

San Buenaventura Urology

in association with Community Memorial Health System

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Adult & Pediatric Urology

POST-OPERATIVE BRACHYTHERAPY INSTRUCTIONS

DIET: Resume your regular diet (unless otherwise directed).

ACTIVITY: Avoid any heavy lifting or strenuous activity for the first 2 days. After that, you may return to your normal activity level.

SIDE EFFECTS: Mild discomfort or a burning sensation is expected. Take Tylenol or Advil for any discomfort. You may use OTC Azo or Cystex Plus. You may experience symptoms consisting of urinary frequency, urgency, weak urinary stream, difficulty starting the urinary stream, burning with urination or blood in the urine or stool. Please contact your physician if you have a fever greater than **101 degrees F**.

RADIATION SAFETY:

- Radiation safety is a concern to many of our patients. The radioactive isotopes (Iodine-125 and Cesium-131) are permanently placed and like all radioactive materials, the gamma ray emissions from the seeds decline over time.
- Any pregnant or possibly pregnant women should avoid prolonged close contact with you for the first two months after the radiation seed implant. She should not hug you or sit very close to you. She can greet you briefly and then move to a distance of six feet or more away.
- Children/infants should not be allowed to sit on your lap for the first two months following the radiation seed implant. A patient's spouse may sleep in the same bed if there is no risk of pregnancy.
- Sexual intercourse with a condom may be resumed two weeks after the implant. The semen may be discolored (red, brown or black). This is normal and is not a cause for concern. After two months, it will not be necessary to use a condom.
- If you find a small metal seed in your urine, flush the toilet 3 times and remember to inform your physician. If you find a small metal seed in your bed, pick it up with tweezers and dispose of it in the toilet. Flush the toilet 3 times and remember to inform your physician.
- Please call the office with any questions or concerns.