



## HDR Prostate Brachytherapy: Preparing for Your Procedure

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Date of procedure: \_\_\_\_\_

Date to call surgery nurse: \_\_\_\_\_

### **Pre-operative information**

The Friday before your procedure, please call (866) 936-8800 between 7:30 and 9:30am. Please leave your name and phone number where you may be reached. A preoperative nurse will call you before procedure and provide you with the following information:

- When to arrive: \_\_\_\_\_
- Where to arrive: University of Michigan Hospital, Floor B1 Reception A
- Time of procedure \_\_\_\_\_
- Time of last solid food: 2 days before procedure
- Time of last water: Midnight on the night before procedure

### **General pre-operative healthy habits**

- Adopting healthy habits before your procedure can improve your overall well-being 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.

### **Medications before your 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-operative visit and provide you with instructions.

- If you take blood thinner medication, make sure to ask your radiation oncologist about stopping or modifying the way you take this medication before your procedure.
- **Stop** the following medication **7 days** before your Procedure:
  - NSAIDs
  - Vitamins
  - Fish Oil
  - Herbal Supplements

- **Do not** take the following medications for **18 hours** before your Procedure:
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- **Take** the following medication up to and including the **morning of** Procedure (take as you normally do):  
Keflex, Flomax, Tylenol if needed
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- **Do not** take the following medications on **the morning of** your Procedure:
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**Medications to start prior to procedure to help with recovery:**

Your doctor has prescribed medication for you to **start taking before your procedure** and to help you while at home recovering from your prostate brachytherapy implant. It is important that you take all medication as directed by your doctor. The information below will provide you with a basic knowledge of each medication.

### **Flomax® (Tamsulosin Hydrochloride)**

- **Purpose:** To increase and improve flow of urine.
- **Dosage:** 0.4mg capsule.
- **Directions:** Take one capsule at bedtime. Start 3 days before your procedure.
- Please advise your Brachytherapy Nurse if you are already taking Flomax, and if you are still having difficulty with urination as this may alter your dosage.
- It may cause dizziness or drop your blood pressure, especially if you are taking other blood pressure medications. Take caution when changing positions (from sitting to standing) as this may cause you to faint.

### **Antibiotic: Keflex**

- **Purpose:** To prevent infection
- **Dosage:** 500mg capsule
- **Directions:** Start 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 symptoms.

### **Bowel preparation- 2 days before your 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 at your pre-operative appointment.

### **You will need to purchase:**

- 2 Bisacodyl laxative tablets
- One (1) 238g bottle of Miralax

### **2 days before your procedure:**

- Eat a regular breakfast.
- At Noon, Take 2 Bisacodyl tablets with a full glass of water.

- Drink clear liquids only. Do not eat food, chew gum, suck candy
- At 3pm, mix half of a 238g bottle of Miralax with 32 ounces of Gatorade. Drink over 1 to 2 hours
- At 5pm, mix the other half of the Miralax with another 32 ounces of Gatorade and drink over 1 to 2 hours
- Continue to drink plenty of water to flush out the bowel. Drink juices and broths to avoid dehydration.

**1 day before your procedure:**

- Drink plenty of clear liquids only. Drink plenty of water to help flush out the bowel. Drink plenty of juices and broths to avoid dehydration.
- Do not eat food, chew gum, suck candy.
- At 9pm, use Fleet enema
- Stop drinking fluids at midnight

**Day of procedure:**

- You may have sips of water with your medications only
- Use a Fleet enema if you still have brown stool or liquid.

**Clear liquids include:**

- Water
- Black coffee or tea (without cream or creamers)
- Apple juice, cranberry juice, or white grape juice
- Soda pop (including cola, 7-up®, Sprite®, ginger ale)
- Chicken, Beef, Vegetable clear broth
- Powdered drinks (Kool Aid® or Crystal Lite®)
- Jello and Popsicles

## **Preparing your skin the night before and morning of surgery**

Thoroughly cleansing your skin before surgery will help prevent infections after procedure.

- Please shower both the night before and the morning of your procedure using anti-bacterial soap. Wash from the neck down with this soap. Make sure to thoroughly wash your belly and skin folds.
- 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. Use gently friction with a washcloth or soft sponge, however, avoid harsh scrubbing of your skin.

## **Preparing for your hospital stay**

- Bring a case for your eyeglasses or contact lenses. Do not wear contact lenses.
- Bring your insurance card and prescription drug card with you.
- Bring any documents related to Advance Directives.
- Wear clean, comfortable, non-tight-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 2 weeks before your procedure and 24 hours after your procedure.
- Do not drink alcohol 24 hours before surgery.

## **Transportation for your procedure:**

- You will need to have a responsible adult accompany you to the hospital.
- We recommend that you park in parking structure P2 or use the valet service.

- Check in at Level B1 Reception A of University Hospital at the time you were instructed to arrive.
- You will also need to arrange for transportation home from the hospital. Taking a bus, cab or transportation service is not acceptable unless you have a responsible adult accompany you.

### **Possible side effects**

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

- Fatigue
- Nausea
- Diarrhea
- Frequency or urgency when you urinate.
- Frequently urinating at night
- Pain or burning with urination
- Blood in urine and semen for up to seven (7) days
- Tenderness and inflammation in the perineum

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

### **Follow up:**

A follow-up appointment will be scheduled four (4) to six (6) weeks after treatment has ended (both internal and external radiation treatment).

### **Call your doctor if you have any of these symptoms:**

- Fever over 100 degrees Fahrenheit
- Pain not relieved by medication.
- Inability to urinate or completely empty your bladder, or pain when urinating.
- Increasing drainage from the procedure site (perineum).

- Increased redness, swelling, warmth, or hardness around the procedure site (perineum).
- Uncontrolled diarrhea.
- If you continue to have blood in urine or semen after seven (7) days including heavy bleeding and clots.

### **Contact information:**

- If you have questions or concerns, Monday - Friday, 8:00 am - 5:00 pm:
  - Call the Radiation Oncology Clinic at 734-936-4300,
- For urgent matters after-hours
  - Call 734-936-6267. You will be directed to the hospital operator, and you should ask for the Radiation Oncology Resident on-call to be paged.

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