

# 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.

Radiation Treatment

<p><b>2 Weeks Before Implant</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Buy from your local pharmacy:</b> <ul style="list-style-type: none"> <li>• <b>Fleet Enema</b><sup>®</sup>, no prescription needed</li> <li>• <b>Ciprofloxacin</b><sup>®</sup> antibiotic (with your prescription)</li> <li>• <b>Flomax</b><sup>®</sup>, also known as <b>Tamsulosin</b> (with your prescription)</li> </ul> </li> <li><input checked="" type="checkbox"/> <b>Stop taking</b> vitamins or herbal supplements (you can still take Vitamin D and Calcium)</li> </ul>
<p><b>1 Week Before Implant</b></p>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> <b>Stop taking blood thinners:</b> <ol style="list-style-type: none"> <li>1. If you are taking Aspirin<sup>®</sup>, Ibuprofen<sup>®</sup>, or drugs that contain Aspirin<sup>®</sup>, you will start taking these medications again <b>1 week after the implant.</b></li> <li>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.</li> </ol> </li> <li><input type="checkbox"/> <b>Start taking Flomax</b><sup>®</sup>. Take 1 pill in the evening</li> </ul>
<p><b>Weekend Before Implant</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Start low fibre diet as directed by your brachytherapist</b></li> </ul>
<p><b>1 Day Before Implant</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eat and drink throughout the day. Make sure you get enough fluids so you are fully hydrated for your surgery.             <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> You can drink clear fluids such as water, apple juice, cranberry juice or black coffee</li> <li><input checked="" type="checkbox"/> Avoid dairy or alcohol</li> </ul> </li> <li><input type="checkbox"/> <b>Start taking Ciprofloxacin</b><sup>®</sup> as prescribed - 1 pill in the morning and 1 pill in the evening.</li> <li><input type="checkbox"/> <b>Phone 780-432-8951 between 1 – 3pm</b> 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.</li> <li><input type="checkbox"/> Stop eating after midnight (12 am). You may drink water until 5:00 am.</li> </ul>

<p><b>Day of Implant Before procedure</b></p>	<p><b>Starting at midnight (12 am) before the procedure:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Do not eat anything</li> <li><input type="checkbox"/> From midnight to 5:00 am, <b>drink only water</b></li> <li><input checked="" type="checkbox"/> Do not drink anything after 5:00 am <ul style="list-style-type: none"> <li>• You may take small sips of water if you need to take medication</li> </ul> </li> <li><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</li> <li><input type="checkbox"/> Give yourself a Fleet Enema® at least 1 hour before you leave for the Cross Cancer Institute</li> </ul> <p><b>Going to the hospital:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bring your healthcare card and government ID</li> <li><input checked="" type="checkbox"/> Do not bring any valuables</li> <li><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</li> </ul> <p><b>At the hospital:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check in at the Main Reception Desk</li> <li><input type="checkbox"/> Your healthcare team will prepare you for your implant</li> <li><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</li> </ul>
<p><b>The procedure</b></p>	<p> The procedure will take about 1 hour and 30 minutes</p>
<p><b>Day of Implant After procedure</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>After the implant</b> you will get a radiation safety Blue Wallet Card and discharge instructions</li> <li><input type="checkbox"/> <b>Take your Ciprofloxacin® pill in the evening.</b> Continue to take as prescribed until your pills are done</li> <li><input type="checkbox"/> <b>Take your Flomax®</b> in the evening</li> </ul>
<p><b>Follow-up Appointment</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> You will have a follow-up appointment in person or by phone about 4 weeks after the implant with your Radiation Oncologist</li> </ul>



**Questions about Treatment?**



Brachytherapy Office **780-432-8475**



Monday to Friday, 7:30 am – 4:00 pm

[www.cancercarealberta.ca](http://www.cancercarealberta.ca)

