

# HDR Prostate Brachytherapy Discharge Instructions

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## **What are my care instructions for the first 24 hours after my procedure?**

We gave you a sedative or anesthetic (medication to make you sleepy and prevent you from feeling pain) during your procedure. Because of this, you should avoid certain activities for the next 24 hours. Examples include:

- Do not drive, operate heavy machinery, or use power tools.
- Do not cook.
- Do not climb.
- Do not ride a bicycle or roller skate.
- Do not drink any alcohol.
- Do not take sleeping medications, tranquilizers, or any non-prescription medications.
- Do not make important or complex decisions or sign legal documents.

We recommend that you:

- Go directly home from the hospital. You may feel sleepy or not yourself for several hours today.
- Have someone stay with you the night of the procedure. You are not radioactive after this procedure, and it is safe to be around other people.
- Limit your activities and rest for a day. You can go back to doing light activity or your normal activities, depending on how you are feeling.

## **What medications can I take?**

- You may take acetaminophen (Tylenol®) as needed to manage your pain. Do not take more than 3000 mg in a 24-hour period. If you do not have

any bleeding, you may also take ibuprofen as needed (do not take more than 2400 mg in 24 hours).

- You may start taking your daily prescription medications again after your procedure.

### **What can I eat and drink after my procedure?**

Start with clear liquids, broth, dry toast, or soda crackers. If you are not feeling sick or nauseous, you may return to your regular diet. Greasy and spicy foods are not recommended.

### **What activities can I do after my procedure?**

- If you're feeling alright, you may return to work after 24 hours.
- 24 hours after your surgery, you may drive again.
- Avoid strenuous activity (any activity that gets your heart rate and breathing up) and heavy lifting for 24 weeks after your procedure, as this may cause bleeding.
- You may go back to doing your regular activities as you're comfortable.
- While there are no activity restrictions for sexual activity, you may feel sore for 24-48 hours.

### **What possible side effects can I expect?**

Common side effects include, but are not limited to:

- Fatigue or tiredness
  - Take rests as you need, and continue your activities when you're comfortable.
- Nausea
  - Try eating small frequent meals, drinking 8 glasses of water per day, and drinking plenty of fluids. You can also try drinking ginger ale or ginger tea.
- Diarrhea

- Drink 8 glasses of water per day, drink plenty of fluids, and avoid caffeine and greasy, spicy foods. You can take Imodium® if your diarrhea is bothering you. Call our clinic if your diarrhea continues for a long time or gets worse.
- Peeing often, or feeling strong sudden urges to pee
- Needing to pee often at night
- Pain or a burning feeling while peeing
  - Drinking plenty of water and fluids will help reduce these feelings of pain or burning.
- Blood in your pee and semen (up to 7 days after your procedure)
  - Call the clinic or go to the emergency room if you continue to have heavy bleeding or blood clots after 7 days.
- Tenderness and inflammation (swelling and redness) in the perineum (the area of skin between your legs, from your scrotum to your anus)
  - For comfort, sit on cushions or lie down instead of sitting. Put an ice pack on the area for 20 minutes at a time, and then wait an hour before putting the ice pack on again. Watch for increasing pain that isn't helped by pain medication, swelling, drainage (leaking fluid), or signs of infection. Call the clinic or go to emergency room if you notice these signs or symptoms.

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

### **When should I call my doctor or go to the emergency room?**

Call the clinic or go to the emergency room if you have any of these signs or symptoms:

- Fever over 101 °F
- Pain that is not relieved by your prescribed medication
- You can't pee or completely empty your bladder
- You have pain when peeing

- Nausea and vomiting lasting longer than 24 hours
- Uncontrolled diarrhea
- Your dressing is soaked with blood (small amounts of blood are okay)
- Large amounts of drainage from your procedure site
- Increased redness, warmth, or hardness around your procedure site
- You continue to have blood in your pee or semen after 7 days, including heavy bleeding or blood clots

### **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 Radiation Oncology Nursing 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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Author: Jill James, BSN RN  
 Reviewer: Robert Dess, MD  
 Edited by: Brittany Batell, MPH MSW CHES®

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