



# **Prostate brachytherapy**

## Information for the patient

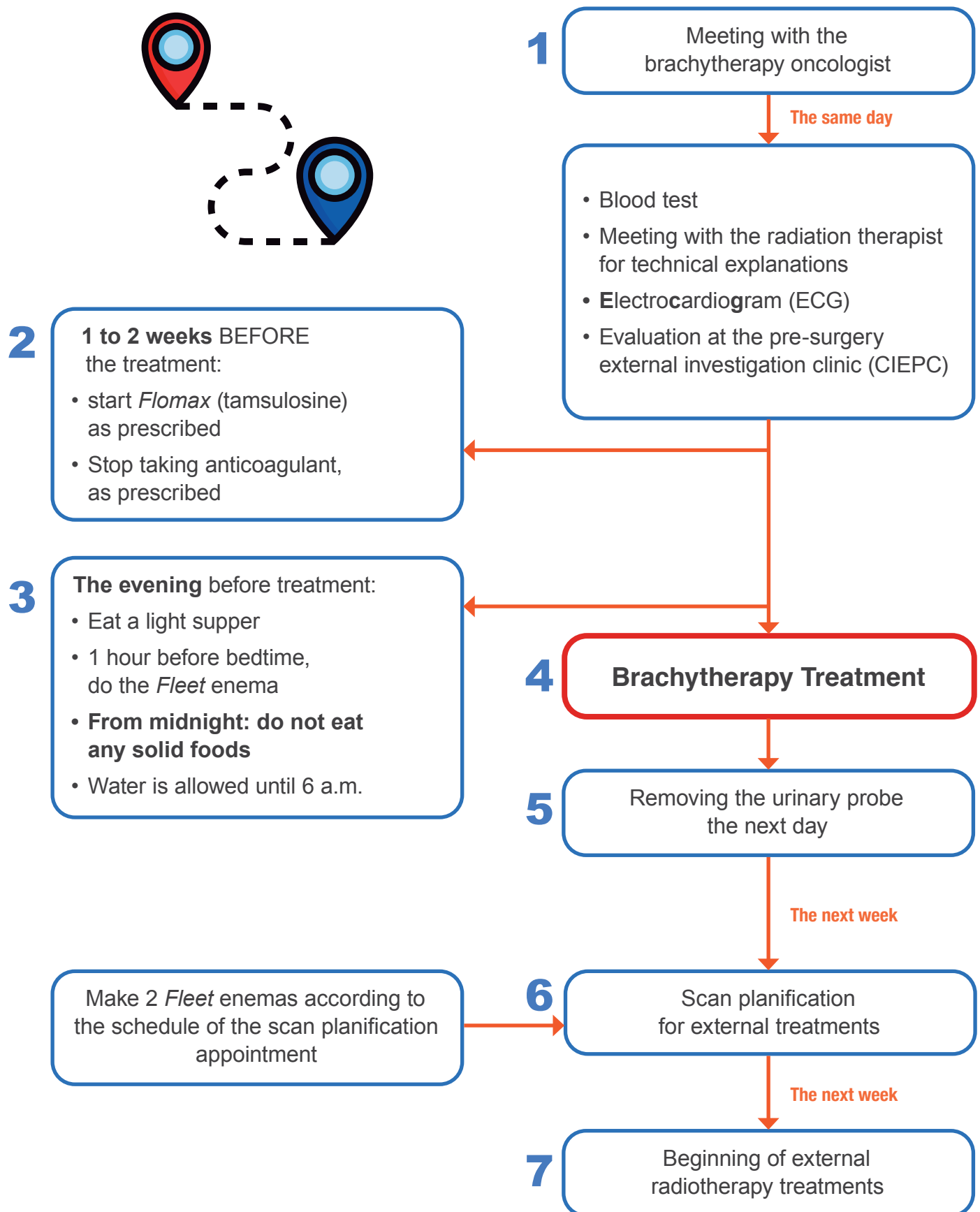
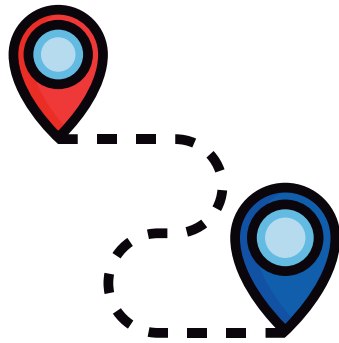
**Radiation oncology department**  
Maisonneuve-Rosemont Hospital

**Soon you will have a brachytherapy treatment. This treatment consist of putting a radioactive source inside the small catheters implanted in your prostate.**

**This document will explain the next steps to come and the side effects of the treatment.**

**Do not hesitate to communicate with us for further information and questions.**

# Your path for your treatment in radiation oncology



## 1. Meeting with the brachytherapy oncologist

In this meeting, the oncologist will explain the brachytherapy treatment arrangements. You will meet with the nurse, who will do a blood test and give you the necessary documents for your evaluation at the pre-surgery external investigation clinic. Thereafter, a radiation therapist will explain to you the details of the treatment.

You will be assisted and brought for an electrocardiogram. After this exam, you will be directed to the pre-surgery external investigation clinic. There you will meet an anesthetist, a medical practitioner and a nurse. They will provide you with a prescription for compressive socks and a *Fleet* enema to pick up at your pharmacy.

## 2. One to two weeks before your brachytherapy treatment

Start taking the medication *Flomax* prescribed by your oncologist to help urinate.

If you are taking any anticoagulation medication, stop taking them according to your practitioner.

## 3. The evening before the brachytherapy treatment

Eat a light supper (cooked vegetables, non-fatty meat). Avoid gassy foods like broccoli, cauliflower, cabbage...

One hour before bedtime, do the *Fleet* enema according to the directions on the box. **Do not drink the *Fleet*.**

Do not eat any solid foods after midnight. You may drink water until 6 a.m. the morning of the treatment.

## 4. The day of the brachytherapy treatment

Put on your compression socks before leaving the house. You need to present yourself at the 2<sup>nd</sup> floor, yellow wing in Chirurgie d'un jour / UPP at 6 a.m.

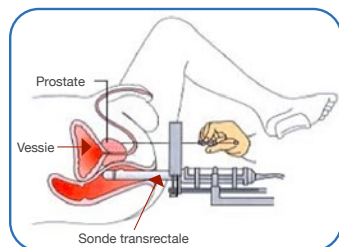
A nurse will be waiting to take your vital signs and will bring you in radiation therapy.

In the radiation therapy department, you will meet the therapists, anesthetist and radiation oncologist.



The procedure is done under general anesthesia. You will be installed in a lithotomy position (legs supported in raised stirrups).

The radio-oncologist will install the urinary catheter, that you will keep for 24 hours.



The catheters (needles) will be installed at the level of the perineum, which is the space between the anus and scrotum, with the help of a transrectal ultrasound probe.

It is through these catheters that the radioactive source will administer the treatment, for approximately 20 minutes. Once the treatment is complete, the catheters and the source will be removed. You will not be radioactive.

You will be awoken following the treatment and brought to a room.

## Surveillance post-treatment (one day surgery)

If you feel any discomfort, do not hesitate to ask for analgesics (painkillers) like acetaminophen or *Naprosyn*.

### Before leaving:

- A nurse will inform you of the care related to the urinary probe and will give you the necessary medical supplies;
- You will receive the date and time for your next radiation therapy treatment;
- You will receive a prescription to remove the urinary probe.

You must be accompanied for your return home.

## 5. Back home

- The day following the treatment, you must remove the urinary probe at your CLSC except if an appointment is already booked at the radiation therapy department.
- You must drink approximately two (2) litres of liquid per day in order to prevent clots at your bladder level.
- It is possible that a bruise (ecchymosis) will form around the perineum region, the testicles or the penis in the following days.
- To relieve discomfort, you may take the acetaminophen prescribed.
- It is important to continue taking the *Flomax* (tamsulosin) as prescribed by the radio-oncologist.
- In the next few days and weeks, it is normal to:
  - Have a bit of blood in the urine, sperm or stools;
  - Have difficulty to start to urinate and pain while urinating.
- In the next two weeks following treatment, avoid training, biking or lifting heavy objects exceeding 12 kg (25 pounds).

The radio oncologist will contact you the following day after the procedure. If you have any questions or concerns regarding the treatment or side effects, please contact your radiation oncology nurse between 9 a.m. and 4 p.m.

For the great majority of patients, this brachytherapy treatment unfolds without complications.

However, if you notice:

- **Persistent and heavy rectal bleeding:**

- ▣ contact your radiation oncology nurse between 9 a.m. and 4 p.m.
- ▣ Outside the hours, go directly to an emergency room (ER) or call 9-1-1 for medical help.

- **After removal of the urinary probe:**

- ▣ If you are not able to urinate and/or feel your bladder is full, this can be a sign for urinary obstruction
  - contact your radiation oncology nurse between 9 a.m. and 4 p.m.
  - outside these hours, go directly to an emergency room (ER) or **call 9-1-1** for medical help.

## 6. Events to follow

You already have an appointment for the scan planification and the recommendations to follow.

Do not forget to get two (2) *Fleet* enemas for the preparation.



**CIUSSS de l'Est-de-l'Île-de-Montréal**

**Hôpital Maisonneuve-Rosemont**

5415, boul. de l'Assomption  
Montréal (Québec) H1T 2M4

☎ 514 252-3400

🌐 <https://ciusss-estmtl.gouv.qc.ca>

Other health information publications and resources are available  
on the Internet site of the Centre d'information pour l'utilisateur et ses proches (CIUP)  
[Patient and Family Health Information Centre].

🌐 <https://biblio-hmr.ca/in/fr/ciup>

✉ [ciup.cemtl@ssss.gouv.qc.ca](mailto:ciup.cemtl@ssss.gouv.qc.ca)

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universitaire de santé  
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