



Patient Name: _____

Date: _____

Discharge Instructions: Prostate Brachytherapy

You had a procedure called *prostate brachytherapy*. During brachytherapy your doctor inserted many tiny radioactive "seeds" into your prostate. Each seed is smaller than an uncooked grain of rice. These seeds contain radioactive material. Through the seeds, the cancer within the prostate receives a very high dose of radiation, which can kill the cancer.

After the radiation effect wears down, the inactive metal seeds stay in the prostate permanently. They will not harm you.

Home Care

- Drink 6 to 8 cups of liquid a day for 2 days after your procedure.
- Keep at least 6 feet away from children or pregnant women for 2 months after your procedure.
- Remember to strain your urine for 1 week after the procedure. You were given a packet with a strainer before you left the hospital. If a seed is passed in your urine, pick it up with tweezers and place it in the packet. Give the packet to your doctor at your next visit.
- Do not lift heavy things for 2 days after your procedure.
- Wear a condom during intercourse for 2 months after the procedure.
- Resume your normal activities beginning 2 or 3 days after the procedure.
- Don't worry -- you won't set off radiation detectors at airports. You are not radioactive.

Follow-Up

- Make a follow-up appointment as directed by our staff.

When to Call Your Doctor

Call your doctor immediately if you have any of the following:

- Trouble urinating
- Blood in your urine
- Cough
- Shortness of breath
- Chest pain
- Severe nausea or vomiting
- Pain that doesn't go away, especially if it's always in the same place
- New or unusual lumps, bumps, or swelling
- Unexplained weight loss
- Unusual rashes, bruises, or bleeding
- Fever above 101.0°F