procedure.

What medications should I stop taking before my procedure?

- Talk with your Radiation Oncology team about all the medicines you take including prescriptions, over-the counter medicines, vitamins and supplements. There may be medications that you will need to temporarily stop taking around the time of your procedure. The radiation oncology team will review your medications at your pre-procedure visit and provide you with instructions.
- If you take blood thinner medications, make sure to ask your radiation oncologist about stopping or changing the way you take this medication before your procedure.
- **7 days before your procedure**, stop taking these medications:
 - NSAIDs (such as aspirin, ibuprofen, naproxen, etc.)
 - Vitamins
 - Fish oil
 - Herbal supplements
- **18 hours before your procedure**, stop taking these medications:

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- **On the morning of your procedure**, do not take these medications:

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- You can take these medications up to and on the morning of your procedure like you normally do:
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What medications will I start taking before my procedure to help with my recovery?

Your doctor has prescribed medication for you to start taking before your procedure and to help you recover at home from your prostate brachytherapy.

It is important that you take all medication as directed by your doctor. The information below will provide you with some basic information about each medication. You will take these medications up to and on the morning of your procedure.

Flomax® (tamsulosin hydrochloride)

- **Purpose:** This medication can increase and improve the flow of urine (pee).
- **Dosage:** 0.4 mg pill
- **Directions:** Starting 3 days before your procedure, take 1 pill at bedtime.
- Please tell your brachytherapy nurse if you are already taking Flomax® and if you are still having difficulty with urination, as this may affect your dosage.
- This medication may cause dizziness or cause your blood pressure to drop, especially if you are taking other blood pressure medications. Be careful when changing positions (like when you move from sitting to standing), as this may cause you to faint.

Keflex®

- **Purpose:** This is an antibiotic medication to prevent infection.
- **Dosage:** 500 mg pill
- **Directions:** Starting the day before your procedure, take 1 capsule three times a day. You should complete the course of this medication even if you are not experiencing any symptoms.

What bowel preparation do I need to do for this procedure?

You will need to do a bowel preparation (emptying your bowels) starting 2 days before your procedure. Please follow the instructions provided to you in a separate handout.

What skin preparation should I do before my procedure?

Cleaning your skin really well the night before and the morning of your procedure will help prevent infections.

- Please shower both the night before and the morning of your procedure using anti-bacterial soap. Wash your body from your neck down. Make sure to wash your belly and skin folds really well using a washcloth or soft sponge. Avoid harsh scrubbing of your skin.
- You may use your regular shampoo for your hair.
- You do not need to shave the area of your body where your procedure will be done.

How do I prepare for my hospital stay?

- Bring a case for your eyeglasses or contact lenses. Do not wear contact lenses while you're in the hospital.
- Bring your insurance card and prescription drug card with you.
- Bring any documents related to Advance Directives.
- Wear clean, comfortable, loose-fitting clothes.
- Remove all jewelry before coming to the hospital. This includes earrings, watches, wedding bands, hair clips, and body piercings.
- Do not wear makeup, deodorant, lotion, or powder.
- Do not bring valuables or your suitcase into the hospital. Leave these with a loved one.
- Do not smoke or use tobacco for 2 weeks before your procedure and for 24 hours after your procedure.
- Do not drink alcohol 24 hours before your procedure.

What transportation will I need for my procedure?

- You will need to have a responsible adult come with you to the hospital.

- We recommend that you park in parking structure P2 or use the valet service. Check in at Surgery Check-in on Level 1 of the main University Hospital at the time you were told to arrive.
- You will also need to arrange a ride home from the hospital (you won't be allowed to drive yourself). You can't take a bus or cab or use another transportation service unless you have your responsible adult with you.

What possible side effects can I expect from the procedure?

Please review your consent form for side effects specific to you. Common side effects include, but are not limited to:

- Fatigue
- Nausea
- Diarrhea
- Peeing often, or feeling strong sudden urges to pee
- Needing to pee often at night
- Pain or a burning feeling when peeing
- Blood in your pee and semen (for up to 7 days after your procedure)
- Tenderness and inflammation (swelling and redness) in the perineum (the area of skin between your legs, from your scrotum to your anus)

These side effects may last for 1-2 weeks after the procedure

When is my follow-up appointment?

We will schedule your follow-up 4-6 weeks after your treatment has ended.

What is the contact information?

- For questions or concerns on **Monday through Friday between 7:00 AM – 5:00 PM:** call the Radiation Oncology clinic at **(734) 936-4300**.

- **For urgent matters on weekends, holidays, or after 5:00 PM on weekdays: call the page operator at (734) 936-6267 and ask them to page the on-call Radiation Oncology resident.**

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