



Preparation for Prostate Brachytherapy

Goal of the Procedure:

Brachytherapy, or internal radiation therapy, is a way of giving a higher dose of radiation to the tumor area, while sparing or reducing radiation exposure to other organs, such as the bowel or bladder. You can read more about internal radiation therapy on page 15 of the *Radiation Therapy and You handbook from the National Cancer Institute (NCI)*.

Instructions for your brachytherapy treatments

Five Days Before Your Procedure (Date): _____

Stop taking blood thinning medications (see the list below for examples of medications that may contain aspirin or are non-steroidal anti-inflammatory drugs).

Advil® (most formulations)	Bufferin® (most formulations)	Halfprin	Normiflo	Ticlid® (ticlopidine)
Aggrastaff	Celebrex®	Heparin	Nuprin®	Trental
Agrylin	Ecotrin (most formulations)	Ibuprofen	Orgaran	Vitamin E
Aleve®	Empirin® Aspirin (most formulations)	Integrillin® (eptifibatide)	Persantine® (dipyridamole)	Warfarin (Coumadin)
Alka Seltzer®	Excedrin® (all types)	Lovenox®	Plavix® (clopidogrel)	Xarelto
Anacin®	Flolan	Motrin®	ReoPro® (abciximab)	
Aspirin (Bayer®, etc.)	Fragmin	Naprosyn®	Sulfinpyrazone	

If you are prescribed one of the medications in the table above, call your doctor that prescribed this medication for you. He/she will give you directions on how to stop taking the medication before you have your procedure.

One Day Before Your Procedure (Date): _____

Drink only clear liquids; do not eat solid food. You may drink as much as desired. Have several servings of each kind of liquid at each meal.

Clear liquids include:

- Water
- Black coffee or tea (without cream or creamers)
- Apple juice or white grape juice
- Soda pop (including cola, 7-up®, Sprite®, ginger ale)
- Chicken broth or beef clear broth
- Lemon or lime powdered drinks (Kool Aid® or Crystal Lite®)
- Lemon or lime gelatin

<p>Do not drink anything with red, orange, or purple food coloring. Do not eat or drink anything after midnight prior to the procedure.</p>

Call 1-866-936-8800 between 7:30am - 11:30am on the business day before your procedure. Leave your:

- Name
- Registration number
- Telephone number

A nurse will call you back to go over any special instructions.

MiraLAX®/Gatorade Colonoscopy Preparation

If you have kidney disease or severe heart or liver disease, do not use this preparation.

Bowel Cleansing Directions One Day Before Your Procedure

(Date): _____

Start this bowel cleansing preparation the **day before** your scheduled procedure. Plan to be near a bathroom from the time the preparation starts until the end of the evening. Your bowels may begin to move in about thirty to sixty (30 to 60) minutes. Feelings of nausea and bloating are common and get better with time. The goal is for your stool to be clear or light yellow and very watery.

Supplies Needed	Directions
<ul style="list-style-type: none">• Buy two (2) bisacodyl tablets, which are available at any pharmacy. No prescription needed.• Buy one (1) container of MiraLAX®, available at any pharmacy. No prescription needed.• Buy two (2) 32 oz. bottles of Gatorade®. Do not buy red, orange or purple colored Gatorade®.	<ul style="list-style-type: none">• At 12 noon the day before the procedure, take two (2) bisacodyl tablets by mouth with water. Do not crush or chew. Do not take within one (1) hour of taking an antacid. The first bowel movement should occur one to six (1-6) hours after taking the tablets.• At 3pm, after you have taken the bisacodyl tablets, mix one-half of a 238-gram (3/4 cup) bottle of MiraLAX® powder in 32

	<p>ounces of Cold Gatorade. Drink this over one to two (1-2) hours.</p> <ul style="list-style-type: none"> • At 5pm mix the remaining half bottle MiraLAX® powder in 32 ounces of Cold Gatorade. Drink this over one to two (1-2) hours. <p>Drink clear liquids between doses of laxative to avoid dehydration.</p>
--	--

You will need a driver on the day of your procedure. If you do not have a driver with you, your procedure will be rescheduled.

If you have diabetes, schedule your appointment for first thing in the morning and talk with your health care provider who manages your diabetes.

The Day of Your Procedure (Date): _____

1. **Do not** eat or drink anything on the day of your procedure. If you need to take medication, do so with a sip of water.
2. **Park in Parking Structure P2.** Your parking ticket will be stamped in the surgery waiting room.
3. Check in at **Admissions on the 1st Floor of University Hospital.**
4. Please arrive by _____ (the nurse calling you will give you this time).

Instructions after brachytherapy

You will need to have someone to drive you home after your appointment because you have been sedated. You are not radioactive after your treatment. You can start eating your regular diet as tolerated; unless otherwise directed by your doctor.

Possible side effects

Please review your consent form for side effects specific to you. Common side effects include, but are not limited to, fatigue, skin irritation, nausea, diarrhea, and bladder irritation. Continue reading your *Radiation Therapy and You handbook from the National Cancer Institute (NCI)* for advice on how to manage side effects of radiation to the pelvis. If you need additional help or advice, please call your radiation oncology health care team.

Follow up

A follow-up appointment will be scheduled for about one month 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 taken by mouth.
- Pain not relieved by medication prescribed.
- Swelling around incision.
- Inability to urinate or completely empty your bladder and/or pain when urinating.
- Increasing drainage from the procedure site (perineum).
- Increased redness, warmth or hardness around the procedure site (perineum).
- Uncontrolled diarrhea.

Who Should I Call If I Have Questions?

On weekdays, Monday thru Friday, 8:00 am to 5:00 pm, contact the Radiation Oncology Nursing at (734) 936-4300.

On weekends, holidays or after 5:00 pm on weekdays, contact the paging operator at (734) 936-6267. Ask to have the On-Call Radiation Oncology Resident paged.

Notes:

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Judy Baker, RN, BSN, OCN
Reviewers: Daniel Hamstra, MD, Ph.D.

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#).

Document #01562. Last Revised: 8/2015