

How to Prepare for Your Prostate Brachytherapy Implant

Cross Cancer Institute

This is a companion resource to the “Prostate Brachytherapy” booklet and will give you specific information on how to prepare for this procedure.



Once you know your brachytherapy appointment date:




Please follow the instructions below carefully.
Start 2 weeks (14 days) before your implant.



Arrange for someone to drive you to your appointment and pick you up. It is not safe to drive after you have anesthetic. The Pre-Admission Clinic will give you more information.

<p>2 Weeks Before Implant</p>	<p><input type="checkbox"/> Buy from your local pharmacy:</p> <ul style="list-style-type: none"> • Fleet Enema[®], no prescription needed • Ciprofloxacin[®] antibiotic (with your prescription) • Flomax[®], also known as Tamsulosin (with your prescription) <p><input checked="" type="checkbox"/> Stop taking vitamins or herbal supplements (you can still take Vitamin D and Calcium)</p>
<p>1 Week Before Implant</p>	<p><input checked="" type="checkbox"/> Stop taking blood thinners:</p> <ol style="list-style-type: none"> 1. If you are on Aspirin[®], Ibuprofen[®], or Aspirin[®] containing drugs you will resume taking these medications 1 week after the implant 2. If you are on any other prescription blood thinners, you will have an appointment with an anesthesiologist who will give you instructions on how to manage this medication <p><input type="checkbox"/> Start taking Flomax[®]. Take 1 pill in the evening</p>
<p>Weekend Before Implant</p>	<p><input type="checkbox"/> Start low fibre diet as directed by your brachytherapist</p>
<p>1 Day Before Implant</p>	<p><input checked="" type="checkbox"/> Nothing to eat</p> <p><input type="checkbox"/> Start clear fluid diet when you get up in the morning - drink at least 12 – 15 cups (3.0 – 4.0 litres) of fluid throughout the day to avoid getting dehydrated from your bowel cleanse</p> <p><input checked="" type="checkbox"/> You can have water, clear juices (apple, cranberry), soft drinks, Gatorade[®], Jello[®], popsicles, broth, bouillon</p> <p><input checked="" type="checkbox"/> Avoid dairy or alcohol</p> <p><input type="checkbox"/> Start taking Ciprofloxacin[®] as prescribed - 1 pill in the morning and 1 pill in the evening</p> <p><input type="checkbox"/> Phone 780-432-8951 between 1 – 3pm to confirm your arrival time at the Cross Cancer Institute. If the day before your surgery is a holiday, then call the last business day before your surgery</p>

<p>Day of Implant Before procedure</p>	<p>At home</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Do not eat anything. <input checked="" type="checkbox"/> Do not drink anything after 5:00 am <ul style="list-style-type: none"> • Before 5 am you can drink clear fluids such as water, apple juice, cranberry cocktail or black coffee • You may be asked to drink 2 glasses of clear fluid just before 5:00 am • If you need to take medication, take with a small sip of water <input checked="" type="checkbox"/> Do not take a Ciprofloxacin® pill on the morning of the implant. You will get your morning dose of Ciprofloxacin® in the operating room by IV (intravenous) while you are asleep <input type="checkbox"/> Give yourself a Fleet Enema® at least 1 hour before you leave for the Cross Cancer Institute <p>Going to the Hospital</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bring your health care card and government ID <input checked="" type="checkbox"/> Do not bring any valuables <input type="checkbox"/> Bring along activities to help you pass the time and any medication or other things you need for the day. You will be at the hospital for several hours. <input type="checkbox"/> Check in at the Main Reception Desk <p>At the hospital</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your health care team will prepare you for your implant <input type="checkbox"/> You will meet the Anesthesiologist, Radiation Oncologist and O.R. Nurse once you are in the operating room at the Cross Cancer Institute
<p>The procedure</p>	<p> The procedure will take about 1 hour and 30 minutes</p>
<p>Day of Implant After procedure</p>	<ul style="list-style-type: none"> <input type="checkbox"/> After the implant you will get a: <ul style="list-style-type: none"> • Radiation safety Blue Wallet Card • Brown envelope with discharge instructions <input type="checkbox"/> Take your Ciprofloxacin® pill in the evening. Continue to take as prescribed until your pills are done <input type="checkbox"/> Take your Flomax® in the evening
<p>Follow-up Appointment</p>	<ul style="list-style-type: none"> <input type="checkbox"/> You will have a follow up appointment about 4 weeks after the implant with your Radiation Oncologist



Questions about Treatment?



Brachytherapy Office **780-432-8475**



Monday to Friday, 7:30 am–4:00 pm

